Montgomery	Main Meals														
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		
Beef Bolognese with Spaghetti		x													
Beef Bolognese with pasta		x													
Vegan Sausage		x													
Beef Burger		x											x	x	
Southern Fried Chicken Burger	x	x													
Quorn Nuggets		x													
Roast Gammon															
Cheddar Cheese Whirl		x					x								
Chicken Tikka Masala															
Quorn Cottage Pie		x		x											
Battered Pollock		x			x										
Vegan Sausage Roll		x													
Meat & Potato Pie		x													
Cheese & Onion Pie		x													
Mexican Beef Chilli		x													
Vegetable Chow Mein				x									x		
Roast Beef															
Salt n Pepper Quorn Nuggets		x													
Chicken Chow Mein				x									x		
Chinese Mushroom Curry															
Breaded Fish Cake		x			x		x		x						
Baked Cottage Pie															
Mexican Burrito		x													
Roast Turkey															
Quorn Bolognese		x		x											
Chinese Chicken Curry															
Onion Bhaji Burger		x													
Breaded Vege Burger		x													
Vege Meatball Pasta Bake		x											x		
Chinese Vege Noodles				x											

Created By: _____ _____

Checked By: _____ _____