

Menu FIR Intolerance Report

Hot Deli (All Variations) April 26

Dish Name

<u>Cereals containing Gluten :</u>											
Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk
<u>Tree Nuts :</u>											
Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame
Sulphur dioxide/sulphites											
Lupin											

Week 1 Monday

BBQ Chicken Pizza 7556 (Yield 6ptn/s)	✓	✓	M	M	M	✓	M				✓	✓									✓				
BBQ Chicken Pizza Homemade 7548 (Yield 8ptn/s)	✓	✓				✓				✓	✓	✓									✓				
BBQ Crispy Chicken Open Wrap 1000013 (Yield 10ptn/s)	✓	✓	✓	✓		✓			✓	✓	M										✓	M		M	
Cajun Popcorn 1005356 (Yield 10ptn/s)																									
Cheese Panini 7018 (Yield 30ptn/s)	✓	✓				M	M				✓	✓											M		
Halal BBQ Chicken Pizza 7563 (Yield 6ptn/s)	✓	✓	M	M	M	✓	M			✓	✓	✓									✓				
Halal BBQ Chicken Pizza Homemade 7553 (Yield 8ptn/s)	✓	✓				✓				✓	✓	✓									✓				
Halal BBQ Crispy Chicken Open Wrap 1000014 (Yield 10ptn/s)	✓	✓	✓	✓		✓			✓	✓	M										✓	M		M	
Halal Turkey Cheese & Tomato Pizza Homemade 1000267 (Yield 8ptn/s)	✓	✓								✓	✓	✓													
Halal Turkey, Cheese And Tomato Pizza 7576 (Yield 6ptn/s)	✓	✓	M	M	M	M	M				✓	✓													
Half Cheese Panini 7642 (Yield 60ptn/s)	✓	✓				M					✓	✓											M		
Ham Cheese & Tomato Pizza 7564 (Yield 6ptn/s)	✓	✓	M	M	M	M	M				✓	✓													
Ham Cheese & Tomato Pizza Homemade 7755 (Yield 8ptn/s)	✓	✓								✓	✓														
Korean BBQ Quorn Open Wrap 1016856 (Yield 10ptn/s)	✓	✓								✓											✓			✓	
Margherita Pizza 7572 (Yield 6ptn/s)	✓	✓	M	M	M	M	M				✓	✓													
Margherita Pizza Homemade 7757 (Yield 8ptn/s)	✓	✓								✓	✓														
Mexican Salsa Quesadilla 1005348 (Yield 20ptn/s)	✓	✓									✓														
Vegan Singapore Noodles 5306 (Yield 10ptn/s)	✓	✓								✓															

Week 1 Tuesday

8oz Tomato & Basil Pasta - Power Bites 7532 (Yield 30ptn/s)	✓	✓									M											M			
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Hot Deli (All Variations) April 26

[illegible]

Week 1 Wednesday

[illegible]

BBQ Chicken Pizza 7556 (Yield 6ptn/s)

Week 2 Tuesday

[illegible]

Hot Deli (All Variations) April 26

Dish Name

Dish Name	Cereals containing Gluten :													Tree Nuts :													
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	
Half Pepperoni Panini 1024596 (Yield 60ptn/s)	✓	✓				M						✓												M			
Lentil & Chick Pea Dahl with Crispy Bombay Potatoes 1017983 (Yield 20ptn/s)	M	M																									
Margherita Pizza 7572 (Yield 6ptn/s)	✓	✓	M	M	M	M	M					✓	✓														
Margherita Pizza Homemade 7757 (Yield 8ptn/s)	✓	✓									✓	✓	✓														
Pepperoni Panini 1024594 (Yield 30ptn/s)	✓	✓				M						✓	✓											M			
Pepperoni Pizza 1024587 (Yield 6ptn/s)	✓	✓	M	M	M	M	M					✓	✓														
Pepperoni Pizza Homemade 1024589 (Yield 8ptn/s)	✓	✓									✓	✓	✓														
Piri Piri Chicken Pizza Slice 1000080 (Yield 6ptn/s)	✓	✓	M	M	M	M	M					✓	✓														
Spicy Special Fried Rice 1017941 (Yield 20ptn/s)	✓	✓									✓																

Week 2 Thursday

BBQ Chicken Wings 7461 (Yield 15ptn/s)	✓	✓			✓						✓																✓				
BBQ Chicken Wings, Rice and Lime & Coriander Slaw 1021729 (Yield 15ptn/s)	✓	✓			✓						✓																✓				
Cajun Tuna Melt Panini 1016744 (Yield 10Ptn/s)	✓	✓			M		✓			✓		✓																	M		
Cheese & Tomato Muffin 106908 (yield 20ptn/s)	✓	✓								✓		✓																			
Halal BBQ Chicken Wings 7469 (Yield 15ptn/s)	✓	✓			✓						✓																✓				
Halal BBQ Chicken Wings, Rice and Lime & Coriander Slaw 1021732 (Yield 15ptn/s)	✓	✓			✓						✓																✓				
Halal Sweet Chilli Chicken Open Wrap 1000019 (Yield 10ptn/s)	✓	✓																													
Spicy Vegetable Noodles - Power Bites 1021736 (Yield 10ptn/s)	✓	✓									✓																				
Sweet Chilli Chicken Open Wrap 1000017 (Yield 10ptn/s)	✓	✓																													
The Big Plant Burger 7628 (Yield 10ptn/s)	✓	✓			✓						✓																			M	

