





ALLERGEN BUDDY

IFG

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 - 29th Oct 2026

All meals for pupils with allergies much be pre-ordered at least one week in advance.

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.

KEY

YES = contains

M = may contain

X = does not contain

Intolerance Information Recipe List: Breakfast

* indicates sub recipe

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
Milk for Cereal 1000451 (S) (Yield 1ptn/s)	1000451	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
Semi Skimmed Milk (Green) 1x2.27ltr	2600	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
Cereal - Cornflakes 1000450 (Yield 1ptn/s)	1000450	YES	X	X	X	X	YES	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Brakes Corn Flakes 8x500g	2843	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
Semi Skimmed Milk (Green) 1x2.27ltr	2600	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
Cereal - Rice Crispies 1000449 (Yield 1ptn/s)	1000449	YES	X	X	X	X	YES	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
Semi Skimmed Milk (Green) 1x2.27ltr	2600	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
Sausage Cheese & Hash Brown Muffin 7874 (Yield 10ptn/s	7874	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	M	YES	X
English Muffins 48x72g	2810	YES	YES	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
N Aviko Hash Browns 4x2500g	1010221	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
Mild White Cheddar min 4.75kg	2387	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 Essentials Tomato Sauce 1x 4.5kg	2606	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 GG British Raw Gluten Free Pork Sausage 1x4.54kg.	1027556	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	YES	X
Halal Sausage Cheese & Hash Brown Muffin 2892 (Yield 10	2892	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	M	YES	X
English Muffins 48x72g	2810	YES	YES	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
Halal Brit Chicken Sausage 8's 1x4.54kg	2705	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	YES	X
N Aviko Hash Browns 4x2500g	1010221	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
Mild White Cheddar min 4.75kg	2387	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 Essentials Tomato Sauce 1x 4.5kg	2606	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
Spinach & Hash Brown Egg Bite 7861 (Yield 24ptn/s)	7861	X	X	X	X	X	X	X	X	X	X	YES	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
51X38 White G/P Muffin Cases	1011091	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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
N Aviko Hash Browns 4x2500g	1010221	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
Whole Leaf Spinach Portions 1x2.5kg	2726	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
Chef William Table Salt 1x6kg	2623	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 Cracked Black Pepper 425g	2693	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
Grated Mild White Cheddar 5x1kg	2520	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
Topping - Cinnamon Sugar 1000349 (Yield 10ptn/s)	1000349	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

