

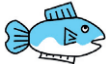










DISHES AND THEIR ALLERGEN CONTENT:

Lookout – Early Bird

Monday - Friday



Dishes														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur
Toast		✓											✓	
Olive Oil Spread							✓							
Jam														
Honey														
Marmite	✓	✓												
Apricot Wheats		✓								✓	✓			
Multigrain Loops		✓												
Weetabix		✓												
Rice Snaps		✓												
Cornflakes		✓												
Shreddies		✓								✓				
Milk							✓							