

## Menu Options for Mark Sutton competition

Choose 1 item only	Choose 1 item only	no limit	no limit	no limit	no limit
Column 1	Column 2	Column 3	Column 4	Column 5	Column 6
beef	potatoes	carrots	raspberry	salt	eggs
chicken	noodles	broccoli	blackberry	pepper	ham
pork	rice	peas	mango	herbs	cheese
lamb	bread	sweetcorn	banana	spices	chocolate
turkey	sweet potato	broadbeans	apple	chilli sauce	sugar
cod		swede	blueberry	worcester sauce	jam
salmon		mushrooms	dried fruit	stock	marmalade
haddock		tomatoes		milk	cream
quorn		onions		tomato ketchup	
mince		beansprouts		brown sauce	
		baked beans			
		water chestnuts			

Please note this list is not exhaustive it is to be used to spark your imagination as to what you can cook. If something does not appear on the list that you would like to use please do.

Shop bought cook-in sauces/sachets are not permitted, if you want to make a sauce you will need to make it from scratch.