

# DISHES AND THEIR ALLERGEN CONTENT – NOTTINGHAM FREE SCHOOL

## MID MORNING BREAK

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
TOASTED MUFFIN (MKG)		✓					✓						✓	
T CAKE (MKG)		✓					✓							
BACON COB		✓											✓	
CHEESE ON TOAST		✓					✓							
TOAST		✓					✓							
CRUMPET		✓					✓							
SAUSAGE COB (PORK)		✓											✓	✓
SAUSAGE COB (QUORN)		✓		✓			✓						✓	
SOFT SPREAD(PILGRIMS)							✓							
COOKIE (ADKINS)		✓		✓			✓							

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