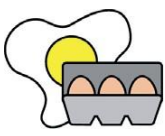
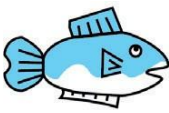
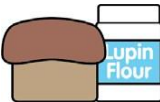
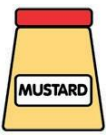
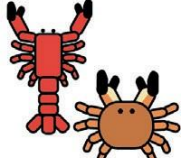
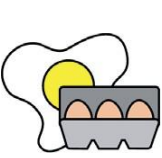
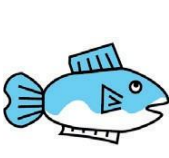


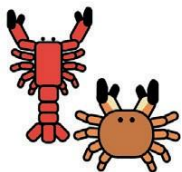
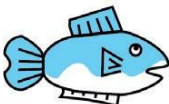
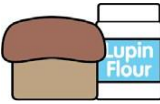
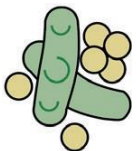
DISHES AND THEIR ALLERGEN CONTENT - Rowland Hill Nursery School and Children’s Centre

DISHES														
Tea Week 1	Celery (A)	Cereals containing gluten (B)	Crustaceans (C)	Eggs (D)	Fish (E)	Lupin (F)	Milk (G)	Molluscs (H)	Mustard (I)	Nuts (J)	Peanuts (K)	Sesame seeds (L)	Soya (M)	Sulphur dioxide (N)
Boiled egg or cheese wholemeal sandwiches. Fruit		✓		✓			✓							
Cheese, houmous and crackers with carrot sticks and cherry tomatoes. Fruit		✓					✓					✓		
Pitta Pockets Tuna Mayo and Sweetcorn Fruit		✓		✓	✓		✓		✓					
Cream Cheese Bagel and Crumpets. Fruit		✓					✓							
Baked beans on wholemeal toast. Fruit		✓												

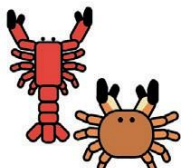
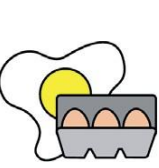
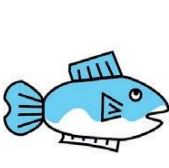
DISHES AND THEIR ALLERGEN CONTENT - Rowland Hill Nursery School and Children’s Centre

DISHES														
Tea Week 2	Celery (A)	Cereals containing gluten (B)	Crustaceans (C)	Eggs (D)	Fish (E)	Lupin (F)	Milk (G)	Molluscs (H)	Mustard (I)	Nuts (J)	Peanuts (K)	Sesame seeds (L)	Soya (M)	Sulphur dioxide (N)
Coconut rice salad Fruit														✓
Scrambled egg on toast Fruit		✓		✓										
Baked beans on wholemeal toast Fruit		✓												
Rice Cakes and fruity salad.														
Cheese, tomato and pepper pizza pockets Fruit		✓					✓							

DISHES AND THEIR ALLERGEN CONTENT - Rowland Hill Nursery School and Children's Centre

DISHES														
Tea Week 3	Celery (A)	Cereals containing gluten (B)	Crustaceans (C)	Eggs (D)	Fish (E)	Lupin (F)	Milk (G)	Molluscs (H)	Mustard (I)	Nuts (J)	Peanuts (K)	Sesame seeds (L)	Soya (M)	Sulphur dioxide (N)
<i>Salmon and cucumber wraps</i> <i>Fruit</i>		✓			✓		✓							
<i>Traffic Light Omelette</i> <i>Fruit</i>				✓			✓							
<i>Cottage Cheese and Crisp</i> <i>Bread</i> <i>Fruit</i>		✓					✓							
<i>Spaghetti Hoops on</i> <i>wholemeal toast</i> <i>Fruit</i>		✓												
<i>Egg or cheese sandwiches</i> <i>Fruit</i>		✓		✓			✓							

DISHES AND THEIR ALLERGEN CONTENT - Rowland Hill Nursery School and Children's Centre

DISHES														
Tea Week 4	Celery (A)	Cereals containing gluten (B)	Crustaceans (C)	Eggs (D)	Fish (E)	Lupin (F)	Milk (G)	Molluscs (H)	Mustard (I)	Nuts (J)	Peanuts (K)	Sesame seeds (L)	Soya (M)	Sulphur dioxide (N)
<i>Tzatziki, houmous, baton vegetables, breadsticks. Fruit</i>		✓					✓					✓		
<i>Baked beans on wholemeal toast. Fruit</i>		✓												
<i>Cheese and tomato pitta bread pizzas. Fruit</i>		✓					✓							
<i>Tzatziki, Couscous and veg batons Fruit</i>	✓	✓					✓							
<i>Tomato pasta salad grated cheese Fruit</i>		✓					✓							

Review date: September 2026 Reviewed by: TW and SMD