




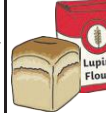


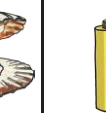

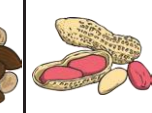











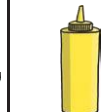
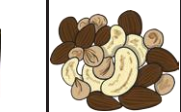








# Dishes and their Allergen Content Chart for 4Cs After School Club

(Note - Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Toast (50/50 Bread)		✓ Wheat											✓	
Strawberry Jam														
Marmite	✓	✓ Barley Wheat, Oats, Rye												
Toasted Teacake		✓ wheat		✓ may contain			✓ may contain						✓	
Dairy lea cheese spread							✓							
Hummous												✓		
Crackerbread		✓ wheat					✓						✓ may contain	
Tuna					✓									
Bread rolls		✓ wheat		✓ may contain			✓ may contain						✓	

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Wraps		✓ wheat												
Spread/butter							✓							
Fruit loaf		✓ wheat		✓ may contain			✓ may contain						✓	
Baked beans														
Rice cakes							✓ may contain					✓ may contain	✓ may contain	
Pitta bread		✓ wheat					✓ may contain							
Cheddar Cheese							✓							
Semi-skimmed milk (to drink)							✓							
Tomato Soup							✓							