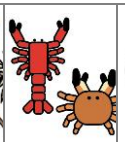
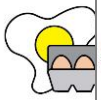
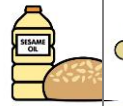
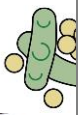
DISHES AND THEIR ALLERGEN CONTENT – Manorside Academy Breakfast Club

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Tesco Rice Snaps		✓												
Tesco Malt Wheats Cereal		✓												
Tesco Multigrain Hoops Cereal		✓					✓							
Marmite Yeast Extract	✓	✓												
Tesco Strawberry Jam														
Granulated Sugar														
Various Fruit eg Apples,bananas,pears,satsumas/clementines,strawberries,tomatoes,melon,pineapple														
Various Vegetables eg Carrots,cucumber,sugar snap peas														
Semi Skimmed Milk							✓							
Tesco No Added Sugar Double Strength Apple Blackcurrant Squash														✓

Tesco No Added Sugar Double Strength Orange Squash														✓
Nestle Cheerios		✓								✓				
Tesco Cornflakes		✓												
Weetabix Oatiflakes		✓												
Weetabix		✓												
Nestle Shredded Wheat		✓												
Tesco Everday Value Cheese Slices							✓							
Tesco Mature Cheddar							✓							
Tesco Family Pack Cooked Ham														
Tesco Toastie White Thick Slice Loaf		✓											✓	
Nestle Shredded Wheat		✓								✓				
Tesco Butter Me Up							✓							
Tesco Everyday Value Clear Honey														
Tesco Everyday Value Pure Orange Juice														

Tesco Everyday Value Pure Apple Juice														
Tesco Milk Shake Mix Strawberry														
Tesco Milk Shake Mix Banana														