	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Allergens -	Celery	Cereals (gluten - such as barley and oats),	crustaceans (such as prawns, crabs and lobsters)	Eggs	fish	milk	molluscs (such as mussels and oysters),	mustard	Peanuts	sesame	soybean	sulphur dioxide and sulphites	tree nuts	lupin
Food List														
Jerk prawns			x		x									
Jerk Chicken														
Jerk ribbs														
Bbq ribbs		x						x						
Ackee and salt fish					x									
Bean curry														
Chicken curry														
Goat curry														
Pumpkin soup														
Jerk wrap		x		x										
Rastaman wrap		x		x										
Bean wrap		x		x										
Ackee and salt fish Wrap		x		x	x									
Jerk chicken burger		x		x										
Bean burger		x		x							x			
Mac and cheese		x				x								
Rice and peas		x (Rice)												
Jerk rice		x (Rice)												
Steamed rice		x (Rice)												
Jerk pasta		x (wheat)												
Roti		x (wheat)												
Coleslaw				x		x								
Kale and callaloo														
Steamed veg														
Salad														
Hardough bread		x (wheat)												
Tofu salad											x		x	
Chicken salad														
chocolate cake		x		x				x						
Ginger cake		z		x										
Banana cake		x		x										
Carrot cake		x		x										
Bread pudding		x (wheat - bread)		x		x								
Hot sauce		x (wheat - flour)												
Bbq sauce		x (wheat - flour)		x				x						
Thyme sauce				x				x						
Marinade														
Curried prawns			x					x						
SP mash														
Oxtail														
Read pea stew														
Ting														
sasperilla														
lemonade														
watermellon														
mango														
rumpunch														
Beans								x						
Eggs				x										
Sausage														
Salmon														
Porridge		x(Oats)				x								
Wraps		x (wheat)												
Cornmeal Porridge						x								