

Adventure Cooking Camp Allergen Matrix

Staff Delivery Document – Sample Programme (Mon–Thu)
This document must be reviewed before every delivery week.

UK Major Allergens (Reference)

Code	Allergen
B	Gluten
D	Egg
G	Milk
J	Tree Nuts
K	Peanuts
L	Sesame
M	Soya

Monday – Veggie Paella

Recipe	Gluten	Egg	Milk	Nuts	Peanuts	Sesame	Soya
Veggie Paella	No	No	No	No	No	No	No

Monday – Churros

Recipe	Gluten	Egg	Milk	Nuts	Peanuts	Sesame	Soya
Churros	Yes	No	No	No	No	No	No

Tuesday – Ravioli & Pasta

Recipe	Gluten	Egg	Milk	Nuts	Peanuts	Sesame	Soya
Pasta & Ravioli	Yes	Yes	No	No	No	No	No

Wednesday – Sweet & Sour Tofu

Recipe	Gluten	Egg	Milk	Nuts	Peanuts	Sesame	Soya
Sweet & Sour Tofu	Possible	No	No	No	No	No	Yes

Thursday – Quiche & Madeleine

Recipe	Gluten	Egg	Milk	Nuts	Peanuts	Sesame	Soya
Quiche / Madeleine	Yes	Yes	Yes	No	No	No	Possible

Programme-Wide Allergen Controls

- Allergies must be checked daily with the Camp Lead
- No ingredient sharing or swapping
- Separate utensils for substitutions
- If unsure: stop and ask the Camp Lead