

● = 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 manufacture some items have nuts listed as a may contain allergen. Our chicken and fish may contain bone.

### SNACKS

	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	EGGS	CRUST-AEANS	CELERY
• BANANA BREAD	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• CHEERIOS	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• CREAM CRACKERS	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• CRUNCHY BITES	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• DIGESTIVE BISCUIT	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• FLAHAVANS FLAPJACK	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• MINI PRETZEL	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• OREO BISCUIT	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• POPCORN	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• YOGURT RICE CAKE	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• CHOCOLATE RICE CAKE	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• SHREDDIES	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• WHOLEGRAIN BREAD STICKS	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• WHOLEGRAIN PANCAKE	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• MULTI GRAIN HOOPS	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• COCONUT MACAROON	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• PILLOW BITES	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• LEMON SLICE (GLUTEN FREE)	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• CORN SNACKS	●	●	●	●	●	●	●	●	●	●	●	●	●	●
• STRAWBERRY SLICE (GLUTEN FREE)	●	●	●	●	●	●	●	●	●	●	●	●	●	●

### CEREALS CONTAINING GLUTEN EXPLAINED



WHEAT



RYE



BARLEY



OATS



DURUM