

# *Jenny's Kitchen*

SPECIALITY CATERERS



*"May you savour each mouthful  
as you would a Strawberry"*

# Welcome to Home Cooked Heaven!

Jenny started catering for small parties with her Aunt Pauline more than 30 years ago.

It was at this time that her Aunt taught her all her magical menus that continue to be used today.

Jenny's kitchen has grown considerably into a large business over those 30 years, but continues to retain the intimacy of a small, friendly, family-run business.

Jenny's team is always on hand to discuss any of your requirements, questions or problems, and will ensure that all her customers leave happy and satisfied with the care and consideration which they deserve.

## *Pride in our Business*

We take pride in our accomplishments and in the fact that we are able to prepare all our menus in large, modern, air – conditioned units, incorporating the newest ideas and the most up- to-date features, food preparation units and facilities. We have recently been awarded ' Five Stars' food hygiene rating and would welcome the opportunity to show you our showroom, menus, photo- archive and an ever expanding folder of recommendations. We fully comply with government guidelines relating to disposable products and Bio degradable items. Simply call in at our premises in Albion Parade, Wall heath and say Hello.

## *Our Service*

It may be that you require a dish that is not included on one of our regular menus, or have a specific dietary requirement eg. Halal, Kosher, Gluten Free. As well as these we can also offer 'Healthy Options' for the more calorie conscious customer. Please discuss your requirements with us, as we will endeavour to help if we can. We would also like to draw your attention to our famous Cakes, Fancies and Desserts, which are lovingly prepared each day, in our kitchens by our very experienced and skilful cooks. Simply look at our list for the full and extensive mouth-watering range.

*Freshly prepared  
food cooked  
on site in our  
Country Kitchen*



# Your Requirements

- We offer a full Hire Service of China, Glassware etc.
- A full waitress Service can sometimes be provided.
- Our experienced drivers will both deliver and set-out your buffets to your own instructions.
- All buffets are prepared in our Country Kitchens
- Special dietary needs can be catered for
- Although we take every care in the finest preparation of our menus, we cannot guarantee that our products do not contain nut properties.
- Due to seasonal trends it may be necessary to alter menus accordingly
- A washing up service is available, otherwise all china should be returned clean
- Refrigerated vehicles available
- Delivery is free for any cold buffet booked for over 30 people within a 10 mile radius
- A delivery charge will be made for functions catering for under 30 people
- We are confident that you will be satisfied with our services, but would appreciate any suggestions to help us improve our preparation and service
- Payment can be made via Cash, Bank Transfer, cheque Or any major credit card. Cancellation charges apply Under 1 week notice.

If you are interested in knowing more about Jenny's Kitchen, then please give me a call on **01384 400733** or at home on **01384 291000**  
**Email: [jennyskitchen@hotmail.co.uk](mailto:jennyskitchen@hotmail.co.uk)**  
You can also visit our website:  
**[www.jennyskitchen.co.uk](http://www.jennyskitchen.co.uk)**

I look forward to hearing from you,

*Jenny*

# Our Mission

All our staff work to a simple, but professional plan, which is reflected in our everyday work and business practice:

*“Mindful of our help in reducing the size of the nation's carbon footprint, we buy all our products locally and where possible use biodegradable paper. Each one of us aspire to provide the highest quality professional service to all of you – our customers”*



*To place an order simply call one of our team on 01384 400733*  
*All plates, cutlery and containers used are within the New Government Guidelines.*



# Start the Day, Breakfast Menus!

## Breakfast Delight

Freshly baked Croissants  
with Jam and Butter

Selection of Danish Pastries  
American Muffins  
Diced Fruit Platter

Orange Juice and Bottled Water

*Paper Plate, Napkin and Knife included*

Gluten Free Option Available

## Continental Breakfast

Assorted Continental Meats  
Platters of Cheese  
Sliced egg and Tomato  
Breakfasts Rolls with Butter  
Fresh Fruit Platter

Orange Juice and Bottled Water

*Paper Plate, Napkin and Knife included*

Gluten Free Option Available

## Hot Savoury Breakfast

Large Floured Bap  
Crispy Bacon or  
Thick Homemade Local Sausages  
Ketchup and Spicy Sauces

*Paper Plate, Napkin and Knife included*

Gluten Free and Vegetarian Sausage Available

**OPTIONAL EXTRA**  
**Why Not Add an Egg?**

Please ask if you would like to exchange any items.