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
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
Topping - Dried Fruit 1000348 (Yield 10ptn/s)	1000348	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	YES	X
Sultanas 1x3kg	2513	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
Dried Apricots 1x3kg	2512	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	YES	X
Topping - Easiyo Mixed Berry 1000352 (Yield 10ptn/s)	1000352	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
EasiYo Berryfruits Topping	1446	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
Topping - Easiyo Strawberry 1000351 (Yield 10ptn/s)	1000351	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
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
Topping - Golden Syrup 1000353 (Yield 10ptn/s)	1000353	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
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
Topping - Honey 1000350 (Yield 10ptn/s)	1000350	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 Squeezy Clear Honey 1x680g	2730	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
Topping - Pumpkin Seeds 1000355 (Yield 10ptn/s)	1000355	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 Pumpkin Seeds 1x430g	1002981	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
Topping - Sunflower Seeds 1000354 (Yield 10ptn/s)	1000354	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
Sunflower Seeds 1x1kg	2514	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 Porridge 1004244 (Yield 12ptn/s)	1004244	YES	M	X	X	X	M	YES	X	X	X	X	X	YES	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
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
Semi Skimmed Milk (Green) 1x2.27ltr	2600	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
Plain Porridge 7876 (Yield 12ptn/s)	7876	YES	M	X	X	X	M	YES	X	X	X	X	X	YES	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
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
Semi Skimmed Milk (Green) 1x2.27ltr	2600	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
3 Piece Breakfast 7770 (Yield 18ptn/s)	7770	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	YES	X
N Aviko Hash Browns 4x2500g	1010221	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 RSS Baked Beans 1x2.62kg	1029874	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
[pc]12Oz IFG Printed Cup	2467	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
N GG British Raw Gluten Free Pork Sausage 1x4.54kg.	1027556	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	YES	X
Halal 3 Piece Breakfast 7763 (Yield 18ptn/s)	7763	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	YES	X
N Aviko Hash Browns 4x2500g	1010221	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
Halal Brit Chicken Sausage 8's 1x4.54kg	2705	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	YES	X
Sysco Classic RSS Baked Beans 1x2.62kg	1029874	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
[pc]12Oz IFG Printed Cup	2467	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4 Piece Breakfast 7775 (Yield 18ptn/s)	7775	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	YES	X
N Aviko Hash Browns 4x2500g	1010221	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 RSS Baked Beans 1x2.62kg	1029874	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
[pc]12Oz IFG Printed Cup	2467	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
N GG British Raw Gluten Free Pork Sausage 1x4.54kg.	1027556	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	YES	X
Rindless Back Bacon 4 x 2.5kg	9965	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
Halal 4 Piece Breakfast 7778 (Yield 18ptn/s)	7778	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	YES	X
N Aviko Hash Browns 4x2500g	1010221	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 RSS Baked Beans 1x2.62kg	1029874	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
[pc]12Oz IFG Printed Cup	2467	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Halal Brit Chicken Sausage 8's 1x4.54kg	2705	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	YES	X
Brake Medium Free Range Eggs RA 1x18	1005492	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
Sysco Classic Sunflower Oil (5507) 2ltr	2639	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
5 Piece Breakfast 1000690 (Yield 10ptn/s)	1000690	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	YES	X
N Aviko Hash Browns 4x2500g	1010221	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
Rindless Back Bacon 4 x 2.5kg	9965	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 GG British Raw Gluten Free Pork Sausage 1x4.54kg.	1027556	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	YES	X
Sysco Classic RSS Baked Beans 1x2.62kg	1029874	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
Sysco Classic Sunflower Oil (5507) 2ltr	2639	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
Round Kraft Salad Bowl 450ml	1014527	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese & Bacon Bagel 7853 (Yield 10ptn/s)	7853	YES	YES	X	X	YES	YES	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
La Bo Fully Baked Plain Bagels 48x100g	2808	YES	YES	X	X	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
Rindless Back Bacon 4 x 2.5kg	9965	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
Extons Mild Cheddar Slices 1x1kg	1013166	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
Cheese & Tomato Bagel 7854 (Yield 10ptn/s)	7854	YES	YES	X	X	YES	YES	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
La Bo Fully Baked Plain Bagels 48x100g	2808	YES	YES	X	X	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
Grated Mild White Cheddar 5x1kg	2520	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
Tomato M/Mm PK 1x6kg	2794	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
