

Allergen Matrix

2025/26 primary week 3 EDINBURGH

Day 1

	Celery	Crustaceans	Eggs	Fish	G	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Jacket Potato with Cheese														
primary milk portion														
QUORN SPAGHETTI BOLOGNAISE			⊘		Barley, Wheat				8					3
Reduced sugar yoghurt														
Tomato Soup EDI														
WHOLEMEAL PIZZA, CHIPS EDI					Wheat									

Day 2

	Celery	Crustaceans	Eggs	Fish	G	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Blueberry sponge cake					Wheat									?
primary milk portion														
Salmon fish cake and new potatoes EDI					W heat									
Sweet Potato Curry and Rice									⊘					
Vegetable Soup served with bread					Wheat									

Day 3

	Celery	Crustaceans	Eggs	Fish	G	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
BAKED POTATO & COLESLAW														
Beef meatballs & pasta in a tomato Edi					W heat									
Coleslaw														
Lentil Soup EDI														
primary milk portion														
Reduced sugar yoghurt														
Vegetarian Haggis & Mash EDI					Oats (Wheat*)								②	

Day 4

	Celery	Crustaceans	Eggs	Fish	G	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Carrot & Coriander Soup					Barley, Wheat							?		
Chicken &Vegetable pie served with baby potato					Wheat									
Jacket Potato with Cheese														
primary milk portion														
Reduced sugar yoghurt														
Tomato & basil pasta Primary					Wheat									

Day 5

	Celery	Crustaceans	Eggs	Fish	G Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Cheese Roll (RENF)					Wheat									
Egg Mayo Sandwich on a brown roll			\bigcirc		Wheat									
Reduced sugar yoghurt														
Sliced Chicken Roll (RENF)					Wheat									
Soreen					Barley, Wheat									
Tuna Wholemeal Roll					Wheat									

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*Allergens in brackets are a May Contain.