*To order, simply call*  
**01384 400733**



# Presenting our Sumptuous, Mouthwatering Menus!

## Malvern

A Selection of freshly made Sandwiches  
on White and Wholemeal Bread

+

Tortilla Wraps  
Baked Sausage Rolls  
Vegetarian Samosas

Crisps  
Tomatoes

*Finest Quality Paper Plate, Napkin, Buffet Cloths*

## Worcester

Selection of Breaded Chicken Goujons  
Tortilla Wraps With a Wide selection of fillings  
Freshly made Sandwiches on White  
And Wholemeal bread  
Mango and Brie Parcels (V)  
Pork Pie Slice  
Our own Vegetable Quiche (V)  
Vegetarian Samosa

Crisps  
Tomatoes

*Finest Quality Paper Plate, Napkin, Buffet Cloths*

## Pershore

Chicken Bites  
Freshly Baked Mini Bridge Rolls or Tortilla Wraps  
With a Wide Range of Fillings

Selection of Wholemeal and White Sandwiches  
Homemade Vegetarian Quiche  
(Freshly baked daily)  
Spicy Pakoras

Sausage Rolls  
Crisps  
Tomatoes

*Finest Quality Paper Plate, Napkin, Buffet Cloths*



# *Freshly Prepared in our Country Kitchens!*

## *Hereford*

A Selection of Marinated Chicken Kebabs and  
Buttermilk and Rosemary Goujons  
Platters of our Filled Breads  
(eg. Baguettes, Sandwiches)  
Tortilla Wraps all Filled with Jenny's Classic Fillings  
Tomato and Cheese Pizza Swirls  
Vegetable Samosas  
Chilli Mango Prawn Bites  
A selection of filled pastry Vol- au-Vents  
Wedge of Pork Pie

A Selection of Vegetable Sticks, Tortilla Chips  
and Crudités  
Tomato Salsa

*Luxury Paper Plate, Napkin and Buffet Cloth*

## *Evesham*

Selection of Tandoori Chicken, Chicken Kebabs  
and Chicken Goujons  
Wide Range of Sandwiches, and Tortilla Wraps  
(All filled with our Classic Selection of Meats, Fish,  
Cheese, Egg and Vegetarian)  
Jenny's Own Recipe Salmon and Broccoli Plait  
Brie and Mango Parcels (V)  
Wedge of Astons Pork Pie  
Assorted Fish Platter and Dips  
Jalapeno Peppers (V)  
Spicy Pakoras (V)

Selection of Jenny's Salads  
(e.g Crunchy Coleslaw, Spicy Pasta, Mixed Salad,  
Tomato and Onion Salad, Rustic Salad)

Pringles

*Luxury Paper Plates, Napkin, Knife and Fork  
(Disposable) and Buffet Cloths  
China and Steel available at an additional cost.*



*Healthy Options always  
available, just ask.*

*Complimentary Melon Platter  
on Buffets.*



## Cheltenham

### (Vegetarian Buffet)

Tortilla Wraps with Various Vegetarian fillings  
Our Special Homemade Mushroom Pinwheels  
Authentic Samosas with Dip  
Vegetable Bhaji's  
Jalapeno peppers  
Mango and Brie Parcels  
Jenny's Own Recipe Vegetable Plait  
Coleslaw  
Mixed Salad

*Luxury Paper Plates, Napkins, Disposable  
Knife and fork and Buffet Cloths*

## Tewkesbury

(Knife and Fork Buffet available on Best  
Disposable or China and Steel, see Price list)

Fresh Roast Turkey with Cranberry Sauce  
or  
Locally Baked Ham  
or  
Coronation Chicken  
or  
Roast Beef  
or  
Freshly Poached Salmon with Prawns

All Served with  
Egg Mayonnaise with Paprika  
Wedge of Jenny's Homemade Vegetable Quiche  
New Minted Potatoes  
Mediterranean Tomatoes and Feta Cheese  
Pasta/ Rice  
Mixed Salad/ Rustic Salad  
Baby Beets  
Freshly Baked Assortment of Rolls (Wholemeal and White)  
Butter Curls  
French Dressing

Prices are available for  
One Main Choice or a Mix of half and half  
( See price list for two choices)



# Our New Pick & Mix

## Tailor Made by You!

**Choose one item from each section**

### *Section 1*

Freshly filled Sandwich on White  
Or Wholemeal Bread  
Freshly prepared Tortilla Wrap  
Sub-Roll/ Baguette/ Filled with our  
Wide Choice of Fillings

