















ALLERGEN AWARENESS CHECKER - ZEST CATERING - FUTURA LEARNING PARTNERSHIP

Aspire Academy



DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk/Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
WEEK ONE														
HUNTERS CHICKEN	M	Y			Y									M
FISH FINGERS		Y			Y									
ROAST GAMMON														
QUORN SAUSAGE		Y		Y			Y							
CHILLI-CON-CARNE	M	M	M	M	M	M	M	M	M	M	M	M	M	M
VEGGIE-NON-CHILLI													Y	
BRIE, BACON AND CRANBERRY PANINI		Y					Y							
HERBY DIECD POATATOES														
CORN ON THE COB														
POATATO WAFFLES														
PEAS														
STUFFING		Y												
ROAST POTATOES														
CARROTS														
GREEN BEANS														
GRAVY														
LONG GRAIN RICE														
REAL CRISPS														
APPLE CRUMBLE		Y												
CUSTARD		M		M			Y						M	
FRESH FRUIT														
YOGURT							Y							

GREEN BEANS														
POTATO WEDGES														
COLESLAW														
ROAST POTATOES														
CARROTS														
CABBAGE														
GRAVY														
STUFFING														
MASHED POTATO								Y						
BAKED BEANS														
HASH BROWN														
CHOCOLATE BROWNIE			Y					Y						M
ICE CREAM								Y						
FRESH FRUIT														
YOGURT								Y						