Pre-school Allergen Charts

Dish: Toast

Ingredients	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Nuts	Soya	Milk	Celery	Mustard	Sesame	Molluscs	Sulphur Dioxide (sulphites)
Bread	✓						✓						
Butter								✓					

Dish: Crumpet

Ingredients	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Nuts	Soya	Milk	Celery	Mustard	Sesame	Molluscs	Sulphur Dioxide (sulphites)
Crumpet	✓												
Butter								✓					

Dish: Bagel

Ingredients	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Nuts	Soya	Milk	Celery	Mustard	Sesame	Molluscs	Sulphur Dioxide (sulphites)
Bagel	✓						✓						
Butter								✓					

Dish: Snacks

Ingredients	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Nuts	Soya	Milk	Celery	Mustard	Sesame	Molluscs	Sulphur Dioxide (sulphites)
Frubes								✓					
Rice Cakes													
Breadstick	✓												
Brioche	✓												
Crackers	✓												

Dish: Juice

Ingredients	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Nuts	Soya	Milk	Celery	Mustard	Sesame	Molluscs	Sulphur Dioxide (sulphites)
Apple and													
Blackcurrant													
Orange													✓