### *Section 2 (V)*

Wedge of Jenny's Homemade Quiche or Plait  
Mango and Brie Parcel (V)  
Authentic Samosas or Pakoras or Spring Rolls  
Or Onion Bhaji's  
Pizza or Veg Tart  
Cheese and Tomato Pizza Swirl  
Jalapeno Peppers or Vegetable Crostini  
Selection of Vegetable Crudités and Dips

### *Section 3*

Chicken Goujons  
Chicken Kebabs  
Chicken Drumsticks  
Lemon Chicken  
Chicken Tandoori  
Chicken Fillet Bites  
Lamb Koftas

### *Section 4*

Freshly Baked Sausage Roll  
Wedge of Pork Pie  
Scotch Egg  
Lamb Samosa  
Pigs in Blankets

### *Section 5*

Spicy Prawns  
Mango Prawns  
Smoked Salmon Bagels  
Prawn Vol-au Vents  
Filo Prawns

### *Section 6*

Coleslaw  
Pasta Salad  
Mixed Salad  
Rustic Salad  
Potato and Chive  
Tomato and Feta

### *Section 7*

Slice of Victoria Sponge  
Slice of Lemon Cake  
Slice of Fruit Cake  
Cupcake/ Danish Pastry / Muffin  
Cake of the Day  
Piece of Fruit eg Apple, Pear, Banana, Orange

*All the above served with a Paper Plate, Napkin  
and Buffet cloth, Knife and Fork (disposable) if required.*

*Complimentary Melon Platter  
on Buffets.*





# Menus for All Occasions!

## English Afternoon Tea

Selection of Traditional Sandwiches  
(with or without crusts)

Ham and Tomato,  
Beef with Horseradish,  
Red Salmon and Cucumber,  
Cheese and Tomato,  
Egg and Cress,  
Chicken with Seasoning,  
Tuna and Mayo

Freshly Baked Vol-au-Vents & Sausage Rolls  
Crisps and Cherry Tomatoes

Homemade Scones & Clotted Cream,  
Strawberry Preserve  
Or

A Selection of Traditional Cakes.

*All served with Paper Plate, Napkin and Buffet Cloths  
(China available upon request. See Price List)*

## Funeral

(Especially suitable for a Funeral but also  
for available for any occasion)

Chicken Goujons  
Mini Bridge Rolls filled with Jenny's  
Classic Fillings  
Sandwiches on White and Brown Bread  
Wedge of Pork Pie  
Slice of Homemade Quiche (V)  
Pineapple and Cheese on Sticks  
Mini Sausage Roll  
Freshly made Scotch Egg  
Cherry Tomatoes and Crisps

### Optional Extra (See Price List)

Delicious Selection of Sliced Cake  
Eg Lemon Cake  
Fruit Cake  
Victoria Sponge

*All served with White Napkins and Buffet cloth*



## Childrens Party

Freshly Cooked Chicken Nuggets

Filled Tortilla Wraps

Finger Sandwiches on White and Wholemeal Bread

Mini Sausage Rolls and Vegetable Rolls

Pizza Wedge (V)

Mini Samosa (V)

Carrot and Cucumber Sticks with Dip

Crisps

### Selection of:

Chocolate Teacakes

Mini Muffins

Jellies ( with spoon)

Platter of Melon and Orange Slices

*All served with Coloured Party Plates and Napkins*

## Touch of Class

**(Cocktail Buffet)**

### Select any 5 Items

Selection of Canapés

(eg. Duck Mousse with Apricot, Sweet Pepper and Goats Cheese, Smoked Salmon and many more)

Mini Spring Rolls

Vegetable Tartlet

Mango and Brie

Pringles

Cherry Tomatoes

*Cocktail Napkins*

## Reps Special

Marinated Chicken Kebabs

Tortilla wraps

Traditional Sandwiches all with Jenny's Classic Fillings

Classic Fillings

Mango Parcels (V)

Homemade Flan (V)

Jalapeno Peppers

Wedge of Pork Pie

Spicy Prawns

Samosas (V)

