

Allergen Chart Primary School Spring/Summer 2026

Recipe Description Contains X May Contains O	 Peanuts	 Eggs	 Nuts	 Crustaceans (Shellfish)	 Molluscs (Shellfish)	 Fish	 Milk	 Cereals containing Gluten	 Soya	 Sesame seeds	 Celery	 Mustard	 Lupin	 Sulphur Dioxide
Packed Lunch														
Ham Wrap								X						
Cheese Wrap							X	X						
Tuna Wrap		X				X		X						
Cheese Roll							X	X		O				
Ham Roll								X		O				
Tortilla Chips									O					
Popcorn														
Sausage Roll							X	X	X					X
Veg Sausage Roll							O	X	X					
Chicken Bites								X			X			
Quorn Bites								X						
Pizza Finger		O					X	X	X					
Fruit Salad														
Flapjack								X						
Shortbread Biscuit								X						
Jelly														
Fruit Smoothie														
Sticky Toffee Pudding		X						X						
Ice Cream							X							
Iced Sponge		X						X						
Yoghurt							X							
Mousse							X							
Fruit Muffin		X						X						
Cheese & Biscuits		O					X	X		O				
Chocolate Crunch		X						X						
Apple & Oat Cookie							O	X						
Jacket Potato														
Beans														
Cheese							X							
Cheese & Beans							X							
Tuna		X				X	X							