LINCOLN ST CHRISTOPHERS SCHOOL ALLERGEN AND SPECIAL DIETS GUIDE.

BREAKFAST

REVIEWED DATE: 04/01/2021

DISHES	CELERY	GLUTEN WHEAT	MOLLUSKS	CRUSTACEANS	EGG	SOY (SOYA)	TREE NUTS	LLPIN	PEANUTS	SESAME	MILK	MUSTARD	SULFUR DIOXIDE	FISH	ALLERGEN FREE	Beef free	Pork free	VEGETARIAN	VEGAN
Toast		✓														✓	✓	✓	✓
Butter/ spread															~	~	✓	~	✓
New York bagels		~								~						~	~	~	*
Shreddi es		~														~	✓	~	
Weetabi x		~														~	~	~	
Crisp Rice		~	1	1												~	~	~	
Porridge		✓									✓					✓	✓	✓	~
Yoghurt											✓					✓	✓	✓	
Fresh fruit															~	✓	✓	~	~
Milk											✓					✓	✓	✓	
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