Selection of Vegetable Crudités and Dips

Cherry Tomatoes and Pringles

Selection of Cakes and Fancies

Melon and Orange Platter

*All including our Luxury Disposable Plates, Napkin and Buffet Cloths*

*Healthy Options always available, just ask.*



# Go Healthy

## Why not try our speciality Salads?

### *Tropical*

Eg Fruit based with mixed Leaves

### *Mediterranean*

Couscous  
Sultana  
Grated Carrot

### *Ramada*

Blue Cheese Salad  
Walnuts  
Mixed Leaves

### *Rustic*

Diced Apple  
Ice burg Lettuce  
Feta Cheese  
Chopped Cucumber

### *Pasta Salad*

### *Rice Salad*

### *Tomato and Onion*

### *Potato and Chive*

### *Traditional Mixed Salad*

### *Crunchy Coleslaw*

### *Pickles*

Please Choose 2  
(Gherkins, Beetroot, Onions, Piccalilli, Branston pickle)

## Try our Platters and Boxed Meals

**Ideal for Corporate and Business Lunches.**

### **Corporate Platter**

Chicken Goujon  
A selection of freshly made sandwiches  
on white and wholemeal bread  
plus filled wraps  
Baked Sausage Rolls  
Vegetarian Samosas  
Cherry Tomatoes  
Crisps  
  
Paper Plate and Napkin

### **Boxed Meals**

**We can create you your own boxed meal**

Example:

Chicken Goujon or drumstick  
Filled Baguette with a filling of your choice  
Wedge of Pork Pie  
Vegetable Samosa  
Homemade Scone with Clotted Cream & Jam  
Or  
Fancy Cake  
Includes a Napkin

(Vegetarian Option)

Baguette Filled with a Vegetarian Filling  
Slice of Vegetable Quiche  
Vegetable Pakora  
Vegetable Samosa  
Slice of Cake or Piece of Fruit



## Deluxe Hot Buffet

All our own recipes set up in Chafing Dishes  
Available with Disposable Plates and Cutlery  
or China and Steel  
Please see Price List

### Main Course

#### Choose one of the following

Chicken with Leeks and Bacon  
Chicken Curry  
Chicken in Mango Sauce  
Chicken Chasseur  
Beef Bourguignon \* £1.50 Extra  
Traditional Shepherd's Pie  
Chilli Con Carne  
Beef Lasagne  
Salmon in Mushroom Sauce  
Salmon with Dill  
Salmon in Watercress Sauce  
Salmon with Spring Onion Sauce  
Faggots and Peas  
Spicy Pasta in Tomato and Basil Sauce (V)  
Vegetable Curry (V)  
Vegetable Lasagne or Chilli (V)  
Creamy Winter Bake (V)  
Quorn Bake (V)

### All served with

#### Choose one of the following

New minted potatoes  
Bombay Potatoes  
Boiled Rice

#### Choose one of the following

Panache of Vegetables  
or  
Selection of House Salads

### To accompany the above

Baskets of Freshly Baked White and  
Wholemeal Bread Rolls  
Butter Curls

(A collection charge will apply. Please ask for  
details)

## VIP

Selection of Bite Sized Canapés  
Chicken Kebabs  
Lamb Koftas  
Cocktail Wraps  
(Ham, Cream Cheese, Smoked Salmon and Asparagus)  
Salmon Bagels  
Wedge of Homemade Quiche (V)  
Cocktail Vol-au-Vents  
Prune and Bacon on Sticks  
Olives and Feta on Sticks  
Chilli Mango Prawns  
Mango and Brie Parcels (V)  
Mini Samosas (V)  
Vegetable Wedges (V)  
Aston's Pork Pie  
Selection of Vegetable Crudités  
With Cherry Tomatoes and Dips  
Pringles

All served with Luxury Disposable Plate,  
Napkin and Buffet Cloths  
(China available upon request. Please see Price List)

## Standard Hot Buffet

Beef Chilli and Rice (Vegetarian Option Available) & Crusty Bread  
Or  
Chicken Chasseur, Jacket Potato or Rice  
Or  
Chicken Curry  
or  
Chicken in Mango Sauce  
Vegetarian Lasagne  
Winter Bake  
Vegetable Chilli  
Jersey Potatoes or Boiled Rice  
Option- Ask about our jacket Potato with a filling of your choice.



# Special Diet Menus

## Vegan Menu

Sandwiches Selection  
Tortilla Wraps  
Vegan Spring Rolls  
Vegan Plait  
Vegan nuggets  
Mini Falafel with Dip  
Vegetable Crudities and Dip  
Vegan Crisps

Optional extras Vegan Cake or Fruit skewers.

## Gluten Free

Sandwich (Gluten Free) Filled with Sliced Chicken and Salad  
Wraps with Gluten Free filling  
Our own Gluten Free Homemade Quiche  
Gluten Free Sausage Roll  
Chicken Nuggets (Gluten Free)  
Cherry Tomatoes  
Vegetable Sticks & Tomato Salsa

Optional Extras  
Selection of Gluten Free Cakes

*All the above served with a Paper Plate, Napkin  
and Buffet cloths, Knife and Fork if required (disposable).*

*Why not create your own menu!  
Just ask for prices*

## Lactose Free

Filled Tortilla wraps  
Prawns in Filo pastry  
Chicken Nuggets  
Vegetable Plait  
Samosas  
Vegetable Crudities with Salsa Dip  
Crisps

Optional extras Lactose Free Cake or Fruit skewers.

## Dairy Free and Gluten Free

Sweet Potato Wraps  
Beetroot Falafel  
Pea and mint Fritters  
Vegetable Crudities and Dips

Gluten Free  
Crisps  
Gluten Free and Dairy Free Cake  
Fruit kebabs



# Enjoy Lunch on the Go

## Bag a Break

(A Healthy and Tasty Package  
in Eco-Friendly Carry Bag)

So you can enjoy a lunch on the go all  
items are individually sealed and ready to go

### Standard Bag

Boxed Sandwich or Wrap or Baguette  
Pre- Packed Muffin or cake  
Piece of Fruit  
Packet of Crisps (Branded)  
Canned Drink or Bottle Water or Carton of Juice

*Napkin*

### Deluxe Bag

Boxed Sandwich or Tortilla Wrap or Baguette  
Pre-Packed deluxe Cake  
Yogurt  
Piece of Fruit  
Large Packet of Crisps (Branded)  
Smoothie, Water or Fruit Juice

*Napkin*

**Both of the above are available  
As Gluten Free and Vegan options**

## Plated Meals

### Traditional Ploughman's

Wedge of Cheddar Cheese  
Chunk of Blue Cheese  
House Salad  
Crunchy Apple  
Crusty Cob and Butter  
Pickle

*Knife Fork and Napkin*

### Poultry, Meat or Fish Option

Freshly Sliced Chicken Breast or  
Poached Salmon or Baked Ham  
Egg Mayonnaise  
House Salad  
Wedge of Quiche (V)  
Bread Roll or Crusty Cob with Butter

*Knife Fork and Napkin*

*To order, simply call  
01384 400733*





# Fresh Sandwiches

## *Selection of Freshly Made Sandwiches*

**Also available Tortilla Wraps or Sub-Rolls and Baguettes**

Wholemeal and White

### **Wide Choice of Fillings**

Ham

Beef

Turkey

Chicken with Sage and Onion Stuffing

Chicken Tikka

Paté

Salmon and Cucumber

Tuna with Sweetcorn and Mayo

Egg, Mayo and Cress

Bacon, Lettuce and Tomato (BLT)

Savoury Cheese

Brie and Cranberry

Cheese and Tomato

Houmous and Salad

Crisps

### *Deluxe Sandwiches*

Scottish Smoked Salmon with Cream Cheese  
and Watercress

Prawns with Marie-Rose Dressing and Crispy  
Iceberg Lettuce

Red Salmon with Thinly Sliced Cucumber

Chicken Caesar with Mixed Leaves

Brie and Bacon with Mixed Leaves

Peppered Mackerel with Mixed Green Salad

Pringles

### **Black Country Cobs**

Cheese and Onion  
or Black Pudding and Onion

Ham & Tomato

Crisps



# *Delicious Homemade Cakes, Fancies and Desserts!*

## *Delicious Cakes & Fancies*

Zesty Lemon Cake  
Date and Walnut  
Coffee Sponge  
Poppy Seed Cake  
Victoria Sandwich  
Carrot Cake  
Rich Fruit Cake  
Chocolate Brownies  
Assorted Scones  
Coconut and Cherry  
Cupcakes  
Cream Cakes  
Fruit Tartlets  
And Many More upon Request

**Gluten, Vegan and Dairy Free Available**

## *Desirable Desserts*

Eton Mess  
Profiteroles with Chocolate Sauce  
Traditional Sherry or Black Cherry and Chocolate Trifle  
Brandy and Cream Log  
Chocolate Roulade  
Banoffee Pie  
Mississippi Mud Pie  
Lemon and Blueberry Tart  
White Chocolate and Raspberry Cheesecake  
Lime and Lemon Cheesecake  
Strawberry Cheesecake  
Traditional Fruit Pies  
Apple Crumble  
Strawberries and Clotted Cream  
Fresh Fruit Salad  
Treacle Tart

