Dishes and their allergen content – Owls –After School Club

(Note – Please state the name of the cereal(s) containing gluten* and/or the name of the nut(s)†)

Dishes					Do.	Lupin Flour	Milk		MUSTARD			MAMAN OF THE PROPERTY OF THE P		WAS
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pitta Bread		Wheat (may contain barley, oats, rye, spelt)					✓ may contain							
Cream Crackers		√ Wheat												
Cheese Bake Thins		√ Wheat, Barley					✓					✓		
Dairy Free Spread														
Cheese							√							
Ham														
Sausages		√ Wheat												√
Banana														
Tomato														
Apple														

Dishes						Lupin Flour	Milk		MUSTARD			MAMM		Gode WNE
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Orange														
Cucumber														
Milk							√							
Fromage frais							√							
Chocolate Mousse							√			✓ may contain				
Fairy cakes		√ Wheat		√			√			√ may contain			✓	
Digestive Biscuit		Wheat (may contain barley, oats, rye)												
Cereal bar		√ Barley					✓						√	
Bread sticks		√ Barley, Wheat					√ may contain					✓ may contain	✓ may contain	
Orange Squash														✓
Apple and Blackcurrant Squash														✓

Dishes						upin Flour	Milk		MUSTARD			MSAAM		WNE
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Carrot														
Rice Cakes													√ may contain	
Free From Crackers													✓	
Free From Custard Creams														
Free From Bourbon Biscuits														
Mr Freeze Ice Pops		√ Barley												
Mr Freeze Jubbly Ice Lollies														

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Reviewed by: C. Giles



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