**Food information – possible allergens**



**Early Years Breakfast and After School Club**

**Please see the possible allergens present in the food that we serve**

**Starchy Foods**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Gluten** | **Milk** | **Egg** | **Fish** | **Mustard** | **Soya beans** | **Celery** | **Sesame** | **Sulphur** | **Lupin** | **Tree Nuts** | **Peanuts** | **Crustaceans** | **Molluscs** |
| **Bun** | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Oven chips** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Pasta** | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rice** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sliced white bread** | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sliced wholemeal bread** | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Cereals** | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Main Courses**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Gluten** | **Milk** | **Egg** | **Fish** | **Mustard** | **Soya beans** | **Celery** | **Sesame** | **Sulphur** | **Lupin** | **Tree Nuts** | **Peanuts** | **Crustaceans** | **Molluscs** |
| **Baked Potato** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chicken goujons** | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fish fingers** | **x** |  |  | **x** |  |  |  |  |  |  |  |  |  |  |
| **Pizza** | **x** | **x** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Quorn bolognaise** | **x** |  | **x** |  |  | **x** |  |  |  |  |  |  |  |  |
| **Pasta Bake** | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tuna Bake** | **x** |  |  | **x** |  |  |  |  |  |  |  |  |  |  |

**Cooked Vegetables**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Gluten** | **Milk** | **Egg** | **Fish** | **Mustard** | **Soya beans** | **Celery** | **Sesame** | **Sulphur** | **Lupin** | **Tree Nuts** | **Peanuts** | **Crustaceans** | **Molluscs** |
| **Baked beans** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Carrots** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Broccoli** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Garden peas** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sweetcorn** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Salad Bar**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Gluten** | **Milk** | **Egg** | **Fish** | **Mustard** | **Soya beans** | **Celery** | **Sesame** | **Sulphur** | **Lupin** | **Tree Nuts** | **Peanuts** | **Crustaceans** | **Molluscs** |
| **Cucumber** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Dried apricots** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Peppers** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sweetcorn** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tomatoes** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Puddings**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Gluten** | **Milk** | **Egg** | **Fish** | **Mustard** | **Soya beans** | **Celery** | **Sesame** | **Sulphur** | **Lupin** | **Tree Nuts** | **Peanuts** | **Crustaceans** | **Molluscs** |
| **Fruit salad** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Cream** |  | **x** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Apple crumble** | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Yoghurt** |  | **x** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Ice cream** |  | **x** |  |  |  |  |  |  |  |  |  |  |  |  |