

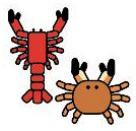
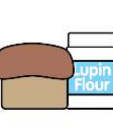







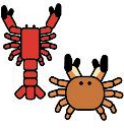
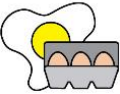

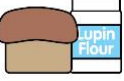










DISHES AND THEIR ALLERGEN CONTENT – Garden food prep (meal prep menu)

| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------------------------|---|---|---|---|---|--|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Pesto pasta | | | | | | | | | | ✓ | | | | |
| Pulled beef dishes | | | | | | | | | ✓ | | | | | |
| Chickpea curry | | | | | | | | | ✓ | | | | | |
| Garden salad | | | | | | | | | | | | | | |
| Pulled pork dishes | | | | | | | | | ✓ | | | | | |
| tabbouleh | | | | | | | | | | | | | | ✓ |
| Thai curries | | | ✓ | | ✓ | | | | | | | | ✓ | |
| Protein waffles | | | | ✓ | | | ✓ | | | | | | ✓ | |
| Probiotic pots | | | | | | | ✓ | | | | | | ✓ | |
| Turkey pasta gluten free | | | | | | | | | | | | | | |

Review date:

Reviewed by:

| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------|--|--|--|---|---|--|--|--|---|--|--|---|--|--|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Mex mix | | | | | | | | | | | | | | |
| Greek salad | | | | | | | | | | | | | | |
| Bravas chicken | | | | | | | | | | | | | | |
| jalfrezi | | | | | | | | | | | | | | |
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Review date:

Reviewed by: