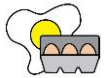
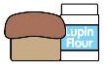
ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP

WEEK 1 MENU – SALTFORD PRIMARY – OCTOBER 2023

DISHES														
WEEK 1	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk/ Dairy**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
MONDAY														
MACARONI CHEESE		✓					✓							
VEGETARIAN COTTAGE PIE													✓	
GARLIC BREAD		✓					✓					M		
GREEN BEANS														
CHOCOLATE CRISPY CAKE		✓					✓						✓	
TUESDAY														
SAUSAGE ROLL - HOMEMADE	M	✓		✓			M		M				M	M
QUORN SAUSAGE ROLL		✓												
MASHED POTATO														
PEAS														
CHOC CHIP SHORTBREAD BISCUIT		✓					✓						✓	
WEDNESDAY														
BATTERED CHICKEN STEAK	✓	✓					✓		M				✓	
CHEESE & ONION FLAN		✓		✓			✓							
HERBY DICED POTATOES	M						M							M
SWEETCORN														
MELON WEDGES														

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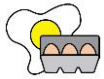
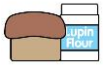
DISHES														
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THURSDAY														
BEEF PASTA BOLOGNAISE		✓												
BEAN CHILLI & RICE														
MIXED VEGETABLES														
CHEESE & CRACKERS		✓					✓							
FRIDAY														
BATTERED COD FILLET		✓			✓									
VEGETABLE NUGGETS		✓												
CHIPPED POTATOES														
BAKED BEANS														
PEAS														
ICE CREAM POT							✓							
DAILY ADDITIONS														
YOGURTS							✓							
HOMEMADE BREAD		✓												
SEMI SKIMMED MILK							✓							
SALAD BAR														