Bacon Baguette 7855 (Yield 10ptn/s)	7855	YES	YES	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
LaBo 10" PB White Sandwich Baguette 1x30 x 140g	2799	YES	YES	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
Rindless Back Bacon 4 x 2.5kg	9965	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
Mini Bacon Baguette 7856 (Yield 20ptn/s)	7856	YES	YES	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
LaBo 10" PB White Sandwich Baguette 1x30 x 140g	2799	YES	YES	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
Rindless Back Bacon 4 x 2.5kg	9965	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
Sausage Baguette 7857 (Yield 10ptn/s)	7857	YES	YES	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	YES	X
LaBo 10" PB White Sandwich Baguette 1x30 x 140g	2799	YES	YES	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
N GG British Raw Gluten Free Pork Sausage 1x4.54kg.	1027556	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	YES	X
Innovate Large A4 Label (6 per sheet)	2418	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
150x350mm Nonperf Poly Bags	2422	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mini Sausage Baguette 7858 (Yield 20ptn/s)	7858	YES	YES	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	YES	X
LaBo 10" PB White Sandwich Baguette 1x30 x 140g	2799	YES	YES	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
N GG British Raw Gluten Free Pork Sausage 1x4.54kg.	1027556	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	YES	X
Halal Half Chicken Sausage Baguette 1000465 (Yield 20ptn	1000465	YES	YES	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	X
Halal Brit Chicken Sausage 8's 1x4.54kg	2705	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	YES	X
Brakes Essentials Tomato Sauce 1x 4.5kg	2606	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
LaBo 10 PB Malted Wheat Baguettes [135g]	2798	YES	YES	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
Sysco Classic Soft Spread 1x2kg	176	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
Innovate Large A4 Label (6 per sheet)	2418	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
150x350mm Nonperf Poly Bags	2422	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bacon Bap 4" 7787 (Yield 10ptn/s)	7787	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	M	X	X
Sysco Essentials 4" Pre Sliced Unseeded Burger Bun 48 x 5	2809	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	M	X	X
Rindless Back Bacon 4 x 2.5kg	9965	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
Pork Sausage Bap 4" 7786 (Yield 10ptn/s)	7786	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	M	YES	X
Sysco Essentials 4" Pre Sliced Unseeded Burger Bun 48 x 5	2809	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	M	X	X
N GG British Raw Gluten Free Pork Sausage 1x4.54kg.	1027556	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	YES	X
Croissant 7862 (Yield 10ptn/s)	7862	YES	YES	X	X	X	X	X	X	X	X	YES	M	YES	M	M	M	X	X	X	X	X	X	X	X	X	X	X	X
Viennoiserie - LaBo RTB Straight Butter Croissant [60g]	2820	YES	YES	X	X	X	X	X	X	X	X	YES	M	YES	M	M	M	X	X	X	X	X	X	X	X	X	X	X	X
Pain Au Chocolate 7863 (Yield 10ptn/s)	7863	YES	YES	X	X	X	X	X	X	X	X	YES	M	YES	M	M	M	X	X	X	X	X	X	X	X	X	X	X	X
La Bo Ready to Bake Pain au Chocolat 1 x 48	1004167	YES	YES	X	X	X	X	X	X	X	X	YES	M	YES	M	M	M	X	X	X	X	X	X	X	X	X	X	X	X
Toast White 7878 (Yield 1ptn/s)	7878	YES	YES	X	X	X	M	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
La Bo Thick Sliced White Bloomers [800g]	2527	YES	YES	X	X	X	M	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Toast Malted Bloomer 1000304 (Yield 1ptn/s)	1000304	YES	YES	X	X	X	YES	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
La Bo Thick Sliced Malted Wheat Bloomers [800g]	2526	YES	YES	X	X	X	YES	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Toasted Buttered Bagel 7879 (Yield 10ptn/s)	7879	YES	YES	X	X	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	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
La Bo Fully Baked Plain Bagels 48x100g	2808	YES	YES	X	X	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
Sysco Classic Soft Spread 1x2kg	176	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
Waffle Plain 7881 (Yield 10ptn/s)	7881	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
Brake Unwrapped Sweet Waffles 1x30x90g	2641	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
Bacon Rasher 7781 (Yield 10ptn/s)	7781	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
Rindless Back Bacon 4 x 2.5kg	9965	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
Baked Beans 7782 (Yield 10ptn/s)	7782	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 RSS Baked Beans 1x2.62kg	1029874	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
Breakfast Mushrooms 1000472 (Yield 10ptn/s)	1000472	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
Mushrooms Catering C2 PK 1x3kg	2362	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 Soft Spread 1x2kg	176	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
Pork Sausage 7784 (Yield 10ptn/s)	7784	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	YES	X
N GG British Raw Gluten Free Pork Sausage 1x4.54kg.	1027556	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	YES	X
Butter Portion 10387 (S) (Yield 1ptn/s)	10387	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
Butter Portions 1x100 [6.2g]	1151	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
Flora Portion 1000363 (S) (Yield 1ptn/s)	1000363	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
Flora Original Portions [10g]	830	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
Fried Egg 1000471 (Yield 1ptn/s)	1000471	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
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
Sysco Classic Sunflower Oil (5507) 2ltr	2639	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
