



**ALLERGEN  
BUDDY**

# EXPLODED ALLERGEN MATRICES

This document includes the allergen information for our Autumn 2026 secondary lunch menu. Due to local variations on menus, there may be dishes in this report that are not available. Please refer to the school's lunch menu for available dishes.

We rely on information provided by our suppliers and manufacturers which is updated in our systems daily. The information within this document was accurate at the time of printing on - 08/04

Our exploded allergen information lists every ingredient in a dish and highlights exactly where any of the 14 main allergens appear, so you can make informed choices with confidence.



**IFG**

## KEY

**YES** = contains

**M** = may contain

**X** = does not contain

\* indicates sub recipe

[illegible]

[illegible]

| Recipe Name                                                   | StarChef Key | Cereals containing Gluten: | Wheat | Spelt (Wheat) | Kamut (Wheat) | Rye | Barley | Oats | Fish | Crustaceans | Molluscs | Eggs | Soybeans | Milk | Tree Nuts: | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia nut | Peanuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphites | Lupin |
|---------------------------------------------------------------|--------------|----------------------------|-------|---------------|---------------|-----|--------|------|------|-------------|----------|------|----------|------|------------|---------|----------|--------|------------|-----------|------------|---------------|---------------|---------|--------|---------|--------|---------------------------|-------|
| Plain Vanilla Yogurt 1022615 (Yield 10ptn/s)                  | 1022615      | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Combined Easiyo Vanilla Yogurt per ml 1001530 (Yield 10ptn/s) | 1001530      | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| 4oz Clear Portion Pot (A18006)                                | 2480         | -                          | -     | -             | -             | -   | -      | -    | -    | -           | -        | -    | -        | -    | -          | -       | -        | -      | -          | -         | -          | -             | -             | -       | -      | -       | -      | -                         |       |
| 3.25Oz,4Oz,5Oz Portion Pot Lid                                | 2477         | -                          | -     | -             | -             | -   | -      | -    | -    | -           | -        | -    | -        | -    | -          | -       | -        | -      | -          | -         | -          | -             | -             | -       | -      | -       | -      | -                         |       |
| Innovate Circle A4 Label (12 per sheet)                       | 2417         | -                          | -     | -             | -             | -   | -      | -    | -    | -           | -        | -    | -        | -    | -          | -       | -        | -      | -          | -         | -          | -             | -             | -       | -      | -       | -      | -                         |       |
| Vanilla Yogurt with Strawberry Sauce 1022621 (Yield 10ptn/s)  | 1022621      | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Combined Easiyo Vanilla Yogurt per ml 1001530 (Yield 10ptn/s) | 1001530      | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| 4oz Clear Portion Pot (A18006)                                | 2480         | -                          | -     | -             | -             | -   | -      | -    | -    | -           | -        | -    | -        | -    | -          | -       | -        | -      | -          | -         | -          | -             | -             | -       | -      | -       | -      | -                         |       |
| 3.25Oz,4Oz,5Oz Portion Pot Lid                                | 2477         | -                          | -     | -             | -             | -   | -      | -    | -    | -           | -        | -    | -        | -    | -          | -       | -        | -      | -          | -         | -          | -             | -             | -       | -      | -       | -      | -                         |       |
| Innovate Circle A4 Label (12 per sheet)                       | 2417         | -                          | -     | -             | -             | -   | -      | -    | -    | -           | -        | -    | -        | -    | -          | -       | -        | -      | -          | -         | -          | -             | -             | -       | -      | -       | -      | -                         |       |
| EasiYo Strawberry Fruit Topping                               | 1443         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Chocolate Brownie 21s 5276 (Yield 63ptn/s)                    | 5276         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| N Ifg Brownie Mix 4 x 3.5kg                                   | 10416        | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Tap Water                                                     | 2874         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Raspberry Ripple Cake 1020651 (Yield 21 ptn/s)                | 1020651      | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | M        | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| EasiYo Raspberry Topping                                      | 1445         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Icing Sugar 1x3kg                                             | 2829         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| N Ifg Plain Muffin Mix 4 x 3.5kg                              | 7102         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | M        | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Tap Water                                                     | 2874         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Chocolate Fudge Cake 1020686 ( Yield 21 ptn/s)                | 1020686      | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | YES      | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Uht - Alpro Soya Wholebean Unsweetened                        | 2841         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Brakes Cooking & Baking 36x250g                               | 2803         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Uht - Alpro Soya Wholebean Unsweetened                        | 2841         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Golden Syrup 1x7.26kg                                         | 2505         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Caster Sugar 1x25kg                                           | 2827         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Arriba Cocoa 1x1kg                                            | 2752         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Tap Water                                                     | 2874         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| N Ifg Chocolate Muffin Mix 4 x 3.5kg                          | 5711         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Carrot Cake Orange Glaze 1020677 (Yield 21ptn/s)              | 1020677      | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | M        | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Sysco Classic Ground Cinnamon 1x450g                          | 2668         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Sysco Classic Ground Mixed Spice 1x450g                       | 2671         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |



