MARTINA'S homemade foods

Allergen Guide - Hotmeals 2026

MEAL	DESCRIPTION	BLY	CEL	CRU	EGG	FSH	GLU	LUP	MLK	MOL	MSD	NUT	PNT	SME	SYB	SUL
Bacon, Mash and Veg	Roast Bacon, mashed potato, mixed Veg (Carrots, Peas, Sweetcorn) with Gravy (optional)															✓
Barbecue Chicken, Mash and Veg	Chicken Fillet sliced, marinated with Barbecue sauce, Mashed potato and Mixed Veg (Carrots, Peas and sweetcorn)															✓
Breaded Chicken	Baked and breaded inner Chicken Fillet with Potato Cubes or Pasta						✓		✓							
Cajun Chicken with Cheese Ciabatta	Ciabatta, Grated Cheddar Cheese, Sliced Chicken with Cajun Sauce						✓		✓		✓				✓	
Cheese Pizza and Corn on the Cob	Healthy mini margherita Pizza (wholemeal base, tomato sauce with white cheddar cheese) with corn on the cob.						✓		✓							
Cheesy Ciabatta	Grated Red Cheddar Cheese, Butter, Freshly made Ciabatta Roll.						✓		✓							
Chicken Curry with Rice	Chicken Curry with blended vegetables (carrots, peppers, onions, garlic)and Long Grain Rice.		✓								✓					
Chicken Dry Hot and Spicy with Rice	Diced Chicken, Mixed Veg (Peppers, onions, carrots, peas), Tikka seasoning with long grain rice						✓		✓							
Chicken Korma and Rice	Chicken Fillet diced, chickpeas, garlic, onions, corriander (blended), coconut milk with long grain rice.		✓								✓					
Chicken Pesto Ciabatta	Diced Chicken fillet, Basil, olive oil, cream, onion, garlic, cornflour, cauliflower(blended), grated red cheese, Ciabatta Roll.						✓		✓							
Chicken Pesto Pasta	Diced Chicken fillet, Basil, olive oil, cream, onion, garlic, cornflour, cauliflower(blended), with Fusilli Pasta						✓		✓							
Chicken Spice Bowl	Breaded Chicken, Potato Cubes, Homemade Hot Sauce with blended Veggies, Peppers, Onions, Chilli, Garlic.						✓		✓							
Chicken Tikka Masala and Rice	Diced chicken, chopped tomato, carrots, garlic, onions, honey, peppers (Blended), curry powder, coconut milk, Long grain rice		✓								✓					
Chicken, Mash and Veg	Chicken Fillets Sliced, with Mashed Potato and Mixed Veg.															✓
Falafel Dry Hot and Spicy with Rice	Falafel balls, long grain rice, peppers, onions, peas, garlic, dry hot n spicy seasoning						✓									
Falafel and Pesto Pasta	Falafel balls, Basil, olive oil, cream, onion, garlic, cornflour, cauliflower(blended), Fusilli Pasta						✓		✓							
Falafel Dry Hot and Spicy	Falafel balls, peppers, onions, peas, garlic, Dry hot n spicy seasoning with long grain rice or potato cubes						✓									
Falafel Pasta Marinara	Falafel served with Fusilli Pasta with Homemade Tomato Sauce with blended vegetables (carrots, tomatoes, onions, peppers, garlic)						✓									
Fish Fingers, Mash and Veg	Baked White Fish Fingers, Mashed potato and Mixed Veg (Carrots, Peas and Sweetcorn)					✓	✓									✓

