

ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP

















WEEK 1 MENU – Meadows/St Johns

DISHES														
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	✓													
SHEPHERDESS PIE	✓			M			M		M				✓	
CARROTS														
GREEN BEANS														
FRESH FRUIT SALAD														
TUESDAY														
OVEN BAKED CHICKEN STRIPS		✓												
HOMEMADE CHEESE FLAN		✓		✓			✓							
HERBY DICED POTATOES	M						M						M	
MIXED VEGETABLES														
CHOCOLATE SHORTBREAD		✓												
WEDNESDAY														
ROAST TURKEY														
STUFFING		✓												
ROAST QUORN FILLET		✓												
ROAST POTATOES														
CARROTS														
PEAS														
GRAVY														
MULLER THICK AND CREAMY YOGHURT							✓							

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WEEK 2 MENU – MEADOWS/ST JOHNS

















DISHES														
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		✓					✓						M	
VEGGIE MINCE BOLOGNAISE	✓			M			M		M				✓	
SPAGHETTI		✓												
GARLIC BREAD		✓					M					M		
SEASONAL SALAD														
SEASONAL FRUIT														
TUESDAY														
SAUSAGES		✓												✓
QUORN SAUSAGE		✓		✓			✓							
MASHED POTATOES														
GARDEN PEAS														
APPLE FLAPJACK		✓												
WEDNESDAY														
ROAST BEEF														
YORKSHIRE PUDDING		✓		✓			✓							
CAULIFLOWER CHEESE BAKE - VEGAN		✓											✓	
ROAST POTATOES														
CABBAGE														
CARROTS														
GRAVY														
MULLER THICK AND CREAMY YOGURT							✓							

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WEEK 3 MENU – MEADOWS/ST JOHNS

DISHES														
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		✓					✓							
GARLIC BREAD SLICE		✓					M					M		
JACKET POTATO														
BAKED BEANS														
GRATED CHEESE							✓							
RICE CRISPIE BAR		M												
TUESDAY														
ALL DAY BREAKFAST		✓												✓
VEGETABLE BURGER		✓							✓					
HASH BROWN														
SWEETCORN														
RASPBERRY RIPPLE SLICE		✓		✓										
WEDNESDAY														
FARM ASSURED CHICKEN														
STUFFING		✓												
QUORN SAUSAGES		✓		✓			✓							
ROAST POTATOES														
BROCCOL														
CAROTTS														
ALLERGEN FREE GRAVY														
MULLER THICK AND CREAMY YOGURT							✓							

