

Ormiston Forge Academy

Allergen Matrix

updated January 2026



Lunch Menu: Pasta & Noodle Pots

Week - 3

Day - Jan26.

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Sesame 	Treenuts 
Tariyaki Chicken Noodles		✓			✓									
Protein Lean Chicken Bolognese					✓									
Classic Meatball Pasta					✓									
Pulled Turkey Ham Carbonara	✓				✓									
Classic Chicken Chow Mein		✓			✓									

	Milk  Milk	Egg  Egg	Lupin  Lupin	Sulphur Dioxide  Sulphur Dioxide	Gluten  Gluten	Celery  Celery	Crustaceans  Crustaceans	Molluscs  Molluscs	Fish  Fish	Mustard  Mustard	Soybean  Soybean	Peanut  Peanut	Sesame  Sesame	Treenuts  Treenuts
Mexican Hot Pizza Slice	✓				✓									
Masala Mayo Deli Dog		✓												
Chinese Style Chicken wrap						✓								

Lunch Menu: Loaded Jacket Potato Fillings

Week - 3

Day - Jan26.

	Milk  Milk	Egg  Egg	Lupin  Lupin	Sulphur Dioxide  Sulphur Dioxide	Gluten  Gluten	Celery  Celery	Crustaceans  Crustaceans	Molluscs  Molluscs	Fish  Fish	Mustard  Mustard	Soybean  Soybean	Peanut  Peanut	Sesame  Sesame	Treenuts  Treenuts
Beef Mince & Onion					✓									
Smokey Spanish Beans & Aioli														
Masala Mayo, Cheese & Crispy Onion	✓	✓												
Pulled Turkey Ham Carbonara Sauce	✓													
Loaded all the classics	✓													

Lunch Menu: Mains

Week - 3

Day - Jan26.

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Sesame 	Treenuts 
Minced Beef Hotpot, topped with root veg & potatoes					✓									
BBQ Chicken & cheese melt	✓													
Maple glazed Chicken with crispy smashed new potatoes													✓	
Chicken Ragu Al Forno	✓				✓									
Fish Fingers					✓				✓		✓			
Sausage					✓									
Chicken Nugget					✓									

Lunch Menu: Morning Break

Week - 1, 2 & 3

Day - Jan26.

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Sesame 	Treenuts 
Cheese Garlic Slice	✓				✓									
Syrup Pancakes	✓				✓									
Sweet Waffles	✓				✓									
Pizza Bagels, Cheese/Tomato	✓				✓									
Cheese & Bean wrap	✓				✓									
Sausage Bob					✓									
Vegetarian Sausage Roll	✓				✓									
Buttered Crumpets	✓				✓									
Cinnamon Swirl					✓									
Hash Brown Bites					✓									
Tortilla Pizza Pockets					✓									
Sausage Rolls	✓				✓									
French Bread Pizza	✓				✓									
Pepperoni Pizza Pockets	✓				✓					✓	✓			
Pizza Bagels (Plain)					✓									
Pain au Chocolat	✓	✓			✓									

Lunch Menu: Friday Mains

Week - 3

Day - Jan26.

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Sesame 	Treenuts 
Chicken Nuggets					✓									
Chicken Sausage				✓	✓									
Chicken Burger					✓									
Fish Fingers					✓				✓					
Pizza	✓				✓									
Chips														

Lunch Menu: Mains

Week - 1

Day - Jan26.

	Milk	Egg	Lupin	Sulphur Dioxide	Gluten	Celery	Crustaceans	Molluscs	Fish	Mustard	Soybean	Peanut	Sesame	Treenuts
														
Swedish Meatballs in gravy	✓				✓									
Char Siu Roast Chicken	✓	✓			✓	✓				✓	✓		✓	
Chinese Style Curry Sauce					✓						✓		✓	
Roast Chicken & Thyme	✓	✓			✓									
Toad in the Hole														
Hand pressed Beef burger, caramelised onion & mac sauce	✓	✓			✓									
Chicken Nuggets					✓									
Chicken Sausage				✓	✓									
Chicken Burger					✓									
Fish Fingers					✓				✓					
Pizza	✓				✓									
Chips					✓									

Lunch Menu: Sides

Week - 1

Day - Jan26.

	Milk	Egg	Lupin	Sulphur Dioxide	Gluten	Celery	Crustaceans	Molluscs	Fish	Mustard	Soybean	Peanut	Sesame	Treenuts
	 Milk	 Egg	 Lupin	 Sulphur Dioxide	 Gluten	 Celery	 Crustaceans	 Molluscs	 Fish	 Mustard	 Soybean	 Peanut	 Sesame	 Treenuts
Creamy Mash, Peas & Green Beans	✓													
Steamed Rice & wok fried veggies														
Roasties, smashed honey parsnips & seasonal green														
Roasted root veg & wedges and green salad														

Lunch Menu: Pasta & Noodle Pots

Week - 1

Day - Jan26.

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Sesame 	Treenuts 
Chinese Style Char Sui Chicken Noodles		✓			✓						✓			
(HALAL) Best ever Bolognes Beef Meatball Pasta	✓				✓									
Classic Meatball Pasta					✓									
Classic Veggie Chow Mein		✓			✓						✓			

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Sesame 	Treenuts 
Southern Chicken Strips Wrap		✓			✓	✓					✓			
Macaroni Pizza Slize	✓	✓			✓									
BBQ pink onion Deli Dog					✓									
Classic Pepperoni Pizza	✓				✓									

Lunch Menu: Sandwich

Week - 1

Day - Jan26.

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Seasame 	Treenuts 
Chicken Tikka Baguette	✓	✓			✓									
Ham Sandwich					✓									
Tina Mayo Sandwich					✓									
Egg Mayo Sandwich		✓			✓									
Cheese Sandwich	✓				✓									

Lunch Menu: Loaded Spuds

Week - 1

Day - Jan26.

