

## Breakfast Club - Allergen checklist - December 2019

Dish	No allergen	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Honey	✓														
Yoghurts								✓							
Crumpets			✓(W)												
Cereals			W/B/O/R					✓						✓	
Ready Brek			O												
Cheese								✓							
Marmite		✓	W/B/O/R												
Chocolate Spread								✓			✓				
Bagels			✓(W/B)					**					**	**	
Pancakes			✓(W)					✓							
Beans	✓														
Brown Bread			✓(W)											✓	
White Bread			✓(W)											✓	
Rice Crispies			B												
Corn Flakes			W/B/O												
Chocolate Crackles								✓						✓	
Super Hoops			W/B/O												
Eggs					✓										
Margarine Spread								✓						✓	
Wheat Biscuits			✓(W/B)												
Nesquik Bars			W					**			**	**			
Croissants			✓(W)		✓			✓			**		**	**	

### Key -

\*\* Packaged in a factory that also processes this item - cannot guarantee free of this allergen

✓ Food contains this allergen

W = Wheat      R = Rye

B = Barley      O = Oats