

# Breakfast Club

***We will always provide you with information about the food we serve at Breakfast Club.***

***We are required by law to inform you when a food we serve contains any of the following allergens:***

- Eggs
- Milk
- Fish
- Crustaceans (e.g. crab, lobster, crayfish, shrimp, prawn)
- Molluscs (e.g. mussels, oysters, squid)
- Peanuts
- Tree nuts (almonds, hazelnuts, walnuts, cashews, pecans, brazils, pistachios, macadamia nuts or Queensland nuts)
- Sesame seeds
- Cereals containing gluten, wheat (including spelt, Khorasan wheat/Kamut), rye, barley, oats or their hybridised strains
- Soya
- Celery and celeriac
- Mustard
- Lupin
- Sulphur dioxide and sulphites (at concentration of more than ten parts per million)



## Breakfast Club Menu: Chameleon Club at Lydalls Nursery School

### Cereals

Brand of Cereal	Allergens
Sainsbury's/Tesco/Kellogg's wholegrain malties	Whole wheat, Barley
Sainsbury's/Tesco whole wheat biscuit	Wheat, Barley
Sainsbury's/Tesco rice pops, Kellogg's rice krispies	Barley

### Bread products

Brand and Type of Product	Allergens
Warburtons wholemeal	Wheat
Hovis wholemeal	Wheat
Sainsbury's crumpets	Wheat
Warburtons crumpets	Wheat

### Jams and spreads

Brand and Type of Product	Allergens
Hartley's strawberry jam	None
Marmite	Barley, celery
Honey	None
Sainsbury's strawberry jam	None
Sainsbury's raspberry jam	None

### Dairy products

Brand and Type of Product	Allergens
Sainsbury's/Tesco/Mary Ann's Dairy fromage frais	Milk

***We also offer Pure Dairy Free Sunflower and Vitalite spreads, both of which are dairy free and free from allergens***

### Drinks

Milk	Milk
Water	None