Breakfast, Snack and After School Teas Allergen Checker

Menu Item	Wheat	Nuts	Soya	SO2 & Sulphates	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustacean	Cereals with gluten	Celery	Barley
Fish fingers	X										X					
Whole meal bread	X		X													
'Free from' Brown bread																
Whole meal rolls	X		X													X
Butter									X							
'Free From' spread																
Tomato Soup									X							
Carrot and Coriander Soup									X							
Vegetable Soup	X															
Croutons	X								X							
Tuna											X					
Soft Cheese									X							
'Free from' Soft cheese			X													
Cream crackers	X															
Rice Cakes					X											
'Free from' Rice cakes			X													
Breadsticks	X													X		X
Sweet corn																
Cucumber																

Tomatoes																
Mixed Leaf Salad																
Carrots																
Apples																
Pears																
Grapes																
Banana																
Oranges																
Raisins																
Plain bagels	x		x													
Wholemeal pitta bread	x								x							
Houmous					x											
Eggs												x				
Crumpets	x		x													
Tea cakes	x		x													
Yogurt									x							
Dairy alternative Yogurt			x													
Baked beans in tomato sauce																
Cheese									x							
Oat Milk																
Fusilli Pasta	x															
'Free from' Pasta																
Malted Wheaties *Cereal*	x															x
Rice snaps *Cereal*																x
Cornflakes *Cereal*																x
Wheat biscuits Cereal	x															x