



ALLERGEN MATRIX

Name of food	Egg	Milk	Fish	Crustacean	Mollusc	Peanut	*Tree nut	Sesame seed	Cereals containing gluten	Soya	Celery	Mustard	Lupin	Sulphites
Tesco Both Together Bread									✓					
Tesco Scotch Pancakes	✓	✓							✓					
Tesco Crumpets									✓					
Tesco Wholemeal Pitta									✓					
Tesco White Pitta									✓					
Tesco H.W Nevill's Plain White Tortilla Wraps									✓					
Tesco H.W Nevill's Wholemeal Tortilla Wraps									✓					
Tesco Malt Wheats (Cereal)									✓					
Tesco Multigrain Honey Hoops (Cereal)									✓					

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Tesco Rice Snaps (Cereal)														
Tesco Cornflakes (Cereal)														
Tesco Squeezy Honey														
Tesco Cream Crackers									✓					
Tesco Strawberry Jam (Baking)														
Tesco Seedless Raspberry Jam (Baking)														
Tesco Apricot Jam (Baking)														
Tesco Orange Marmalade (Baking)														
Stute (No Added Sugar) Diabetic Strawberry Jam														

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Lyons Golden Syrup (Baking)														
Flora Buttery Spread		✓												
Tesco Salted Butter		✓												
Tesco Unsalted Butter		✓												
Tesco Olive Spread														
Tesco Growers Harvest Unsweetened Soya Drink										✓				
Tesco Creamfields Natural Greek Yogurt		✓												
Tesco Semi Skimmed Milk		✓												
Tesco Whole milk		✓												

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Tesco Apple Juice														
Tesco Orange Juice														
Tesco Grated Mature Cheddar Cheese		✓												
Tesco Cheddar Cheese Block		✓												
Dairylea Cheese Spread		✓												
Philadelphia Cheese Spread		✓												
Tesco Skimmed Milk		✓												
Alpro Yogurt Alternative														
Tesco Mayonnaise	✓													

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Tesco Light Mayonnaise	✓													
Tesco Onion and Garlic Dip	✓	✓												
Tesco Hummus								✓						
Marmite											✓			
Tesco Pitted Green Olives														
Flora Original Spread		✓												
Tesco Eastmans Cooked Ham Slices														
Tesco Chicken Slices														
Tesco Soft Cheese		✓												

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Tesco Tuna Chunks			✓											
Tesco Reduced Sugar Baked Beans (End of term treat)														
Tesco Fusilli Pasta Twists (Holiday Club)									✓					
Gingerbread Biscuits (Baking Activity)									✓					
Quorn Vegan Chicken Free Slices														
Alpro Soya Drink										✓				
Tesco Milk Cooking Chocolate		✓												
Tesco Dark Cooking Chocolate		✓												
Tesco White Cooking Chocolate		✓												

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Miss Molly's Milk Chocolate (baking)		✓												
Miss Molly's Dark Chocolate (Baking)		✓												
Miss Molly's white Chocolate (Baking)		✓												
Tesco Lightly Salted Tortilla Chips									✓					
Tesco Sweet and Salty Popcorn														
Nesquik Milkshake Powder (End of Term Treats)										✓				
Applewood smokey cheese alternative														
Alpro Oat Milk														
Tesco Wafer Thin Cooked Chicken														

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I Can't Believe It's Not Butter Spread														
Yogurt Covered rice Cakes		✓												
Tesco Oatcakes														
Tesco Apples														
Tesco Pears														
Tesco Satsumas														
Tesco Large Oranges														
Tesco Clementines														
Tesco Grapes														

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Tesco Sultanas														
Tesco Raisins														
Tesco Banana														
Tesco Fresh Pineapple														
Tesco Raspberries														
Tesco Strawberries														
Tesco Blueberries														
Tesco Blackberries														
Tesco Mangos														

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Tesco Peaches														
Tesco Nectarines														
Tesco Plum Tomatoes														
Tesco Mixed Peppers														
Tesco Celery											✓			
Tesco Iceberg Lettuce														
Tesco Spring Onions														
Tesco Carrots														
Tesco Whole Cucumber														

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Frozen Cauliflower Rice Bags														
Tesco Baby Corn														
Tesco Mange Tout														
Tesco Basmati Rice *														
Tesco Jasmine Rice *														
Tesco Pilau Rice *														
Tesco Long Grain Rice *														
Tesco Wholemeal Rice *														
Tesco Golden Vegetable Rice *														

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Prawn Crackers *				✓										
Blue Dragon Sweet Chilli Sauce *														
Amoy Microwave Medium Noodles *									✓					
Tesco Eggs (For Pancake Batter)(Pancake Day Activity)	✓													
Tesco Plain Flour (Baking)									✓					
Tinned Sweetcorn														
Tinned Mandarins														
Tinned Pears														
Tinned Peaches														

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Tinned Pineapple														
Tinned Apples (Baking)														
Caster Sugar (Baking)														
Baking Powder (Baking)														
Mini Marshmallows (Baking)														
Tesco Digestive Biscuits (Firepit Activity)									✓					
Tesco Chocolate Digestive (S'more Firepit Activity)									✓					
Tesco Marshmallows (Firepit Activity)														
Tesco Scones	✓	✓							✓					

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Tesco Fruit Scones	✓	✓							✓					
Warburton's Plain Bagels									✓					
Warburton's Cinnamon and Raisin Bagels									✓					

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