ALLERGEN BUDDY

EXPLODED ALLERGEN MATRICES

IFG

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

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: Bakery

* indicates sub recipe

Last Edited: 8/4

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
Grape Pot 4oz 7276 (Yield 14ptn/s)	7276	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Grapes White Seedless BB 500g	2816	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Grapes Black Seedless BB 500g	2817	X	X	X	X	X	X	X	X	X	X	X	X	X	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pineapple Pot 4oz 7277 (Yield 14ptn/s)	7277	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Pineapples Medium BB Each	2350	X	X	X	X	X	X	X	X	X	X	X	X	X	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Watermelon Pot 4oz 7279 (Yield 14ptn/s)	7279	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Melon Water Size 6 1x Each	2349	X	X	X	X	X	X	X	X	X	X	X	X	X	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Salad Pot 4oz 7275 (Yield 14ptn/s)	7275	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Pineapples Medium BB Each	2350	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Melon Water Size 6 1x Each	2349	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Grapes White Seedless BB 500g	2816	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Grapes Black Seedless BB 500g	2817	X	X	X	X	X	X	X	X	X	X	X	X	X	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wibble Jelly Orange 4oz 2894 (Yield 20ptn/s)	2894	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Wibble Vegan Orange Jelly Crystals 1x3kg	1028066	X	X	X	X	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
3.25Oz,4Oz,5Oz Portion Pot Lid	2477	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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
4oz Clear Portion Pot (A18006)	2480	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cucina Circle A4 Label (12 per sheet)	2416	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wibble Jelly Strawberry 4oz 7320 (Yield 20ptn/s)	7320	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Wibble Vegan Strawberry Jelly Crystals 1x3kg	1028068	X	X	X	X	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
3.25Oz,4Oz,5Oz Portion Pot Lid	2477	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4oz Clear Portion Pot (A18006)	2480	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cucina Circle A4 Label (12 per sheet)	2416	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wibble Jelly Raspberry 4oz 7321 (Yield 20ptn/s)	7321	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Wibble Vegan Raspberry Jelly Crystals 1x3kg	1028067	X	X	X	X	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
3.25Oz,4Oz,5Oz Portion Pot Lid	2477	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4oz Clear Portion Pot (A18006)	2480	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cucina Circle A4 Label (12 per sheet)	2416	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wibble Jelly Forest Fruits 4oz 8163 (Yield 20ptn/s)	8163	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Wibble Forest Jelly Crystals 1x1.9kg	8160	X	X	X	X	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
3.25Oz,4Oz,5Oz Portion Pot Lid	2477	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4oz Clear Portion Pot (A18006)	2480	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cucina Circle A4 Label (12 per sheet)	2416	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Strawberry Yogurt with Strawberry Topping 1022614 (	1022614	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 Strawberry Yogurt per ml 1001531	1001531	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
Plain Strawberry Yogurt 1022627 (Yield 10ptn/s)	1022627	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 Strawberry Yogurt per ml 1001531	1001531	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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 (Yiel	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 1	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 (Yiel	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 lfg 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 lfg 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 lfg 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
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
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 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
Vanilla Cookie 5263 (Yield 60ptn/s)	5263	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
N Impact Food Plain Cookie Mix 4x3.5kg	9839	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
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
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
Shortbread 5270 (Yield 42ptn/s)	5270	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
Brake Plain Flour 1x3kg	2346	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
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
Hob Nob 10952 (Yield 65ptn/s)	10952	YES	YES	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
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
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
Dark Brown Soft Sugar 1x3kg	2831	X	X	X	X	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
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

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/	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/	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 lfg 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	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	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 2	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/	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 (Yie	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