|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Outlet | | | | | Pantycelyn Menu Week 3 | | | | | | | |  |  | | | |
| Day | |  | | | | |  | **Ensure that ALL dishes produced are noted on the list EVERY DAY** | | | | | | | | | |
| Date | |  | | | | |  |
|  | **Please initial each dish that YOU add to the sheet, that you have made** | | | | | | | | | | | | | | | | |
| Dish | | Celery/ Celeriac | Gluten/ Cereals *see list* | Shellfish | Eggs | Fish | Lupin | Milk and milk product | Molluscs | Mustard | Tree Nuts | Peanuts | Sesame | Soya | Sulphur dioxide/  Sulphates | Comments | Initial |
| **If unsure of what the allergens are, refer to sheet at front of this file** | | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Celery.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Cereals containing gluten.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Crustaceans.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Eggs.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Fish.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Lupin.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Milk.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Molluscs.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Mustard.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Nuts.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Peanuts.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Sesame Oil.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Soya.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Sulphur dioxide.jpg |  |  |
| Slow roasted brisket with Yorkshire pudding | | X | X |  | X |  |  | X |  |  |  |  |  |  | X |  |  |
| Shepherd’s pie | | X |  |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| Bean chilli nachos | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken shawarma bread | |  | X |  |  |  |  | X |  |  |  |  |  |  |  |  |  |
| BBQ pork steaks with charred vegetables | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chipotle pineapple chicken with beans and rice | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable and lentil cottage pie | | X |  |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| The Welsh big boy burger | | X | X |  |  |  |  | X |  |  |  |  |  | X |  |  |  |
| Balsamic glazed meatballs with ragu pasta | | X | X |  |  |  |  |  |  |  |  |  |  | X | X |  |  |
| Mexican chicken with rice | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Falafel and quinoa bake with Moroccan tomato sauce | |  |  |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| Spiced chicken burrito | |  | X |  |  |  |  | X |  |  |  |  |  |  |  |  |  |
| Beef lasagne | | X | X |  |  |  |  | X |  | X |  |  |  |  | X |  |  |
| Turkey and leek pie | | X | X |  | X |  |  | X |  |  |  |  |  |  | X |  |  |
| Sweet potato goulash and rice | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Moroccan falafel burger | |  | X |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| Battered fish | |  | X |  |  | X |  |  |  |  |  |  |  |  |  |  |  |
| Beef dhansak and rice | |  |  |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Tahini and maple roasted vegetables with jewelled pilau rice | |  |  |  |  |  |  |  |  |  |  |  | X |  | X |  |  |
| Italian meatball wrap | | X | X |  |  |  |  | X |  |  |  |  |  |  | X |  |  |