Week 2 Friday

8oz Cheese Sauce Pasta Pot - Power Bites 7173 (Yield 40ptn/s)	✓	✓									M	✓																M			
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Week 3 Monday

Hot Deli (All Variations) April 26

Dish Name

Dish Name	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 or Queensland nut Peanuts Celery Mustard Sesame Sulphur dioxide/sulphites Lupin																													
Margherita Pizza Homemade 7757 (Yield 8ptn/s)	✔	✔									✔	✔																		
Vegan Singapore Noodles 5306 (Yield 10ptn/s)	✔	✔									✔																			

Week 3 Tuesday

8oz Tomato & Basil Pasta - Power Bites 7532 (Yield 30ptn/s)	✓	✓									M																✓	M			
BBQ Chicken Panini 7000 (Yield 30ptn/s)	✓	✓			✓						✓	✓														✓			M		
BBQ French Bread Pizza - Power Bites 1000009 (Yield 20ptn/s)	✓	✓			✓						✓	✓														✓			M		
Halal BBQ Chicken Panini 7001 (Yield 30ptn/s)	✓	✓			✓						✓	✓														✓			M		
Halal BBQ Pepperoni Bagel Stack 7412 (Yield 10ptn/s)	✓	✓		✓	✓					M	✓	✓														✓	M	M			
Halal Half BBQ Chicken Panini 7638 (Yield 60ptn/s)	✓	✓			✓						✓	✓														✓			M		
Halal Southern Style Chicken Wings 7496 (Yield 15ptn/s)	✓	✓																													
Halal Southern Style Chicken Wings, Rice and Ranch Slaw 1021727 (Yield 15ptn/	✓	✓																									✓			✓	
Half BBQ Chicken Panini 7636 (Yield 60ptn/s)	✓	✓			✓						✓	✓														✓			M		
Hot Wrap - Margherita 7376 (Yield 10ptn/s)	✓	✓										✓																			
Korean BBQ Quorn Open Wrap 1016856 (Yield 10ptn/s)	✓	✓									✓																✓			✓	
Margherita Pizza 7572 (Yield 6ptn/s)	✓	✓	M	M	M	M	M					✓																			
Margherita Pizza Homemade 7757 (Yield 8ptn/s)	✓	✓									✓	✓																			
Southern Style Chicken Wings 7493 (Yield 15ptn/s)	✓	✓																													
Southern Style Chicken Wings, Rice and Slaw 1021724 (Yield 15ptn/s)	✓	✓																									✓			✓	
The Big Plant Burger 7628 (Yield 10ptn/s)	✓	✓			✓						✓																		M		

Week 3 Wednesday

Cheese & Tomato Nacho Melt 6997 (Yield 20ptn/s)	✓	✓			✓	✓						✓	M	M	M		M												M		
Crispy Katsu Chicken Open Wrap 1016893 (Yield 10ptn/s)	✓	✓	✓	✓						✓	✓	M														M	M			✓	

Week 3 Thursday

Hot Deli (All Variations) April 26

Dish Name

Dish Name	Cereals containing Gluten :										Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :										Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Almonds	Hazelnut	Walnut	Cashew nut							Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut												
Halal BBQ Chicken Wings, Rice and Lime & Coriander Slaw 1021732 (Yield 15ptr	✓	✓			✓						✓												✓									
Halal Half Turkey Ham & Cheese Panini 1003383 (Yield 60ptn/s)	✓	✓			M							✓													M							
Halal Sweet Chilli Chicken Open Wrap 1000019 (Yield 10ptn/s)	✓	✓																														
Halal Turkey Ham & Cheese Panini 7024 (Yield 30ptn/s)	✓	✓			M							✓													M							
Half Ham & Cheese Panini 7645 (Yield 60ptn/s)	✓	✓			M							✓													M							
Ham & Cheese Panini 7023 (Yield 30ptn/s)	✓	✓			M							✓													M							
Onion Bhaji Skewer with Bombay Potato 6696 (Yield 10ptn/s)	M	M																														
Sweet Chilli Chicken Open Wrap 1000017 (Yield 10ptn/s)	✓	✓																														

Week 3 Friday

8oz Pasta Arrabiatta - Power Bites 1000008 (Yield 40ptn/s)	✓	✓													M													M			
Garlic & Chilli Noodles 1000079 (Yield 10ptn/s)	✓	✓													✓																
Half Pizza Melt Panini 7707 (Yield 60ptn/s)	✓	✓				M										✓													M		
Margherita Pizza 7572 (Yield 6ptn/s)	✓	✓	M	M	M	M	M									✓															
Margherita Pizza Homemade 7757 (Yield 8ptn/s)	✓	✓													✓	✓															
Pizza Melt Panini 7027 (Yield 30ptn/s)	✓	✓			M											✓													M		
Southern Fried Ranch Quorn Open Wrap 1016823 (Yield 10ptn/s)	✓	✓																								✓			✓		