## Dishes and their allergen content Week 2

| Dishes |  |  |  |  | 元 |  |  |  |  |  |  |  |  |  |
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|  | Celery | Cereals containing gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts ${ }^{\dagger}$ | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Sausages |  | Wheat |  |  |  |  |  |  |  |  |  |  | X | x |
| Asda gluten free pork sausages |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn sausages |  | Wheat Barley |  | X |  |  |  |  |  |  |  |  |  |  |
| Hot dog rolls |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Asda gluten free bread |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate mousse |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Asda free from chocolate brownie |  |  |  | X |  |  |  |  |  |  |  |  |  |  |
| Grated cheese |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Vegan cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| Dishes |  |  |  |  | 元 |  |  |  |  |  |  |  |  |  |
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|  | Celery | Cereals containing gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts ${ }^{\dagger}$ | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| yoghurts |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Alpro yoghurts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 50/50 bread |  | Wheat |  |  |  |  |  |  |  |  |  |  | x |  |
| cheese slices |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Free from cheese slices |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Strawberry swiss roll |  | Wheat |  | X |  |  | X |  |  |  |  |  | X |  |
| crumpets |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Free from crumpets |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ice cream |  |  |  |  |  |  | x |  |  |  |  |  |  |  |

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|  | Celery | Cereals containing gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts ${ }^{\dagger}$ | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Free from ice cream |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jam |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pizza pucks |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Pizza sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Free from pizza |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Vegan pizza |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken slices |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Vegan jelly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gluten free sausage rolls |  |  |  | X |  |  |  |  |  |  |  |  |  | X |

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## Dishes and their allergen content Week 1

| Dishes |  |  |  |  | sinill |  |  |  |  |  |  |  |  |  |
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|  | Celery | Cereals containing gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts ${ }^{\dagger}$ | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Wraps |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Asda gluten free wraps |  |  |  |  |  |  |  |  | x |  |  |  |  |  |
| Cheese slices |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Free from cheese slices |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| yoghurts |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Alpro yoghurts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fish fingers |  | wheat |  |  | $X$ |  |  |  |  |  |  |  |  |  |
| Gluten free fish fingers |  |  |  |  | X |  |  |  |  |  |  |  |  |  |
| 50/50 bread |  | wheat |  |  |  |  |  |  |  |  |  |  | X |  |

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## Dishes and their allergen content Week 1

| Dishes |  |  |  |  | sinill |  |  |  |  |  |  |  |  |  |
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|  | Celery | Cereals containing gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts ${ }^{\dagger}$ | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Gluten free bread |  |  |  | x |  |  |  |  |  |  |  |  |  |  |
| Muffins |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Raspberry mini rolls |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sliced cheese |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Free from cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cream crackers |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Ice cream |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Free from ice cream |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pasta |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |

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## Dishes and their allergen content Week 1

| Dishes |  |  |  | $\sqrt[n]{m}$ |  |  |  |  |  |  | $0$ |  | $\underbrace{08}_{0}$ |  |
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|  | Celery | Cereals <br> containing <br> gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts ${ }^{\dagger}$ | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Free from pasta |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jelly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan nuggets |  | wheat |  |  |  |  |  |  |  |  |  |  | x |  |
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## Dishes and their allergen content Week 3

| Dishes |  |  |  |  | sinill |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Celery | Cereals containing gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts ${ }^{\dagger}$ | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Chicken goujons |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Asda free from chicken nuggets |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn chicken nuggets |  |  |  | x |  |  |  |  |  |  |  |  |  |  |
| Wraps |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Asda free from wraps |  |  |  |  |  |  |  |  | X |  |  |  |  |  |
| Asda shortbread fingers |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| baguettes |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Gingerbread men |  | Wheat |  | X |  |  | X |  |  | X |  |  | X |  |
| Grated cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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## Dishes and their allergen content Week 3

| Dishes |  |  |  |  | 苃 |  |  |  |  |  |  |  |  |  |
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|  | Celery | Cereals containing gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts ${ }^{\dagger}$ | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Free from cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sausage rolls |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan sausage rolls |  | Wheat |  |  |  |  |  |  |  |  |  |  | x |  |
| Gluten free sausage rolls |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pasta |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Free from pasta |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Meat balls |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Gluten free meatballs |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan meatballs |  | barley |  |  |  |  |  |  |  |  |  |  |  |  |

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## Dishes and their allergen content Week 3



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## Dishes and their allergen content Breakfast

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|  | Celery | Cereals containing gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts ${ }^{\dagger}$ | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| 50/50 bread |  | wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Asda/warburtons free from 50/50 bread |  |  |  | X |  |  |  |  |  |  |  |  |  |  |
| Bagels |  | Wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Rice krispies |  | Barley |  |  |  |  |  |  |  |  |  |  |  |  |
| Hoops |  | Wheat Oats barley |  |  |  |  |  |  |  |  |  |  |  |  |
| Wheat a bix |  | Barley |  |  |  |  |  |  |  |  |  |  |  |  |
| Flora |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fromage frais |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Milk |  |  |  |  |  |  | X |  |  |  |  |  |  |  |

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## Dishes and their allergen content Snacks

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|  | Celery | Cereals <br> containing <br> gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts ${ }^{\dagger}$ | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Mini cheddars |  | Wheat Barley |  |  |  |  | x |  |  |  |  |  |  |  |
| Caramel wafers |  | Wheat |  |  |  |  | X |  |  |  |  |  | x |  |
| Chocolate chip cookies |  | Wheat |  |  |  |  | X |  |  |  |  |  | x |  |
| Jam teacakes Snowballs |  | Wheat |  |  |  |  | X |  |  |  |  |  | x |  |
| Pom bear |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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