MEAL	DESCRIPTION	BLY	CEL	CRU	EGG	FSH	GLU	LUP	MLK	MOL	MSD	NUT	PNT	SME	SYB	SUL
Fish Goujons, Mash and Veg	Baked White Fish Goujons, Mashed potato and Mixed Veg (Carrots, Peas and Sweetcorn)					✓	✓								✓	✓
GF Breaded Chicken	Gluten Free (Rosie and Jim) Chicken Goujons with oven baked Potato Cubes or GF Pasta															
GF Cajun Chicken and Cheese Ciabatta	Gluten Free Ciabatta, Grated Cheddar Cheese, Sliced Chicken with Cajun Sauce								✓		✓				✓	
GF Cheese Ciabatta Pizza Melt	Gluten Free Ciabatta, Red Grated cheddar cheese, tomato sauce with blended veggies (peppers, tomato, onions, carrots)								✓						✓	
GF Cheesy Ciabatta	Gluten Free Ciabatta, Grated Cheddar Cheese with Butter								✓						✓	
GF Chicken Pesto Ciabatta	Gluten Free Ciabatta, Pesto sauce and sliced chicken and grated cheddar cheese								✓						✓	
GF Chicken Pesto Pasta	Diced Chicken fillet, Basil, olive oil, cream, onion, garlic, cornflour, cauliflower(blended), with Gluten Free Fusilli Pasta								✓							
GF Fish Fingers, Mash and Veg	Gluten Free white fish fingers (oven baked) with mashed potato and mixed Veg (Carrots, Peas and Sweetcorn)					✓										✓
GF Meatballs and Pasta Marinara	Irish Beef Meatballs with Gluten Free Fusilli Pasta and homemade Tomato sauce with blended vegetables														✓	✓
GF Pasta	Gluten Free Fusilli Pasta															
GF Pasta and Tomato Sauce	Gluten Free Fusilli Pasta with tomato sauce with blended veggies(carrots, garlic, onion, peppers)															
GF Pasta Bolognese	Minced Beef (Country of Origin - Ireland), onions, garlic, tomatoes, carrots, peppers, Gluten Free fusilli Pasta.															
GF Potato Cubes																
GF Pesto Pasta	Basil, olive oil, cream, onion, garlic, cornflour, cauliflower(blended), Gluten Free Fusilli Pasta								✓							
GF Sausage, Mash and Veg	Gluten Free Healthy Sausages, with mashed potato and Mixed Veg															✓
GF Sweet Chilli Chicken and Cheese Ciabatta	Gluten Free Ciabatta, Sliced chicken, sweet chilli sauce, grated cheddar cheese								✓						✓	
GF Veg Soup	Blended Carrots, onions, Garlic, parsnips, celery, leek, peas with Gluten Free soup roll.															
GF Veggie Pasta Bolognese	Quorn Mince, Carrots, Onions, Garlic, peppers, tomatoes with Gluten Free Fusilli Pasta.	✓			✓											
Ham and Cheese Ciabatta	Hot Ciabatta, Diced Ham, Red Grated cheddar cheese, tomato sauce with blended veggies (peppers, tomato, onions, carrots)						✓		✓						✓	✓
Lasagne and Garlic Bread	Homemade Lasagne with Irish Minced Beef, homemade white & tomato sauce which include blended veg (tomato, carrots, peppers, onions, garlic) and Homemade Garlic Bread with butter.						✓		✓							
Mashed Potato	Plain Mashed Potato															✓
Meatballs and Pasta Marinara	Irish Beef Meatballs with Fusilli Pasta and homemade Tomato sauce with blended vegetables						✓								✓	✓
Pasta	Plain Fusilli Pasta						✓									
Pasta and Tomato Sauce	Fusilli Pasta with Homemade Tomato Sauce with blended vegetables (carrots, tomatoes, onions, peppers, garlic)						✓									

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Pasta Bolognese	Irish Minced Beef, Onions, Garlic, tomatoes, peppers, carrots, Mixed Herbs, Fusilli Pasta						✓									
Pesto Pasta	Basil, olive oil, cream, onion, garlic, cornflour, cauliflower(blended), Fusilli Pasta						✓		✓							
Plain Rice	Plain Long Grain Rice															
Roast Turkey, Mashed Potato and Mixed Veg	Fresh Roast Turkey, Mashed Potato and Mixed Veg (Carrots, Peas and Sweetcorn).															✓
Sausage, Mash and Veg	Specially formulated sausage (Low Fat, Low Sugar and Low salt) with Mashed Potato, Mixed Veg						✓									✓
Savory Mince and Mashed Potato	Irish minced beef, carrots, peas, onions, garlic, knorr roast gravy with Mashed potato															✓
Sweet Chilli Chicken and Cheese Ciabatta	Ciabatta, Sliced chicken, sweet chilli sauce, grated cheddar cheese						✓		✓							
Sweet Potato Curry and Rice	Sweet Potato diced with carrots, peppers, onions, garlic, curry sauce and Long Grain Rice.		✓								✓					
Veg Soup	Blended Carrots, onions, Garlic, parsnips, celery, leek, peas with soup roll.															
Veggie Chickpea Curry and Rice	Veggie Chickpea Curry with vegetables (carrots, peppers, onions, garlic and chick peas) and Long Grain Rice.		✓								✓					
Veggie Curry and Rice	Veggie Curry with vegetables (carrots, peppers, peas, sweetcorn, onions, garlic)and Long Grain Rice.		✓								✓					
Veggie Korma and Rice	Sweet Potato diced, chickpeas, garlic, onions, corriander (blended), coconut milk, carrots, garlic, onions, peppers, coconut milk with long grain rice.		✓								✓					
Veggie Lasagne with Garlic Bread	Homemade Veggie Lasagne made with mixed veg (carrots, peppers, sweet potato, onions, garlic, corn),cheddar cheese, lasagne sheets and homemade white & tomato sauce which include blended veg (tomato, carrots, peppers, onions, garlic). Side of Homemade Garlic Bread included						✓		✓							
Veggie Pasta Bolognese	Quorn Mince, Carrots, Onions, Garlic, peppers, tomatoes with Fusilli Pasta.	✓			✓		✓									
Veggie Sausages, Mash and Veg	Meat Free Veggie Sausages, with Mashed Potato and Carrots.						✓		✓		✓					✓
Veggie Tikka Masala and Rice	Sweet Potato diced, chopped tomato, carrots, garlic, onions, honey, peppers (Blended), curry powder, coconut milk, Long grain rice		✓								✓					

ALLERGENS	
BLY-Barley	LUP-Lupin
CEL-Celery	MLK-Milk
CRU-Crustaceans	MOL-Molluscs
EGG-Eggs	MSD-Mustard
FSH-Fish	NUT - Nuts
GLU-Gluten (Wheat)	PNT- Peanuts
SYB-SoyBeans	SME- Sesame
SUL-Sulphites	