

FRESSSH SPRING SUMMER 2024 ALLERGEN CHART - WEEK ONE

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CATERING		A CONTRACTOR	T.				Milk		ANUSTARD	2			8 ch	
Week 1	Celery	Cereals containing	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday		Gluten												
Pork and Pineapple Curry	1	1					✓							
Quorn and Pineapple Curry (v)	1	1		✓										
Steamed Rice														
Naan Bread		1												
Chicken and Pesto Pasta		✓					✓							
Raspberry Brownie		1		✓										
Tuesday														
Beef Lasagne		✓					✓							
Vegetable Lasagne (v)		✓					*							
Garlic Bread		✓												
Mixed Salad														
Tex Mex Chilli with Rice PB													√	
Fresh Fruit Selection														
Wednesday														
Roast Gammon														
Vegetable and Cheddar Roast (v)	✓	✓		1			✓							
Gravy														
Baby Roast Potatoes														
Seasonal Vegetables														
Curried Pulled Chicken Wrap		✓							✓					
Summer Berry Meringue				1			√						√	
Thursday														
Sweet Chilli Chicken														
Sweet Chilli Vegetables (v)														
Rice Noodles														
BBQ Meatball Sub		✓												✓
Fresh Fruit Selection														
Friday														
Battered Fish		✓			√									
Sweet Potato and Vegetable Fritter (v)							✓							
Chunky Chips		1	1											
Mushy Peas														
Baked Beans														
Falafel Bites and Couscous Salad PB		✓	1											
Oaty Apple Slice		✓												



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CATERING			T.						ANUSTARD	2			E.	WINE
Week 2	Celery	Cereals containing	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday		Gluten												
Chicken Tikka Masala							*						~	
Vegetable Tikka Masala PB	✓													
Steamed Rice														
Naan Bread		✓												
Pork and Stuffing Burger with Apple Sauce		1												
Key Lime Pie		1		✓			√							
Tuesday														
Beef Bolognese	1													
Vegemince Bolognese (v)													√	
Pasta Twists		1												
Garlic Bread		1												
Mixed Salad														
Chicken Souvlaki Wrap		1												
Fresh Fruit Selection														
Wednesday														
Chicken Pie		1		√			✓							
Vegetable Wellington (v)		✓		✓			✓	1						
Gravy								1						
Mashed Potato								1						
Seasonal Vegetables								1						
Plant Balls in Tomato Sauce PB								1						
Pasta		✓						1						
Lemon Drizzle Cake		✓		√										
Thursday														
Sweet and Sour Pork		✓												
Sweet and Sour Vegetables PB		✓												
Steamed Rice														
Tomato and Bean Loaded Wedges (v)							✓							
Fresh Fruit Selection														
Friday		1												
Battered Fish		✓			✓									
Tomato and Courgette Frittata (v)		1		√			✓	1						
Chunky Chips														
Peas								1						<u> </u>
Baked Beans								1						<u> </u>
Roast Pepper Pizza (v)		✓					√	1						<u> </u>
Homemade Blueberry Muffin		✓		✓			✓	İ						<u> </u>



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CATERING		X	T				Milk		MUSTARD	A.			gy.	
Week 3	Celery	Cereals containing	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday		Gluten												
Fragrant Keralan Chicken Curry	1													
Fragrant Keralan Vegetable Curry PB	1													
Steamed Rice														
Naan Bread		✓												
Mac 'n' Cheese (v)		1					1							
Lemon Cheesecake		✓					✓						✓	
Tuesday														
Cajun Chicken Pasta Bake		✓					✓		✓					
Mediterranean Vegetable Pasta (v)	1	√												
Garlic Bread		1												
Mixed Salad														
Singapore Noodles PB														✓
Fresh Fruit Selection														
Wednesday		1						1						
Slow-Roasted Pork		1												
Mashed Potato														
Cheese and Potato Pie (v)				✓			✓				1			
Gravy														
Seasonal Vegetables														
Onion Bhaji Burger with Mango Chutney PB		✓												1
Spiced Apple Cake		√		√			✓							
Thursday														
Beef Burrito Bake		✓					✓							
Vegemince Burrito Bake (v)		√					✓						✓	
Potato Wedges														
Mixed Salad														
Southern-Baked Chicken in a Roll		✓		√			✓							
Fresh Fruit Selection														
Friday														
Battered Fish		✓			✓									
Salmon Fingers			1		✓									
Five Bean Burger (v)		✓									1			✓
Chunky Chips									l		İ			
Peas									l		İ			
Baked Beans									l		İ			
Five Bean Chilli with Nachos (v)	1													
Mixed Berry Muffin		✓		✓			√				İ			