



FOOD ALLERGEN ADVICE

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Breakfast Club														
Bagels		✓												
Cheerios		✓												
Cornflakes		✓												
Crumpets		✓												
Flora														
Fruit														
Jam														✓
Milk							✓							
Porridge		✓					✓							
Rice Crispies		✓												
Toast		✓											✓	
Yoghurt							✓							
Main Course														
3 Pepper Omelette & Saute Potatoes				✓			✓							
3 Pepper Omelette & New Potatoes				✓			✓							
5 a Day Vegetable Pasta	✓	✓												
All Day Breakfast - Bacon, Pork Sausage, Egg & Hash Brown		✓		✓			✓							✓
All Day Breakfast - Mushroom, Quorn Sausage, Egg & Hash Brown		✓		✓			✓							
Baked Bean Pie							✓							
Battered Fish & Crispy Cubes		✓			✓									
BBQ Chicken & Rice		✓												
BBQ Bean Quesedilla		✓					✓							
Bean Burger in a Bap with Herby Diced Potatoes		✓											✓	
Bean Burgers, tomato relish with roll and herby diced potatoes		✓												
Beans on Toast		✓											✓	
Beef & Mushroom Pizza with chips		✓					✓							
Beef & Pepper Pizza with Chips		✓					✓							
Beef Bolognese with garlic bread	✓	✓							✓					
Beef Lasagne & Garlic Bread	✓	✓		✓			✓		✓					
Beef Taco		✓					✓		✓					
Broccoli and Cream Cheese Pasta Bake		✓					✓		✓					
Cannellini Bean & Cauliflower Cheese		✓					✓							
Carribbean Jerk Chicken with Rice and Peas														
Carribbean Jerk Quorn with Rice and Peas				✓										
Cheese & Broccoli Quiche		✓		✓			✓							
Cheese & Tomato Pizza & Chips		✓					✓							
Cheese & Tomato Pizza & Wedges		✓					✓							



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Wholemeal Pork Sandwich		✓											✓	
Wholemeal Salmon Sandwich		✓		✓	✓				✓					
Desserts														
Apple Cake		✓		✓			✓							
Apple Flapjack		✓					✓							
Apple Muffin		✓		✓			✓							
Banana Cake		✓		✓			✓							
Blueberry Cake		✓		✓			✓							
Blueberry Muffins		✓		✓			✓							
Blueberry Slice		✓		✓			✓							
Brownie		✓		✓			✓							
Caramel Cake		✓		✓										
Cardamon Ice Cream		✓												
Carrot Cake		✓		✓			✓							
Celebration Biscuit		✓					✓							
Cheese & Biscuits & Grapes		✓					✓							
Chocolate Buns		✓		✓			✓							✓
Chocolate & Pear Cake		✓		✓			✓							
Chocolate Flapjack		✓					✓							
Custard		✓					✓							
Easter Nests		✓					✓						✓	
Eid Biscuit		✓												
Flapjack		✓					✓							
Fruit Extravaganza														
Fruity Tray Bake		✓		✓			✓							
Ginger Bread		✓		✓			✓							✓
Ice Cream							✓							
Iced Bun		✓					✓							
Iced Raspberry Buns		✓					✓							
Iced Sponge		✓		✓			✓							
Jam Buns		✓		✓			✓							✓
Jelly Jelly														
Lemon Buns		✓		✓			✓							✓
Lemon Cheesecake		✓					✓							
Lemon Drizzle		✓		✓			✓							
Lemon Iced Bun		✓					✓							
Lemon Iced Sponge		✓		✓			✓							
Lemon Slice		✓		✓			✓							
Magical Bertie Botts Cake		✓		✓			✓							
Marble Cake		✓		✓			✓							
Mango & Raspberry Cake		✓		✓			✓							



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Mini Ginger Biscuit		✓		✓										
Mini Shortbread & 1/2 piece of fruit		✓					✓							
Oat Cookie		✓					✓							
Orange Sponge		✓		✓			✓						✓	✓
Pancakes		✓		✓			✓						✓	
Pineapple Cake		✓		✓			✓							✓
Popcorn		✓												
Purple Velvet		✓		✓			✓							
Raspberry Mousse							✓							
Red Nose Crispy Cake		✓					✓							✓
Rice Crispy Cake		✓		✓			✓							
Scone & Jam		✓					✓							✓
Strawberry Cake		✓		✓			✓							
Sultana Biscuits		✓												
Vanilla Biscuits		✓												
Vanilla Cake		✓		✓			✓							
Vanilla Cake with Chocolate Icing		✓		✓			✓							