

DISHES AND THEIR ALLERGEN CONTENT - Staynor Hall Breakfast Club

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Beans on toast (white or wholemeal bread) with margarine spread		✓					✓							
Toasted tea cakes with jam or honey with margarine spread		✓		✓			✓			✓	✓	✓	✓	
English muffins with margarine spread with jam or honey		✓					✓			✓		✓	✓	
Scrambled egg on toast (white or wholemeal bread) with margarine spread		✓		✓			✓							
Waffles with jam or honey		✓		✓			✓						✓	
Crumpets with margarine spread with jam or honey		✓					✓							

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Pancakes with jam or honey		✓		✓			✓							
Bagels with margarine spread with jam or soft cheese		✓					✓					✓		
Croissants with jam or honey		✓					✓			✓	✓			
Cereals (Corn Flakes, Cherios, Rice Snaps, Porridge)		✓					✓			✓	✓			
Fruit (strawberries, blueberries, melon, kiwi, raisins, bananas)														
Apricots														✓

Review date: 15/11/19

Reviewed by:
Lisa Aitken
(BC Lead)



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