

Desborough college DATE: Monday week 3



Dishes	Celery	Cereals containing gluten				Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts								Peanuts	Sesame seeds	Soya	Sulphur Dioxide													
		Wheat	Oats	Rye	Barley								Almonds	Hazelnuts	Walnuts	Cashews	Pecan	Brazil	Pistachio	Macadamia																	
Beef Lasagne [example]	✓	✓								✓																											
Spicy sausage pasta bake		✓		✓						✓																									✓		
Meatball marinara pasta		✓					✓																												✓		
Mushroom tarragon cheese bake		✓								✓																											
Apple flapjack`			✓							✓																									✓		
Chicken Caesar wrap		✓			✓		✓			✓																									✓		
Egg mayo sandwich		✓					✓			✓																											
Tuna crunch baguette		✓					✓	✓		✓																											

Review and Checked By: Mark Smith