

PRODUCT

ALLERGENS

ALTERNATIVES

Pasta Chicken Sweetcorn
 Pasta Chicken Pesto
 Pasta Mediterranean
 Pasta Plain
 Croissant
 Fruit Pot
 Trail Mix
 Cheese and Crackers
 Scone and Jam
 Chicken Salad Bowl

Does Contain	May Contain
G ML E	
G ML	
G	
G	
G	
NA	
NA	
G ML	SP N
G ML S	N SS
E ML	

WRAP

Ham and Cheese
 Ham Wrap
 Cheese Wrap
 Chicken and Mayo Wrap
 Chicken and Stuffing
 Chicken Tikka Wrap
 Tuna and Sweetcorn

Does Contain	May Contain
G ML S	
G S	ML
G ML	
G ML E	
G ML E	
G ML E	
G ML E F	

BREAD

White sliced
 Brown sliced
 Half & Half
 Healthy Grain
 McCambridge
 Gluten Free
 Brown Roll
 Wrap
 White Mega Bite

Does Contain	May Contain
G S	SS
G S	
G S	
G S	
G ML	S
S	
G	E SS S ML
G	
G S	

SPREAD

Butter
 Little Butter
 Mayo

Does Contain	May Contain
NA	ML
NA	ML
E ML	

FILLING

Ham
 Cheese
 Turkey
 Chicken
 Chicken & Stuffing
 Chicken Tikka
 Egg Mayo
 Hummus
 Tuna & Sweetcorn
 Salmon & Cream cheese
 Sugar Free Strawberry Jam

Does Contain	May Contain
S	ML G
ML	
ML	
ML	
ML E G	
ML E	
ML E	
SS	F N M ML
F ML E	
F ML	
NA	

PRODUCT

ALLERGENS

SALAD

Lettuce
 Cucumber
 Onion
 Sweetcorn

Does Contain	May Contain
NA	
NA	
NA	
NA	

Drink

Milk
 Water
 Orange Juice
 Apple Juice

Does Contain	May Contain
ML	
NA	
NA	
NA	

FRUIT

Raisins
 Cheese triangle
 Apricot Balls
 Yogurt
 Glenilen Yougurt
 Apple
 Orange
 Banana

Does Contain	May Contain
NA	
ML	
G ML	N
ML	
ML	
NA	
NA	
NA	

WHOLEGRAIN

Cheese Sticks
 Popcorn
 Shreddies
 Tortillas
 Wholegrain scone
 Low GI Roll
 Oaty slice
 Ryvita
 Corn Ball
 Cherrios
 Rice Cake

Does Contain	May Contain
ML	
NA	
G	N
NA	ML S
G ML S	
G	
G E	
G	SS S
NA	M S
G	N
ML S	N SS

VEG

Seasonal Veg Pot

Does Contain	May Contain
NA	

- C CELERY
- G GLUTEN
- E EGG
- S SOYA
- ML MILK
- MC MOLLUSCS
- M MUSTARD
- P PEANUT
- SS SESAME SEED
- F FISH
- N NUTS
- SP SULPHITES
- L LUPIN
- NA NO ALLERGENS