|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Outlet | | | | | Pantycelyn Week 2 | | | | | | | |  |  | | | |
| 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 |  |  |
| Chicken parmigiana | |  | X |  |  |  |  | X |  |  |  |  |  |  | X |  |  |
| Gluten free Pork and leek sausages | | X |  |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| Thai style vegan meatballs and rice | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tex mex burger | | X | X |  |  |  |  | X |  |  |  |  |  | X | X |  |  |
| Beef lasagne and garlic bread | | X | X |  |  |  |  | X |  | X |  |  |  |  | X |  |  |
| Mojo chicken with charred peppers and onions | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable and chick pea curry with rice | |  |  |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Greek style lamb pitta | |  | X |  |  |  |  | X |  |  |  |  |  |  |  |  |  |
| Chicken mushroom and spinach pasta | | X | X |  |  |  |  | X |  |  |  |  |  |  | X |  |  |
| Beef massaman and rice  Naan bread | |  | X |  |  |  |  | X |  | X |  |  |  |  |  |  |  |
| Smokey butternut squash bake | | X |  |  |  |  |  |  |  |  |  |  |  | X | X |  |  |
| Deep south wrap | |  | X |  |  |  |  | X |  |  |  |  |  |  | X |  |  |
| Spaghetti Bolognese | | X | X |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| Roast Pork  Stuffing | | X | X |  | X |  |  | X |  |  |  |  |  | X |  |  |  |
| Onion bhaji bake | |  | X |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Bangkok bad boy burger | |  | X |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fried fish | |  | X |  |  | X |  |  |  |  |  |  |  |  |  |  |  |
| Coconut and chilli chicken with rice | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan roasted vegetable moussaka | |  |  |  |  |  |  |  |  |  |  |  |  | X | X |  |  |
| The Jamaican burrito | |  | X |  |  |  |  | X |  |  |  |  |  |  |  |  |  |