**Gluten, Vegan and Dairy Free Available**



*Cooked Daily  
from our  
Old Fashioned  
Recipes*

## Optional Extras

Selection of Seasonal Fresh Fruit Platters  
Fruit Kebabs with Red Berry Dip  
English and Continental Cheeses with Biscuits,  
Celery and Grapes  
Jacket Potatoes with Various Fillings

### Hot Drinks Selection

Fresh Coffee (Decaf Available)  
Hot Chocolate Sachets  
Teas  
(Traditional Breakfast, Fruit and Earl Grey)  
Selection of Biscuits  
(Optional at additional cost)  
Together with Milk, Cream and Sugar  
Lorem ipsum  
*Available on China or Best Quality Disposables  
(See Price List)*

### Cold Drinks Selection

Bottle Waters (Still and Sparkling)  
Litre Cartons of Orange, Apple, Grapefruit,  
Cranberry, or Tomato  
Pear and Apple Presse  
Lemonade  
Coca Cola (Diet Available)  
Innocent Fruit Smoothies  
Iced Teas

### Wines

Red, White, Rose  
Asti or Prosecco  
Champagne  
Lagers and Beers  
All Cold Drinks served with Finest Quality  
Disposable Glasses  
*Glass Glasses available upon request  
(See Price List)*

## Weddings

*Ask for details of our  
Tailor Made Menus,  
to make your Wedding Day  
a Day to Remember*

As Well as Creating Fabulous menus we can  
also help with Venue Lists, Outside Bars,  
Utensil Equipment or Furniture Hire,  
Balloons, Flowers etc.

We also work with local cake designers  
providing Special Occasion Cakes.

The Menus we offer are designed to be flexible,  
to suit your own personal requirements,  
and we will only be too pleased to prepare  
an individual menu to suit your own specification.  
A personal visit can be arranged to discuss your  
choice of menu with no obligation.

*Please Ask for Prices  
Call us on 01384 400733*



## Flexibility

**We are a totally flexible and Speciality Caterer  
Please ask for any information you would like.**

**Please call us: 01384 400733  
Evenings 01384 291000**



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# Allergen Advice

**There are 14 major allergens which need to be declared when used as ingredients. Please see the Allergens below and where they can be found. If necessary for more detailed advice please ring Jenny's Kitchen on 01384 400733, available between 8am and 4pm.**

## 1 Celery

This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes.

## 2 Cereals containing Gluten

This includes wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats. It is often found in foods containing flour, such as some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

## 3 Crustaceans

This includes crabs, lobster, prawns and scampi. It is often found in shrimp paste used in Thai curries or salads.

## 4 Eggs

This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg.

## 5 Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.

## 6 Lupin

This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta.

## 7 Milk

This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces.

## 8 Molluscs

This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews.

## 9 Mustard

This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups.

## 10 Nuts

Not to be mistaken with Peanuts (which are a legume and grown underground), this ingredient refers to nuts which grow on trees, like almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan (almond paste), nut oils and sauces.

## 11 Peanuts

Peanuts are a legume and grown underground, which is why it's sometimes called a groundnut. Peanuts are often found in biscuits, cakes, curries, desserts and sauces such as satay. It is also found in groundnut oil and peanut flour.

## 12 Sesame Seeds

This can be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini (sesame paste). They are sometimes toasted and used in salads.

## 13 Soya

This can be found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is a staple diet in Asian food. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products.

## 14 Sulphur Dioxide

This is often used as a preservative in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to Sulphur Dioxide.



# *Jenny's Kitchen*

SPECIALITY CATERERS

6 Albion Parade, Wall Heath, Kingswinford, West Midlands DY6 0NP  
**Kitchen Telephone: 01384 400733** Fax No,: 01384 404715 Home Telephone: 01384 291000  
Email: [jennyskitchen@hotmail.co.uk](mailto:jennyskitchen@hotmail.co.uk) [www.jennyskitchen.co.uk](http://www.jennyskitchen.co.uk)

For Equipment Hire  
**Caterquip Midlands on 01384 402345**  
for all your Catering Equipment Requirements

*Although we make every effort to do so, we cannot guarantee that any of our menus are free of nut properties or are GM free.*