| Recipe Name                                          | StarChef Key | Cereals containing Gluten: | Wheat | Spelt (Wheat) | Kamut (Wheat) | Rye | Barley | Oats | Fish | Crustaceans | Molluscs | Eggs | Soybeans | Milk | Tree Nuts: | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia nut | Peanuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphites | Lupin |
|------------------------------------------------------|--------------|----------------------------|-------|---------------|---------------|-----|--------|------|------|-------------|----------|------|----------|------|------------|---------|----------|--------|------------|-----------|------------|---------------|---------------|---------|--------|---------|--------|---------------------------|-------|
| Golden Syrup 1x7.26kg                                | 2505         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Double Chocolate Chip Cookie 5261 (Yield 80ptn/s)    | 5261         | YES                        | YES   | X             | X             | X   | M      | X    | X    | X           | X        | YES  | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Scotblock Choc Drops Milk 1x3kg                      | 2502         | YES                        | YES   | X             | X             | X   | M      | X    | X    | X           | X        | X    | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Dr Oetker White Choc Drops 1x3kg                     | 2509         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| N Impact Food Chocolate Cookie Mix 4x3.5kg           | 9836         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | M        | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Tap Water                                            | 2874         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Blueberry Muffin 7104 (Yield 51ptn/s)                | 7104         | YES                        | YES   | X             | X             | X   | M      | YES  | X    | X           | X        | YES  | M        | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| N Ifg Plain Muffin Mix 4 x 3.5kg                     | 7102         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | M        | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Tap Water                                            | 2874         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Blueberries 1x1kg                                    | 2684         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Demerara Sugar 1x3kg                                 | 2828         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Brakes Oatflakes 1 x 12.5kg                          | 1006356      | YES                        | M     | X             | X             | X   | M      | YES  | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Brown Muffin Sleeves 160x160mm                       | 2424         | -                          | -     | -             | -             | -   | -      | -    | -    | -           | -        | -    | -        | -    | -          | -       | -        | -      | -          | -         | -          | -             | -             | -       | -      | -       | -      | -                         | -     |
| Victoria Sponge Muffin 7113 (Yield 51ptn/s)          | 7113         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| N Ifg Plain Muffin Mix 4 x 3.5kg                     | 7102         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | M        | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Brakes Strawberry Jam 1x2.72kg                       | 2758         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Icing Sugar 1x3kg                                    | 2829         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Vanilla Essence 1x500ml                              | 2493         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Tap Water                                            | 2874         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Brown Muffin Sleeves 160x160mm                       | 2424         | -                          | -     | -             | -             | -   | -      | -    | -    | -           | -        | -    | -        | -    | -          | -       | -        | -      | -          | -         | -          | -             | -             | -       | -      | -       | -      | -                         | -     |
| Batch Reduced Sugar Buttercream 7722 (Yield 62ptn/s) | 7722         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Chocolate Muffin 7291 (Yield 51ptn/s)                | 7291         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| N Ifg Chocolate Muffin Mix 4 x 3.5kg                 | 5711         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Tap Water                                            | 2874         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Brown Muffin Sleeves 160x160mm                       | 2424         | -                          | -     | -             | -             | -   | -      | -    | -    | -           | -        | -    | -        | -    | -          | -       | -        | -      | -          | -         | -          | -             | -             | -       | -      | -       | -      | -                         | -     |
| Carrot Cake Muffin 7105 (Yield 51ptn/s)              | 7105         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| N Ifg Plain Muffin Mix 4 x 3.5kg                     | 7102         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | M        | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Sysco Classic Ground Mixed Spice 1x450g              | 2671         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Carrots Catering C2 PK 12.5kg                        | 2533         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Brown Muffin Sleeves 160x160mm                       | 2424         | -                          | -     | -             | -             | -   | -      | -    | -    | -           | -        | -    | -        | -    | -          | -       | -        | -      | -          | -         | -          | -             | -             | -       | -      | -       | -      | -                         | -     |
| Tap Water                                            | 2874         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |

| Recipe Name                                                  | StarChef Key | Cereals containing Gluten: | Wheat | Spelt (Wheat) | Kamut (Wheat) | Rye | Barley | Oats | Fish | Crustaceans | Molluscs | Eggs | Soybeans | Milk | Tree Nuts: | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia nut | Peanuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphites | Lupin |
|--------------------------------------------------------------|--------------|----------------------------|-------|---------------|---------------|-----|--------|------|------|-------------|----------|------|----------|------|------------|---------|----------|--------|------------|-----------|------------|---------------|---------------|---------|--------|---------|--------|---------------------------|-------|
| Batch Reduced Sugar Buttercream 7722 (Yield 62ptn/s)         | 7722         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Sticky lemon muffin 1022222 (Yield 51 ptn/s)                 | 1022222      | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | YES                       | X     |
| N Ifg Plain Muffin Mix 4 x 3.5kg                             | 7102         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | M        | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Tap Water                                                    | 2874         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Lemon Curd 1x3.18kg                                          | 2759         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | YES  | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Batch Reduced Sugar Lemon Buttercream 7724 (Yield 62ptn/s)   | 7724         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | YES                       | X     |
| From Scratch Options                                         |              |                            |       |               |               |     |        |      |      |             |          |      |          |      |            |         |          |        |            |           |            |               |               |         |        |         |        |                           |       |
| Chocolate Brownie New (from scratch) 1014325 (Yield 21ptn/s) | 1014325      | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Brakes Cooking & Baking 36x250g                              | 2803         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Caster Sugar 1x25kg                                          | 2827         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Arriba Cocoa 1x1kg                                           | 2752         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Vanilla Essence 1x500ml                                      | 2493         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Sysco Plain Flour 1x16kg                                     | 1008184      | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Free Range Eggs Med 5 Dozen [58g]                            | 2823         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | YES  | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Raspberry Ripple Cake (from scratch) 1016785 (Yield 21ptn/s) | 1016785      | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | YES  | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Caster Sugar 1x25kg                                          | 2827         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Extended Life Rapeseed Oil 1x20 ltr                          | 2613         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Self Raising Flour 1x16kg                                    | 2498         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Sysco Classic Baking Powder 1x800g                           | 1002990      | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Vanilla Essence 1x500ml                                      | 2493         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Free Range Eggs Med 5 Dozen [58g]                            | 2823         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | YES  | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| EasiYo Raspberry Topping                                     | 1445         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Icing Sugar 1x3kg                                            | 2829         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Chocolate Fudge Cake (from scratch) 1016858 (21ptn/s)        | 1016858      | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | M    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Extended Life Rapeseed Oil 1x20 ltr                          | 2613         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Beetroot Longlife BB 1x500g                                  | 2701         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Tap Water                                                    | 2874         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Light Brown Soft Sugar (106067) 1x3kg                        | 2830         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| KTC Gram Flour 1x2kg                                         | 2487         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Arriba Cocoa 1x1kg                                           | 2752         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Uht - Alpro Soya Wholebean Unsweetened                       | 2841         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |

| Recipe Name                                                     | StarChef Key | Cereals containing Gluten: | Wheat | Spelt (Wheat) | Kamut (Wheat) | Rye | Barley | Oats | Fish | Crustaceans | Molluscs | Eggs | Soybeans | Milk | Tree Nuts: | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia nut | Peanuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphites | Lupin |
|-----------------------------------------------------------------|--------------|----------------------------|-------|---------------|---------------|-----|--------|------|------|-------------|----------|------|----------|------|------------|---------|----------|--------|------------|-----------|------------|---------------|---------------|---------|--------|---------|--------|---------------------------|-------|
| Vanilla Essence 1x500ml                                         | 2493         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Dr Oetker Prof GF Baking Powder 1x500g                          | 62           | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | M    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Brakes Cooking & Baking 36x250g                                 | 2803         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Uht - Alpro Soya Wholebean Unsweetened                          | 2841         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Golden Syrup 1x7.26kg                                           | 2505         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Caster Sugar 1x25kg                                             | 2827         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Arriba Cocoa 1x1kg                                              | 2752         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Carrot Cake Orange Glaze (from scratch) 1016782 (Yield 1016782) | 1016782      | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | YES  | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Extended Life Rapeseed Oil 1x20 ltr                             | 2613         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| GF Self Raising Flour 5x1kg                                     | 1015736      | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Light Brown Soft Sugar (106067) 1x3kg                           | 2830         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Sysco Classic Bicarbonate of Soda 1kg                           | 1002993      | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Sysco Classic Ground Cinnamon 1x450g                            | 2668         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Sysco Classic Ground Mixed Spice 1x450g                         | 2671         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Oranges Medium BB 10 Pack                                       | 2528         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Carrots Catering C2 PK 12.5kg                                   | 2533         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Icing Sugar 1x3kg                                               | 2829         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Brake Med F/Range Shell Eggs RA 1x15Doz                         | 2583         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | YES  | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Chocolate Crispie Cake 5265 (Yield 63ptn/s)                     | 5265         | YES                        | YES   | X             | X             | X   | YES    | X    | X    | X           | X        | X    | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Golden Syrup 1x7.26kg                                           | 2505         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Brakes Cooking & Baking 36x250g                                 | 2803         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Milfresh Milk Powder 1 x 2kg                                    | 1006350      | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Brakes Crisp Puffed Rice 8x600g                                 | 2847         | YES                        | X     | X             | X             | X   | YES    | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Arriba Cocoa 1x1kg                                              | 2752         | X                          | X     | X             | X             | X   | X      | X    | X    | X           | X        | X    | X        | X    | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |
| Dr Oetker White Choc Drops 1x3kg                                | 2509         | YES                        | YES   | X             | X             | X   | X      | X    | X    | X           | X        | X    | YES      | YES  | X          | X       | X        | X      | X          | X         | X          | X             | X             | X       | X      | X       | X      | X                         | X     |