

# ASC

## MENU OPTIONS AND ALLERGENS

From 6<sup>th</sup> July 2021

Menu Options offered and allergy information (in red)

Carbohydrate	Vegetables	Fruit	Spreads
Tesco Both Together sliced bread – <b>wheat</b>	Carrots	Oranges	Tesco Butter Spread - <b>milk</b>
Tesco Crumpets – <b>wheat</b>	Sugar snap peas	Kiwi - <b>allergen</b>	Jam – Blackcurrant & strawberry
Tesco Plain Muffin – <b>wheat, soya may contain trace sesame, milk</b>	Cucumber	Melon – honeydew & watermelon	Honey
Tesco Plain Wraps – <b>wheat</b>	Sweet peppers	Grapes	Mayonnaise – <b>egg yolk, mustard</b>
Rice cakes - <b>may contain trace sesame, milk, soya</b>	Tomatoes	Sultanas	
Tesco Wholemeal Wraps - <b>wheat</b>		Apples	
Tesco Folded Flatbreads – <b>Wheat, milk</b>		Pears	
Tesco Crusty rolls - <b>wheat</b>		Berries in season – strawberries, raspberries	
Tesco plain pittas – <b>wheat, milk</b>		Bananas	
Tesco plain bagels – <b>wheat, rye, barley</b>		Blueberries	
Tesco Sliced white bread – <b>wheat, soya</b>			
Genius Gluten Free crumpets - <b>egg</b>			
Tesco GF Scotch pancakes - <b>egg</b>			
Warburtons GF white thins – <b>egg</b>			
Tesco Free From Plain rolls – <b>egg</b>			
Tesco GF Tortilla wraps -			
Warburtons GF super seed wraps			
Tesco Cinnamon & raisin bagel – <b>wheat, barley</b>			
Tesco soft white rolls – <b>wheat</b>			
Tesco batons - <b>wheat</b>			

Please ensure that we have up to date information about any allergies/conditions your child has/develops that mean that any items on this this menu should not be offered to them. Many thanks.