|  |  |  |  |
| --- | --- | --- | --- |
| 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 |  |  |