

# Adventure Cooking Camp Blank Weekly Allergen Matrix

This document must be completed before the start of each delivery week and reviewed daily by the Lead Instructor.

Programme / Site:		Week Commencing:	
Lead Instructor:		Reviewed Date:	

## UK Major Allergens (Tick if Present)

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

## Weekly Recipe Allergen Matrix

Recipe Name	Gluten (B)	Egg (D)	Milk (G)	Nuts (J)	Peanuts (K)	Sesame (L)	Soya (M)	Notes / Controls

## Mandatory Controls

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