Hash Brown 7783 (Yield 10ptn/s)	7783	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 Aviko Hash Browns 4x2500g	1010221	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
Topping - Mixed Fruit Jam 1000358 (Yield 10ptn/s)	1000358	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 Mixed Fruit Jam 1x2.72kg	1021690	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
Topping - Raspberry Jam 1000357 (Yield 10ptn/s)	1000357	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 Raspberry Jam 1x2.72kg	2757	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
Vegan Sausage 7785 (Yield 10ptn/s)	7785	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	YES	X
Sysco Plnt-Based Cumblnd Sausage 30x50g	2800	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	YES	X
Breakfast Wrap - Meat 1000446 (Yield 10ptn/s)	1000446	YES	YES	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	X
La Bou 10" Bar Marked Flour Tortillas 4x18 Pack [15.3g], 1	1004262	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
N Aviko Hash Browns 4x2500g	1010221	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
Rindless Back Bacon 4 x 2.5kg	9965	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 GG British Raw Gluten Free Pork Sausage 1x4.54kg.	1027556	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	YES	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
Mature White Cheddar min 4.75kg	2388	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 Essentials Tomato Sauce 1x 4.5kg	2606	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
30X27Cm Aluchef Pop-Up Foil	2471	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Halal Breakfast Wrap - Meat 1000454 (Yield 10ptn/s)	1000454	YES	YES	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	YES	X
La Bou 10" Bar Marked Flour Tortillas 4x18 Pack [15.3g], 1	1004262	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
N Aviko Hash Browns 4x2500g	1010221	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
Halal Brit Chicken Sausage 8's 1x4.54kg	2705	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	YES	X
Mature White Cheddar min 4.75kg	2388	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
Brakes Essentials Tomato Sauce 1x 4.5kg	2606	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
30X27Cm Aluchef Pop-Up Foil	2471	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Breakfast Wrap - Veggie 1000455 (Yield 10ptn/s)	1000455	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	YES	X
La Bou 10" Bar Marked Flour Tortillas 4x18 Pack [15.3g], 1	1004262	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
N Aviko Hash Browns 4x2500g	1010221	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 Plnt-Based Cumblnd Sausage 30x50g	2800	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	YES	X
Mature White Cheddar min 4.75kg	2388	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
Sysco Classic RSS Baked Beans 1x2.62kg	1029874	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
30X27Cm Aluchef Pop-Up Foil	2471	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Croissant 7862 (Yield 10ptn/s)	7862	YES	YES	X	X	X	X	X	X	X	X	YES	M	YES	M	M	M	X	X	X	X	X	X	X	X	X	X	X
Viennoiserie - LaBo RTB Straight Butter Croissant [60g]	2820	YES	YES	X	X	X	X	X	X	X	X	YES	M	YES	M	M	M	X	X	X	X	X	X	X	X	X	X	X
Pain Au Chocolate 7863 (Yield 10ptn/s)	7863	YES	YES	X	X	X	X	X	X	X	X	YES	M	YES	M	M	M	X	X	X	X	X	X	X	X	X	X	X
La Bo Ready to Bake Pain au Chocolat 1 x 48	1004167	YES	YES	X	X	X	X	X	X	X	X	YES	M	YES	M	M	M	X	X	X	X	X	X	X	X	X	X	X
Toast White 7878 (Yield 1ptn/s)	7878	YES	YES	X	X	X	M	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
La Bo Thick Sliced White Bloomers [800g]	2527	YES	YES	X	X	X	M	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Toasted Buttered Bagel 7879 (Yield 10ptn/s)	7879	YES	YES	X	X	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
La Bo Fully Baked Plain Bagels 48x100g	2808	YES	YES	X	X	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	M	X	X
Sysco Classic Soft Spread 1x2kg	176	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
Waffle Plain 7881 (Yield 10ptn/s)	7881	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
Brake Unwrapped Sweet Waffles 1x30x90g	2641	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
Dropped Pancake with Fruit Toppings 1005511 (Yield 20pt	1005511	YES	YES	X	X	X	X	X	X	X	X	YES	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Chef William Table Salt 1x6kg	2623	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
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
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

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
Semi Skimmed Milk (Green) 1x2.27ltr	2600	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 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
Lemons BB 5 Pack	2815	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
EasiYo Berryfruits Topping	1446	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
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
Round Kraft Salad Bowl 450ml	1014527	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Toasted Crumpets 1010216 (Yield 10ptn/s)	1010216	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
La Boulangerie Round Crumpets 36x50g	1051	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 Soft Spread 1x2kg	176	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
Breakfast Pancake Maple Syrup 1011785 (Yields 10 ptn/s)	1011785	YES	YES	X	X	X	X	X	X	X	X	YES	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Tate Lyle Golden Syrup Maple Flavour	310	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
Pancake - Crepe Cuisine Pancake Americn Style [40g]	2535	YES	YES	X	X	X	X	X	X	X	X	YES	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X