## ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP WEEK 3 MENU – SALTFORD – OCTOBER 2023



DISHES					De la constantination	.upin Flour	Milk		MUSTARD					WHE
WEEK 3	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk/ Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
MONDAY														
PASTA WITH TOMATO & VEG SAUCE		1												
CHEESE, POTATO & ONION OMELETTE				1			1							
PASTA		1												
BROCCOLI														
GINGERBREAD MAN		1					М						М	
				TUE	SDAY									
PRIME BEEF BURGER	1	1		1			1		1				1	1
VEGETABLE BURGER		1					М		1					
POTATO WEDGES														
PEAS														
TOFFEE APPLE CRUMBLE BARS		1					1							
				WEDN	IESDAY									
ROAST CHICKEN														
STUFFING		1												
QUORN FILLET		1												
ROAST POTATOES														
CARROTS/PEAS														
GRAVY														
PINEAPPLE SPONGE		✓		✓										

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DISHES						iupin Flour	Milk		MUSTARD			THEORY OF THE PROPERTY OF THE		Good WINE
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					1							
VEGETABLE PASTA BAKE														
SWEETCORN														
CHOCOLATE DRIZZLE CAKE		1		1			1							
FRIDAY														
BREADED COD FILLET FISH FINGERS		1			1									
QUORN FISH-LESS FINGERS		1												
CHIPPED POTATO														
BAKED BEANS														
PEAS														
ICE CREAM POT							1							
DAILY ADDITIONS														
YOGURTS							1							
HOMEMADE BREAD		1												
SEMI SKIMMED MILK							1							
SALAD BAR														