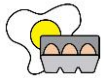
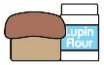
ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP

WEEK 2 MENU – SALTFORD – OCTOBER 2023

DISHES														
WEEK 2	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk/ Dairy**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
MONDAY														
CHEESE & TOMATO PIZZA		✓					✓							
VEGETABLE CHOW MEIN		✓											✓	
POTATO WEDGES														
SWEETCORN														
FRESH FRUIT POTS														
TUESDAY														
MILD CHICKEN CURRY									✓					
VEGETABLE PASTRY PUFF		✓												
BASMATI RIICE														
GREEN BEANS														
CHOCLATE BROWNIE		✓		✓										
WEDNESDAY														
PORK SAUSAGES		✓											✓	✓
VEGETABLE SAUSAGES		✓												
MASHED POTATOES														
CARROTS														
GRAVY														
VANILLA CUPCAKE		✓		✓										

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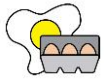
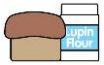
DISHES														
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THURSDAY														
BREADED CHICKEN BREAST GOUJONS	M	✓					M		M				M	
BEAN & CHEESE MELT		✓					✓							
HERBY DICED POTATOES	M						M							M
SWEETCORN														
FLAPJACK		✓												
FRIDAY														
BREADED COD FILLET FISH FINGERS		✓			✓									
QUORN DIPPERS		✓												
CHIPPED POTATOES														
BAKED BEANS														
PEAS														
RASPBERRY ICE CREAM ROLL		✓		✓			✓						✓	
DAILY ADDITIONS														
YOGURTS - MULLER							✓							
HOMEMADE BREAD		✓												
SEMI SKIMMED MILK							✓							
SALAD BAR														