

Early Birds and Night Owls Breakfast and After School Club Barnes Farm Infant School



Early Birds and Night Owls - Allergen Content in Foods Offered

DISHES	a la		Ö		B	Contraction of the second seco		×			X		Soya Drink	
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Apple and Blackcurrant Squash*														
Apple Juice														
Bagels		✓												
Baked Beans														
Bananas														
Breakfast Muffins		✓		✓			✓							
Brioche		✓		✓			✓							
Butter				1			√							
Carrots														
Celery	✓			1										
Cheese				1			√							
Chicken				1			√							
Cornflakes		✓												
Crumpets		√		1										

Cucumber								
Eggs		✓						
Garlic and Tomato Sauce								
Gluten Free Rice Krispies								
Golden Syrup Porridge	~			~				
Green Apples								
Green Grapes								
Ham								
Honey Hoops Cereal	~							
Humous							\checkmark	
Jacket Potatoes								
Jam								
Kiwi								
Marmite								
Mayonnaise		✓		\checkmark	\checkmark			
Milk				\checkmark				
Orange and Pineapple Squash*								
Orange Juice								
Pancakes	✓	✓		✓				
Pasta	\checkmark							
Peppers								
Pineapple Juice								
Pitta Breads	\checkmark							

			1		-		-	1	1		
Red Apples											
Red Grapes											
Rolls		√								✓	
Satsumas											
Spaghetti Hoops		✓				✓					
Super Noodles		✓									
Sweetcorn											
Tomato Ketchup	~										
Tomato Soup						✓					
Tomatoes											
Tuna				✓							
Wheat Shreddies		✓									
White Bread		\checkmark								✓	
Wraps											
Yoghurts						✓					

• Contains Metabisulphate

If your child is allergic to any of the above ingredients, please ensure that this is highlighted on your registration form and that you have spoken to the SENCO before your child starts at Early Birds and Night Owls.

Please Note: This content is reproduced from guidance from the Food Standards Agency, which retain copyright of the Crown.