

# Allergen tables

Below are examples of how to keep track of food items you prepare and sell.

1. Make a list of all your meals and check them off against the allergens:

| Allergen / Menu item | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk    | Molluscs | Mustard | Sesame | Soya | Sulphites | Peanuts | Other nuts (note type) |  |
|----------------------|--------|-------------|------|------|--------|-------|---------|----------|---------|--------|------|-----------|---------|------------------------|--|
| Beef in oyster sauce |        |             |      |      |        |       |         | X        |         |        |      |           |         |                        |  |
| Egg mayonnaise       |        |             | X    |      |        |       |         |          | X       |        |      |           |         |                        |  |
| Fish pie             | X      | X           | X    | X    |        |       | X       | X        |         |        |      |           |         |                        |  |
| Hummus               |        |             |      |      |        |       |         |          |         | X      |      |           |         |                        |  |
| Korma curries        |        |             |      |      |        |       | X       |          |         |        |      |           |         | X<br>almonds           |  |
| Lasagne              | X      |             |      |      | X      |       | X       |          | X       |        | X    |           |         |                        |  |
| Mixed bean salad     |        |             |      |      |        |       |         |          |         |        |      | X         |         |                        |  |
| Pizza                |        |             |      |      |        | X     | X       |          |         |        |      |           |         |                        |  |
| Quiche               |        |             | X    |      | X      |       | X       |          |         |        |      |           |         |                        |  |
| Satay sauce          |        |             |      |      | X      |       |         |          |         |        |      |           | X       |                        |  |
| Tikka curries        |        |             |      |      |        |       | X       |          |         |        |      |           |         |                        |  |
| Review date:         |        |             |      |      |        |       | Signed: |          |         |        |      |           |         |                        |  |

2. Make a list of the allergens then put dishes which have the allergens in the correct box.

| Allergens    | Foods containing allergens                |  |
|--------------|---|--|
| Celery       | Meat and vegetable stew                   |  |
| Crustaceans  | Fish pie, sesame prawn toast              |  |
| Eggs         | Omelette, foo young, special fried rice   |  |
| Fish         | Fish pie                                  |  |
| Gluten       | Pizza, apple pie, cheese sauce, naan      |  |
| Lupin        | Pizza                                     |  |
| Milk         | Rice pudding, semolina, Yorkshire pudding |  |
| Molluscs     | Beef in oyster sauce                      |  |
| Mustard      | Salami, mayonnaise                        |  |
| Sesame       | Hummus, sesame prawn toast, burger buns   |  |
| Soya beans   | Tofu                                      |  |
| Sulphites    | Dried fruit pudding, wine                 |  |
| Peanuts      | Chicken satay                             |  |
| Other nuts   | Bakewell tart, chicken biryani, korma     |  |
| Review date: | Signed:                                   |  |

A blank version of each is included for your convenience.

# Table 1 - Allergens in meals

| <div style="text-align: right;"><b>Allergen</b></div> <div style="text-align: left;"><b>Menu item</b></div> | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk           | Molluscs | Mustard | Sesame | Soya | Sulphites | Peanuts | Other nuts<br>(note type) |  |
|---|--------|-------------|------|------|--------|-------|----------------|----------|---------|--------|------|-----------|---------|---------------------------|--|
|   |        |             |      |      |        |       |                |          |         |        |      |           |         |                           |  |
|   |        |             |      |      |        |       |                |          |         |        |      |           |         |                           |  |
|   |        |             |      |      |        |       |                |          |         |        |      |           |         |                           |  |
|   |        |             |      |      |        |       |                |          |         |        |      |           |         |                           |  |
|   |        |             |      |      |        |       |                |          |         |        |      |           |         |                           |  |
|   |        |             |      |      |        |       |                |          |         |        |      |           |         |                           |  |
|   |        |             |      |      |        |       |                |          |         |        |      |           |         |                           |  |
|   |        |             |      |      |        |       |                |          |         |        |      |           |         |                           |  |
|   |        |             |      |      |        |       |                |          |         |        |      |           |         |                           |  |
|   |        |             |      |      |        |       |                |          |         |        |      |           |         |                           |  |
| <b>Review date:</b>   |        |             |      |      |        |       | <b>Signed:</b> |          |         |        |      |           |         |                           |  |

## Table 2 - Allergens in dishes

| Allergens    | Foods containing allergens |         |
|--------------|----------------------------|---------|
| Celery       |                            |         |
| Crustaceans  |                            |         |
| Eggs         |                            |         |
| Fish         |                            |         |
| Gluten       |                            |         |
| Lupin        |                            |         |
| Milk         |                            |         |
| Molluscs     |                            |         |
| Mustard      |                            |         |
| Sesame       |                            |         |
| Soya beans   |                            |         |
| Sulphites    |                            |         |
| Peanuts      |                            |         |
| Other nuts   |                            |         |
| Review date: |                            | Signed: |