

Easy eats allergen matrix

Completed by: _____ Date of allergen matrix: _____

Review: every time an ingredient or recipe changes

Meal	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	Wheat/Gluten and gluten containing cereals	Lupin
Pasta salad		✓	✓	✓	✓				✓	✓
Caesar salad			✓	✓	✓		✓		✓	✓
Beef stir fry	✓				✓			✓		
Vegetable coconut curry				✓						
Pumpkin risotto		✓								
Battered flathead			✓	✓			✓		✓	✓
Chicken tenderloins					✓	✓				
Chicken burger			✓	✓					✓	
Steak sandwich			✓	✓					✓	✓
Garden salad										
Roast vegetable salad						✓				