		- /	/	/	/	/	/	/	/	/	/	/	/	/
							2							/
							Crustaceans					5	1.	
		/>	5	/	/ సె		l'aC	1.	/	15	/	180	art (
	Durand / Duraina	Celery	Wheat	Rive	Barley	Oats	Les /	Eggs	Fish	^{ruon} 7	Milk	Molluscs	Mustarf	Nuts
Main	Brand / Recipe	/0	/ 5	/&	/ 42	/0	/0	/ 44*	/4	/~	/2	/~~	/~~	/ ~
Cottage Pie											✓			
Chicken Korma				-			-				√			
Sausage				✓										
Fish Goujons									√					
Corgette Sausage			✓								√			
Veggie Pasta			√											
Quorn Fillets			√											
Veggie Fingers			√											
Pizza			√					√			√			
Chicken Pie			√					√			√			
Minced Beef		1	1	1	1	1	1	1	1		1	1	1	1
Meatballs		 ✓ 	√		1	1		 ✓ 	1		 ✓ 	1	1	1
Battered Fish		1	√						 ✓ 					1
Veggie Pie			√					√			√			
Veggie Patties			√					√			√			<u> </u>
Quorn Sausage			✓											<u> </u>
Cheese Flan			✓					√			√			
Sausage Roll			✓											
Veggie Roll			✓											
Lasagne			✓					✓			√			
Four cheese pasta			✓					√			√			
Garlic chicken														1
Quorn roast								√			√			1
Chickpea and lental curry														
Fish fingers			√						√					
On the side														
Rice														
Roast potatoes														
Mash											√			
Chips														
Crispy potatoes			✓											
Garlic Bread			√								√			1
Pudding														
Jelly														
Orange and chocolate muffin			✓					√			√			
Cheese cake			√					✓			✓			
Syrup sponge cake			√					√			√			
Frozen Yogurt											✓			
Ice cream											✓			
Chocolate cookie			✓								√			
Flapjack		1	✓								✓			1
Orange and chocolate cake			✓					✓			✓			1
Smoothie		1												1
Mousse		1	1	1	1	1	1	1	1		1	1	1	1
Shortbread		1	✓	1	1	1	1	1	1		 ✓ 	1	1	1
Raspberry Muffin			✓	1			1	✓			√			1
Frozen Mousse		1	1		1	1	1	1	1		1	1	1	1
Choc ice		1	1	1	1	1	1	1	1		 ✓ 	1	1	1
														1
k	•													•

