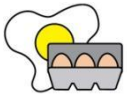
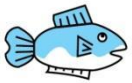
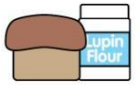
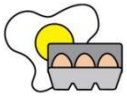
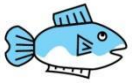
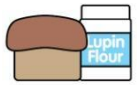
DISHES AND THEIR ALLERGEN CONTENT

Please keep a running daily record of the meal served and then tick all the ingredients that were included in the meal.

DISHES														
Date and description of meal served	**Celery**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Potato waffles, spaghetti hoops & salad														
Asda potato waffles														
Spaghetti hoops		*		Maybe										
Pasta Bake & salad														
Pasta		*												
Pasta bake sauce	*	*		*			*							
Cheddar cheese							*							

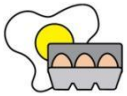
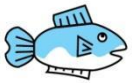
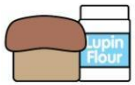
DISHES AND THEIR ALLERGEN CONTENT

Please keep a running daily record of the meal served and then tick all the ingredients that were included in the meal.

DISHES														
Date and description of meal served	**Celery**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Spaghetti on toast														
Wholemeal bread		*											*	
Spaghetti hoops		*												
Butter spread							*							
Cheese and tomato pizza & salad														
Pizza	Maybe	*					*							

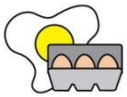
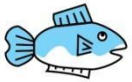
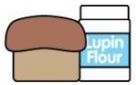
DISHES AND THEIR ALLERGEN CONTENT

Please keep a running daily record of the meal served and then tick all the ingredients that were included in the meal.

DISHES														
Date and description of meal served	**Celery**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Jacket potatoes														
Potatoes														
Butter spread							*							
Cheddar cheese							*							
Baked beans														

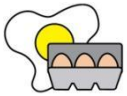
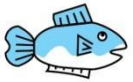
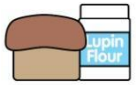
DISHES AND THEIR ALLERGEN CONTENT

Please keep a running daily record of the meal served and then tick all the ingredients that were included in the meal.

DISHES														
Date and description of meal served	**Celery**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Tortilla Wraps & salad														
Tortilla wraps		*												
Tuna					*									
Cheddar cheese							*							
Mayonnaise				*										

DISHES AND THEIR ALLERGEN CONTENT

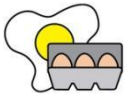
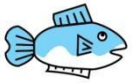
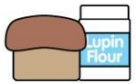
Please keep a running daily record of the meal served and then tick all the ingredients that were included in the meal.

DISHES														
Date and description of meal served	**Celery**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Cornflakes		*												
Rice Krispies		*												
Cheerios		*												
Malted Wheaties		*												
Weetabix		*												

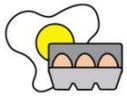
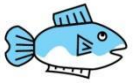
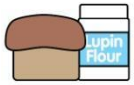
Milk							*							
Lactose free milk							*							
Lactose free butter spread														

DISHES AND THEIR ALLERGEN CONTENT

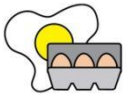
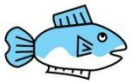
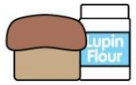
Please keep a running daily record of the meal served and then tick all the ingredients that were included in the meal.

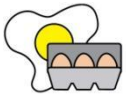
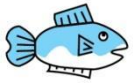
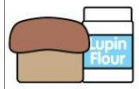
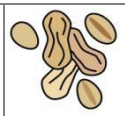
DISHES														
Date and description of meal served	**Celery**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Desserts														
Tinned peaches														
Tinned pineapple														
Chocolate buttons		maybe		maybe			*			maybe			*	

Mini rolls		*		*			*			Maybe			*	
Fromage frais							*							
Chocolate pudding							*							
Semolina		*					*							
Fresh fruit														

DISHES														
Date and description of meal served	**Celery**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Crumpets		*					Maybe						maybe	
Nutella							*			*			*	
Toasted Bagel & Cream Cheese														

Asda Bagels		*										Maybe		
Asda Cream Cheese							*							
Flora														
Waffles with Greek style yogurt and fruit														
McVities Waffles		*		*							Maybe		*	
Asda Greek Style Yogurt							*							

DISHES														
Date and description of meal served	**Celery**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Flatbreads with Dips & Salad														
Asda folded Flatbreads		*					Maybe							
Asda Houmous												*		
Asda Cheese & Chive Dip				*			*							
Tzatziki							*							
Sweet Chilli Houmous												*		
Taramasalata		*			*									

DISHES														
Date and description of meal served	**Celery**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Sandwiches														
Asda Wholemeal Bread		*											*	
Cheddar cheese							*							
Tuna Mayonnaise				*	*				*					
Cheese Toasties														
Asda Wholemeal Bread		*											*	
Cheddar cheese							*							