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Sesame 	Treenuts 
Swedish meatballs					✓									
Chinese style curry char sui pork					✓						✓		✓	
BBQ beans & pink onion														
Cheese, caramelised onion & mac sauce	✓			✓						✓				
Cheese	✓				✓									
Tuna Mayo														
Beans														
Plain Jacket potato														

Lunch Menu: Pizza

Week - 1,2 & 3

Day - Jan26.

	Milk  Milk	Egg  Egg	Lupin  Lupin	Sulphur Dioxide  Sulphur Dioxide	Gluten  Gluten	Celery  Celery	Crustaceans  Crustaceans	Molluscs  Molluscs	Fish  Fish	Mustard  Mustard	Soybean  Soybean	Peanut  Peanut	Sesame  Sesame	Treenuts  Treenuts
Ham & Cheese Pizza	✓				✓									
Pepperoni Pizza	✓				✓						✓			
Chicken Tikka Pizza	✓				✓									
Margherita Pizza	✓				✓									
Mexican Hot Pizza	✓				✓									

Lunch Menu: Friday Mains

Week - 1

Day - Jan26.

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Sesame 	Treenuts 
Chicken Nuggets					✓									
Chicken Sausage				✓	✓									
Chicken Burger					✓									
Fish Fingers					✓				✓					
Pizza	✓				✓									
Chips														

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Sesame 	Treenuts 
Peri Chicken & Macho		✓			✓									
Pea Pasta Bake														
Honey mustard glazed british bangers with roasted red onion				✓	✓					✓	✓			
Slow roast garlic & rosemary chicken with apple stuffing					✓					✓		✓		
Chips														
Chicken Tikka Balti Curry					✓									
Chicken Nuggets					✓									
Chicken Sausage					✓									
Chicken Burger					✓									
Fish Fingers					✓				✓					
Pizza	✓				✓									

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Sesame 	Treenuts 
Peri Crispy Chickpeas & Butterbean Past Bake	✓	✓			✓									
Honey Mustard glazed veggie bangers with roasted red onions				✓	✓					✓	✓			
Cauliflower & Broccoli Cheesy Bake	✓	✓			✓									
Butternut tomato chilli masala	✓													
Cheese Pizza	✓				✓									

	Milk  Milk	Egg  Egg	Lupin  Lupin	Sulphur Dioxide  Sulphur Dioxide	Gluten  Gluten	Celery  Celery	Crustaceans  Crustaceans	Molluscs  Molluscs	Fish  Fish	Mustard  Mustard	Soybean  Soybean	Peanut  Peanut	Sesame  Sesame	Treenuts  Treenuts
Leek mashed potatoes & mushy peas & gravy														
Roastie, savoy cabbage & cauliflower														
Garlic rice, roasted cauliflower & green beans														

Lunch Menu: Loaded Spuds

Week - 2

Day - Jan26.

	Milk  Milk	Egg  Egg	Lupin  Lupin	Sulphur Dioxide  Sulphur Dioxide	Gluten  Gluten	Celery  Celery	Crustaceans  Crustaceans	Molluscs  Molluscs	Fish  Fish	Mustard  Mustard	Soybean  Soybean	Peanut  Peanut	Sesame  Sesame	Treenuts  Treenuts
Spicy peri chicken & cheese	✓													
Bolognese					✓									
Meatball Marinara					✓									
Chicken Tikka Balti												✓		

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Sesame 	Treenuts 
Thai green vegetable noodles	✓	✓			✓									
Best ever bolognese	✓				✓									
Classic meatball pasta	✓				✓									
Classic veggie chow mein	✓				✓									

	Milk  Milk	Egg  Egg	Lupin  Lupin	Sulphur Dioxide  Sulphur Dioxide	Gluten  Gluten	Celery  Celery	Crustaceans  Crustaceans	Molluscs  Molluscs	Fish  Fish	Mustard  Mustard	Soybean  Soybean	Peanut  Peanut	Sesame  Sesame	Treenuts  Treenuts
Crispy Chicken Burger					✓									
Thai Curry Pizza Slice					✓									
Curried Chicken & Spinach wrap					✓									

	Milk  Milk	Egg  Egg	Lupin  Lupin	Sulphur Dioxide  Sulphur Dioxide	Gluten  Gluten	Celery  Celery	Crustaceans  Crustaceans	Molluscs  Molluscs	Fish  Fish	Mustard  Mustard	Soybean  Soybean	Peanut  Peanut	Sesame  Sesame	Treenuts  Treenuts
Vegan brownie homebakes					✓									
Vegan sprinkle sponge														
Shortbread														

Lunch Menu: Pizza

Week - 1,2 & 3

Day - Jan26.

	Milk 	Egg 	Lupin 	Sulphur Dioxide 	Gluten 	Celery 	Crustaceans 	Molluscs 	Fish 	Mustard 	Soybean 	Peanut 	Sesame 	Treenuts 
Ham and cheese pizza	✓				✓									
Pepperoni Pizza	✓				✓						✓			
Chicken Tikka Pizza	✓				✓									
Margherita Pizza	✓				✓									
Mexican Hot Pizza	✓				✓									

Lunch Menu: Friday Main

Week - 2

Day - Jan26.

	Milk	Egg	Lupin	Sulphur Dioxide	Gluten	Celery	Crustaceans	Molluscs	Fish	Mustard	Soybean	Peanut	Sesame	Treenuts
														
Chicken Nuggets					✓									
Chicken Sausage				✓	✓									
Chicken Burger					✓									
Fish Fingers					✓				✓					
Pizza	✓				✓									
Chips														