



Allergen Matrix

New Wave Federation
Spring/Summer 2025 Menu
Week One



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Apricot Sponge (NWF)			✓		✓ Wheat								✓	?
Courgette and tomato Wholemeal Pasta with Vegan Feta Cheese					✓ Wheat									
Flapjack					✓ Oats, Wheat									
Jacket Potato			✓	✓			✓							
Jacket Potato (No Tuna)			✓				✓		✓				✓	
Marble Cake			✓		✓ Wheat		✓							?
Moroccan Vegetable, Chickpea and Vegan Meatball Tagine					✓ Wheat				?				✓	✓
Omega 3 Fish Fingers				✓	✓ Wheat									
Pizza Extravaganza			✓		✓ Wheat		✓							✓
Sizzling Mexican Beef Fajitas	✓				✓ Wheat				✓				✓	
Sweet Potato & Lentil Cottage Pie	✓													
Vegan Chicken Style Strips Enchiladas	✓				✓ Wheat				✓				✓	✓
Vegan Nuggets					✓ Barley									
Yeo Valley Organic Yoghurt							✓							

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⚠ May contain ✓ Does contain

*Allergens in brackets are a May Contain.