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					D.	Jupin Flour	Milk		MUSTARD			NAME OF THE PROPERTY OF THE PR		WAS GOOD
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Wraps		Wheat (may contain barley, oats, rye, Spelt)												
Cream Crackers		Wheat (may contain Barley, Oats, Rye)												
Cheese Bake Thins		Wheat, Barley (may contain rye, oats)					~					✓ may contain		
Dairy Free Spread														
Cheese							√							
Ham														
Sausages		√ Wheat												√
Banana														
Peppers														

Dishes						Lupin Flour	Milk		MUSTARD					WAS NOT
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Apple														
Orange														
Grapes														
Cucumber														
Milk							√							
Fromage frais							1							
Chocolate Mousse							√			√ may contain				
Fairy cakes		√ Wheat		1			1			√ may contain			√	
Digestive Biscuit		√ Wheat					√ may contain							
Cereal bar		√ Barley					✓						✓	
Bread sticks		✓ Barley, Wheat					√ may contain					✓ may contain	√ may contain	

Dishes					D°3	Lupin Flour	Milk		MUSTARD			Figure 1		WAR
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Apple and Blackcurrant Squash														√
Orange Squash														✓
Carrot														
Rice Cakes													√ may contain	
Free From Crackers													✓ may contain	
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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