



Allergen Matrix

New Wave Federation 2026 Early
Spring Menu Week One



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Apple & Cinnamon Cake			✓		✓ Wheat									✓
BBQ Chicken Drumstick													✓	
BBQ Quorn Fillet					✓ Wheat				✓					
Chicken Nuggets	✓				✓ Wheat		✓		?					?
Chicken Tikka Balti	✓				✓ Wheat									
Freshly Cut Fruit														
Jacket Potato			✓	✓			✓							
Jacket Potato (No Tuna)			✓				✓		✓				✓	
Jam and Coconut Sponge			✓		✓ Wheat		✓						✓	✓
Mushroom and Lentil Wellington	✓				✓ Wheat	?			?					?
Plant Based Yoghurt														✓
Roast Topside of Beef			✓		✓ Wheat		✓							
Roasted Red Pepper, Chickpea & Sun Dried Tomato Pasta Bake					✓ Wheat								✓	✓
Shortbread Biscuits					✓ Wheat									✓
Sweet Potato & Lentil Korma					✓ Wheat								✓	
Uptake														
Vegan Nuggets					✓ Barley									
Yeo Valley Organic Yoghurt							✓							

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⚠ May contain ✓ Does contain

*Allergens in brackets are a May Contain.