

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

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: