

School Trip Packed Lunch and Allergens

Sandwich filled with 1 the following:

Tuna Mayo (wheat, barley, oats, rye, spelt, soya, milk, egg, fish, may contain sesame,)

Egg Mayo (wheat, barley, oats, rye, spelt, soya, milk, eggs, may contain sesame)

Ham (wheat, barley, oats, rye, spelt, soya, milk, may contain sesame)

Cheese (wheat, barley, oats, rye, spelt, soya, milk, may contain sesame)

Selection of vegetables:

Carrot sticks, Cucumber sticks, Sliced peppers, cherry tomato (None)

Piece of fruit:

Apple or satsuma (None)

Dessert: 1 of the following will be included in the lunch

Cranberry oat cookie (wheat, oats, may contain barley)

Flapjack (oats, may contain wheat, barley)

Shortbread (wheat)

GF Ginger Slice (for gluten free only) (soya)