















ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP

WEEK 1 MENU – Cheddar Grove Primary



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							✓							

