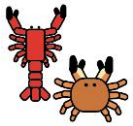
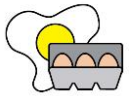
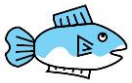
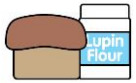
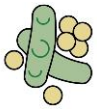
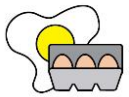
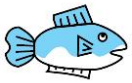
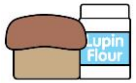
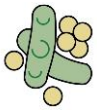
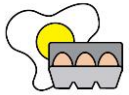
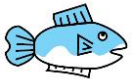
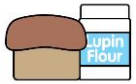
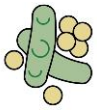
DISHES AND THEIR ALLERGEN CONTENT – Essex After School Clubs-Pyrgo

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Cucumber														
Pears														
Mild Cheddar Grated Cheese							✓							
50/50 Bread		✓ **Wheat**											✓	
Cherry Tomatoes														
Cooked Chicken Slices														
Malted Milk Biscuits		✓ **Wheat & Barley**											✓	
White Petits Pains		✓ **Wheat**												
White Baguettes		✓ **Wheat**												

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Tuna					✓									
Sweet Corn														
Spaghetti		✓ **Wheat**												
Breaded Chicken Burgers		✓ **Wheat**												
White Burger Bun		✓ **Wheat**												
Breaded Fish Fingers		✓ **Wheat**			✓									
White Hot Dog Rolls		✓ **Wheat**												
Sausages		✓ **Wheat**												✓
Wholemeal Rolls		✓ **Wheat**											✓	

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Tortilla Wraps		✓ **Wheat**												
Ham Slices														
Pizza Base		✓ **Wheat**												
Pitta Bread		✓ **Wheat**					✓							
Baked Beans														
Mayonnaise				✓										✓ **Calcium Disodium**
Passata														