Montgomery	Accompaniments														
Menu Item	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Notes KEY 'X' - not safe contains allergen MC - may contain traces of allergen Please only put an 'X' when a dish contains one of the 14 known allergens Please remember to check your recipes on a daily basis for substitutes and ingrediant changes
Example		X		X									X		
Garlic Bread		X					MC						MC		
Creamy Mash Potato															
Sweetcorn															
Gravy															
Sweet Potato Wedges															
Julienne Fries															
Roast Potatoes															
Mixed Veg															
Yorkshire Pudding		X		X			X								
Basmati Rice															
Garlic Coriander Naan		X													
Peas															
Carrots															
Baked Beans															
Chips															
Mushy Peas															
Curry Sauce Mix		X							X						
Seasonal Veg															
Prawn Crackers					X										
Baked Potato Wedges															
Bombay Potatoes															

Created By: ______________________

Checked By: ______________________