

## There are fourteen major allergens found in foods

They are:

- A. **cereals** containing gluten e.g. wheat
- B. **crustaceans**, for example prawns, crabs, lobster and crayfish
- C. **eggs**
- D. **fish**
- E. **peanuts**
- F. **soybeans**
- G. **milk**
- H. **nuts**, such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts
- I. **celery** (and celeriac)
- J. **mustard**
- K. **sesame**
- L. **sulphur dioxide**, which is a preservative found in some dried fruit
- M. **lupin**
- N. **molluscs**, for example clams, mussels, whelks, oysters, snails and squid.

(V. vegetarian)

**This information will be cross referenced to our weekly menus.**

**If you need further information please ask to speak to Chris (our lovely Chef!)**

Vegetarian alternatives used.

Linda McCartney sausages. - V, A.

Quorn mince - V, A, C.

Quorn fillets - V, A, C.

Birthday cake - V, A, C, G.

Dairy free milk - V, F.

Non dairy ice cream - V, F.

Cheese - V, G.

Raspberry jam - V.