















ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP

















WEEK 1 MENU – Chandag Infant, Chandag Junior and Two Rivers

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

ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP



WEEK 2 MENU – Chandag Infant, Chandag Junior and Two Rivers

| 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 | | ✓ | | | | | | | | | | | | |
| VEGGIE MINCE BOLOGNAISE | ✓ | | | M | | | M | | M | | | | ✓ | |
| SPGHETTI | | ✓ | | | | | | | | | | | | |
| GARLIC BREAD | | ✓ | | | | | ✓ | | | | | | | |
| 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 | | | | | | | ✓ | | | | | | | |

ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP



WEEK 3 MENU – Chandag Infant, Chandag Junior and Two Rivers

| 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 | | ✓ | | | | | ✓ | | | | | | | |
| JACKET POTATO | | | | | | | | | | | | | | |
| BAKED BEANS | | | | | | | | | | | | | | |
| GRATED CHEESE | | | | | | | ✓ | | | | | | | |
| RICE CRISPIE BAR | | M | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| TUESDAY | | | | | | | | | | | | | | |
| ALL DAY BREAKFAST | | ✓ | | | | | | | | | | | | ✓ |
| QUORN BURGER | | ✓ | | ✓ | | | | | | | | M | | |
| 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 | | | | | | | ✓ | | | | | | | |

