ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP WEEK 1 MENU – SALTFORD/WANSDYKE



DISHES					D.	Lupin	Milk		MUSTARD					Geor WNE
WEEK 1	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk/ Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
MONDAY														
PASTA SPIRALS		✓												
HOMEMADE TOMATO SAUCE	1													
SHEPHERDESS PIE	1			М			М		М				М	
CARROTS														
GREEN BEANS														
FRESH FRUIT SALAD														
TUESDAY														
OVEN BAKED CHICKEN STRIPS		✓												
HOMEMADE CHEESE FLAN		✓		1			✓							
HERBY DICED POTATOES	М						М							М
MIXED VEGETABLES														
CHOCOLATE SHORTBREAD		1												
				WEDN	IESDAY									
ROAST TURKEY														
STUFFING		✓												
ROAST QUORN FILLET		✓												
ROAST POTATOES														
CARROTS														
PEAS														
GRAVY														
MULLER THICK AND CREAMY YOGHURT							1							

ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP WEEK 1 MENU – SALTFORD/WANSDYKE



DISHES						upin Flour	Milk		MUSTARD					Boor WNE
WEEK 1	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk/ Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
THURSDAY														
ITALIAN STYLE LASAGNE	1	✓					✓							
SALAD BAR														
GARLIC BREAD		✓					М					М		
BAKED BEAN SLICE		✓					✓							
JACKET WEDGES														
LEMON SLICE		✓		✓			✓							
FRIDAY														
BATTERED FISH FILLET		✓			1									
GLUTEN FREE FISH FINGERS					✓									
CHEESY CROQUETTE		✓		✓			✓						1	
CHIPPED POTATOES														
BAKED BEANS														
PEAS														
ICE CREAM POT							✓							
				DAILY A	DDITIONS									
YOGURTS - MULLER							✓							
HOMEMADE BREAD		✓												
SEMI SKIMMED MILK							✓							
SALAD BAR														

ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP WEEK 2 MENU – SALTFORD/WANSDYKE



DISHES			Y			FRIF	With	40			· %			0
WEEK 2	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk/ Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
MONDAY														
HOMEMADE CHEESE AND TOMATO PIZZA		✓					✓						М	
VEGGIE MINCE BOLOGNAISE	1			М			М		М				✓	
SPAGHETTI		✓												
GARLIC BREAD		✓					✓							
SEASONAL SALAD														
SEASONAL FRUIT														
TUESDAY														
SAUSAGES		✓												✓
QUORN SAUSAGE		✓		✓			✓							
MASHED POTATOES														
GARDEN PEAS														
APPLE FLAPJACK		✓												
				WEDN	IESDAY									
ROAST BEEF														
YORKSHIRE PUDDING		✓		✓			1							
CAULIFLOWER CHEESE BAKE - VEGAN		✓											✓	
ROAST POTATOES														
CABBAGE														
CARROTS														
GRAVY														
MULLER THICK AND CREAMY YOGURT							✓							

ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP WEEK 2 MENU – SALTFORD/WANSDYKE



DISHES			Y.	The state of the s			WH		Mary - 30		S.			0
WEEK 2	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk/ Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
THURSDAY														
CHICKEN AND VEG PIE		✓												
MILD VEGETABLE CURRY									✓					
RICE														
MIXED VEGETABLES														
JAM SPONGE		✓		✓										
FRIDAY														
BATTERED FISH FILLET		✓			✓									
BIRDS EYE GREEN CUISINE SOUTHERN FRIED CHICKEN-FREE STRIPS							М		М					
CHIPPED POTATOES														
BAKED BEANS														
PEAS														
ICE CREAM POT							✓							
				DAILY A	DDITIONS									
YOGURTS - MULLER							✓							
HOMEMADE BREAD		✓												
SEMI SKIMMED MILK							✓							
SALAD BAR														

ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP WEEK 3 MENU – SALTFORD/WANSDYKE



DISHES		No.	Y.	E	N B	Fish,	Wh		Suc vas	M.	0%			5
WEEK 3	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk/ Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
MONDAY														
CLASSIC MACARONI CHEESE		1					1							
GARLIC BREAD SLICE		✓					М					М		
JACKET POTATO														
BAKED BEANS														
GRATED CHEESE							1							
RICE CRISPIE BAR		М												
TUESDAY														
ALL DAY BREAKFAST		✓												✓
VEGETABLE BURGER		✓							✓					
HASH BROWN														
SWEETCORN														
RASPBERRY RIPPLE SLICE		✓		1										
				WEDN	IESDAY									
FARM ASSURED CHICKEN														
STUFFING		✓												
QUORN SAUSAGES		✓		1			✓							
ROAST POTATOES														
BROCCOL														
CAROTTS														
ALLERGEN FREE GRAVY														
MULLER THICK AND CREAMY YOGURT							✓							

ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP WEEK 3 MENU – SALTFORD/WANSDYKE



DISHES		No.	Y	E			\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\		(man = 0.04)	M	S.			
WEEK 3	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk/ Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
THURSDAY														
HOT DOG PASTA BAKE	1	✓					1							
CHICKPEA AND VEGETABLE BITES		✓											✓	
POTATO WEDGES														
SEASONAL SALAD														
HOMEMADE CHOCOLATE BROWNIE		✓		✓										
FRIDAY														
GOLDEN MSC FISH FINGERS		✓			✓									
GLUTEN FREE FISH FINGERS					✓									
BRIDS EYE GREEN CUISINE CHIKEN FREE NUGGETS							М		М					
CHIPPED POTATOES														
BAKED BEANS														
SWEETCORN														
ICE CREAM POT							✓							
				DAILY A	DDITIONS									
YOGURTS - MULLER							✓							
HOMEMADE BREAD		✓												
SEMI SKIMMED MILK							✓							
SALAD BAR														