

## Snack Foods & Allergens

A list of our usual snack items is given below. We are legally obliged to tell you if any of the foods we serve to the children contain any of 14 specified allergens.

These are;

celery	cereals containing gluten
crustaceans	eggs          lupin
milk	molluscs      mustard
nuts	peanuts        sesame
soya	fish            sulphur dioxide

There are several that we do not and will not knowingly serve the children. This includes shell fish, tree nuts and peanuts.

Children choose from;

- Milk or water
- selection of fruit / vegetables according to season and availability



- accompanied by one or more of the items from the list on the right.

Please remember to tell us if your child (or a family member) has or develops an allergy to ANY food

Item	Allergens
Milk cheese yogurt	Milk
Soya spread	Soya (dairy free)
Sunflower spread	milk
Corn cakes (Kallo & Real food)	
Rice cakes (Kallo, Sainsbury)	
Breadsticks	Wheat, gluten
Sainsbury's grissini bread sticks	Wheat & barley gluten, sesame, milk
oatcakes	gluten
Cream crackers	Wheat, gluten
Croissants	Wheat, Gluten, milk
Brioche rolls	Wheat, Gluten, milk, egg
crumpets	Wheat, gluten
Bread (for toast) (Kingsmill, Hovis 50/50)	Wheat, gluten, soya
Sandwich thins	Wheat, gluten
Malt loaf	Wheat, barley, gluten
Fruited tea bread	Wheat, gluten
Pasta	Wheat, gluten
Ham, chicken	
Tuna	fish
Quiche	Milk, egg, wheat, gluten
Falafel	
sausage	Wheat, gluten
couscous	Wheat, gluten
Couscous - veg mix	celery