

Possible Allergen's in meals that we serve

V4
May 21

Meals	Cereals / Gluten	Crustace	Eggs	Fish	Peanuts	Soya / Beans	Milk	Tree nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Scrambled eggs & toast	Wheat		x			x	x							
Banna Bread	Wheat		x				x							
Fresh fruit, Cheese & raisins							x							
Wholemeal wraps ham & Cheese	Wheat						x							
Wholemeal crackers & cheese	Wheat						x							
Homemade sausages	x					x						x		
Bacon turnip peas & mash							x							
Chicken Broccoli beans & mash	Wheat					x	x					x		
Curry & rice & nan bread	Wheat					x	x		x		x			
Shepherds pie							x		x					
Meat balls veg & mash	x						x		x					
Turkey veg & mash							x		x					
Seafood pasta	Wheat			x			x		x					
Spaghetti Bolognese	Wheat								x					
Muffins	Wheat		x				x							
Food Items / Allergens	Cereals / Gluten	Crustace	Eggs	Fish	Peanuts	Soya Beans	Milk	Tree nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Yoghurts							x							
Sandwiches	Wheat		x			x	x							
Scones	Wheat		x				x							
Marble Cake	Wheat		x				x							
Oat biscuits	Wheat		x											
Homemade soup							x		x					
Rice cakes											x			
Liga	x		x			x	x				x			
Rusks	Wheat													
Cream Crackers	Wheat													
Rice krispies	Barley													
Corn flakes	Barley													
Porridge	Oats													
Maize Bread	Wheat		x				x							
Queen Cakes	Wheat		x				x							
Waffles	Wheat		x				x							
Chicken Goujons	Wheat		x				x							
Chicken & Bacon Pasta	Wheat & Barley		x				x							
Bakewell tart	Wheat													
Brown Bread & Jam	Wheat													
Beef Casserole	x								x					
Rice Krispie Buns	Barley					x	x							
Weetabix	Wheat & Barley					x	x							
Sausage Rolls	Wheat					x	x			x		x		
Mashed Potatoes							x					x		