

Dishes and their allergen content

Mighty Oaks

Dishes														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Ham Sandwich		✓											✓	
Cheese Sandwich		✓					✓						✓	
Crumpets		✓												
Wraps		✓												
Bread Muffins		✓											✓	
Crackers		✓												
Bread		✓											✓	
Semi-skimmed Milk							✓							
Butter														
Cheese							✓							

Review date:

Reviewed by:

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Yogurts							✓							
Spaghetti		✓												
Baked Beans														
Strawberry Jam														
Lemon Curd				✓										
Fruit														
Blackcurrant Squash														
Orange Squash														

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Gluten Bread				✓										
Gluten Crumpets				✓										
Gluten Pancakes				✓										
Gluten Crackers														
Oat Milk														
Free From Cereal														

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You can find this template, including more information at www.food.gov.uk/allergy-guidance

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Rice Krispies		✓												
Cornflakes		✓												
Weetabix		✓												
Boulders		✓												
Multi-Grain Hoops		✓												
Malted Wheats		✓												

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