



Food allergen menu matrix (healthcare sample)

Completed by: _____ Date of allergen matrix: _____

Review: every time an ingredient or recipe changes

Menu item	Peanuts and their products	Tree nuts and their products	Egg and egg products	Milk and milk products	Soy and soy products	Sesame and sesame products	Fish and fish products	Crustaceans (shellfish) and their products	Gluten and gluten-containing cereals	Wheat and wheat products	Lupin
Pumpkin soup with bread				✓		✓			✓	✓	✓
Beef stroganoff				✓		✓			✓	✓	
Macaroni cheese				✓					✓	✓	
Chicken stir fry with noodles		✓			✓	✓		✓	✓	✓	
Garden salad											
Vegetable coconut curry				✓							
Pasta salad			✓	✓	✓				✓	✓	
Sandwich Ham White				✓	✓	✓			✓	✓	✓
Sandwich Egg Wholemeal			✓	✓	✓	✓			✓	✓	
Apple juice											
Chocolate Milk				✓							
Ice cream cup (vanilla)				✓							