

● = DOES CONTAINS ● = MAY CONTAIN ● = DOES NOT CONTAIN

# fresh**today**

## HEALTHY SCHOOL MEALS

**Please Note:** We don't use nuts as ingredients in our facility but due to third party manufactures some items have nuts listed as a may contain allergen. Our chicken and fish may contain bone.

BREAD	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	EGGS	CRUST-ACEANS	CELERY
• BROWN SLICED														
• GLUTEN & WHEAT FREE														
• HALF & HALF LOW CAL														
• SODA YEAST FREE														
• WHITE SLICED														
• WHOLEMEAL ROLL														
SPREAD	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	EGGS	CRUST-ACEANS	CELERY
• BUTTER														
• LITTLE BUTTER														
• MAYO														
FILLING	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	EGGS	CRUST-ACEANS	CELERY
• CHEDDAR CHEESE														
• CHICKEN														
• CHICKEN (HALAL)														
• CHICKEN & STUFFING MAYO														
• CHICKEN TIKKA														
• HAM														
• HAM & CHEESE														
• EGG MAYO														
• PREMIUM TURKEY														
• PREMIUM TURKEY (HALAL)														
• SUGAR FREE STRAWBERRY JAM														
• TUNA & SWEETCORN MAYO														
• CORONATION CHICKEN														

 = DOES CONTAINS  = MAY CONTAIN  = DOES NOT CONTAIN

# fresh**today**



## HEALTHY SCHOOL MEALS

**Please Note: We don't use nuts as ingredients in our facility but due to third party manufactures some items have nuts listed as a may contain allergen. Our chicken and fish may contain bone.**

	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	Eggs	CRUST-ACEANS	Celery
• CUCUMBER														
• LETTUCE														
• ONION														
• SWEETCORN														
<b>ALTERNATIVE</b>	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	Eggs	CRUST-ACEANS	Celery
• CHEESE & CRACKERS														
• CROISSANT														
• FRUIT POT														
• SCONE & JAM														
• VEG SALAD BOWL														
• CHICKEN SALAD BOWL														
• BABY POTATO, BACON & CHEESE SALAD														
<b>FRUIT</b>	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	Eggs	CRUST-ACEANS	Celery
• APPLE/BANANA/ORANGE														
• APPLE SNACK PACK														
• BANANA SLICES														
• RAISINS														
<b>DRINK</b>	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	Eggs	CRUST-ACEANS	Celery
• APPLE JUICE														
• STILL WATER														
• ORANGE JUICE														
<b>DAIRY</b>	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	Eggs	CRUST-ACEANS	Celery
• CHEESE STICK / CHEESE TRIANGLE														
• YOGURT/ YOGURT TUBE														

● = DOES CONTAINS ○ = MAY CONTAIN ○ = DOES NOT CONTAIN

# fresh**today**

## HEALTHY SCHOOL MEALS

**Please Note:** We don't use nuts as ingredients in our facility but due to third party manufactures some items have nuts listed as a may contain allergen. Our chicken and fish may contain bone.

WRAP	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	Eggs	CRUSTACEANS	CELERY
• CHEESE WRAP	●	● W	●	●	●	●	●	●	●	●	●	●	●	●
• CHICKEN & MAYO WRAP	●	● W	●	●	●	●	●	●	●	●	●	●	●	●
• CHICKEN & STUFFING WRAP	●	● W	●	●	●	●	●	●	●	●	●	●	●	●
• CHICKEN TIKKA WRAP	●	● W	●	●	●	●	●	●	●	●	●	●	●	●
• HAM & CHEESE WRAP	●	● W	●	●	●	●	●	●	●	●	●	●	●	●
• HAM WRAP	●	● W	●	●	●	●	●	●	●	●	●	●	●	●
• PLAIN WRAP	●	● W	●	●	●	●	●	●	●	●	●	●	●	●
• TUNA & SWEETCORN WRAP	●	● W	●	●	●	●	●	●	●	●	●	●	●	●
• CHICKEN & STUFFING ROLL	●	● W	●	●	●	●	●	●	●	●	●	●	●	●
• HAM & CHEESE WHOLEMEAL ROLL	●	● W	●	●	●	●	●	●	●	●	●	●	●	●
• HAM WHOLEMEAL ROLL	●	● W	●	●	●	●	●	●	●	●	●	●	●	●

### CEREALS CONTAINING GLUTEN EXPLAINED

