

Wraparound Care Food List That Contains Allergens

Breakfast Club Foods Containing Allergens

- Bagels: contain gluten (wheat) and soya; may contain milk and sesame.
- Bread: contains gluten (wheat) and soya.
- Butter/spread: contains milk.
- Cereal: contains gluten (barley, oats, wheat); may contain soya.
- Crumpets: contain gluten (wheat); may contain milk and soya.
- Gluten-free bagels: contain egg; may contain sesame and soya.
- Gluten-free bread: contains egg.
- Gluten-free cereal:
- Milk: contains milk :)
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5:20 Club Foods Containing Allergens

- Breadsticks: contain gluten (wheat); may contain milk, mustard, sesame and soya.
- Cheese: contains milk.
- Dairy-free cheese: may contain milk.
- Rice cakes: may contain celery, gluten (barley, oats, rye, wheat), milk, mustard, sesame and soya.
- Rice crackers: contain milk and soya.
- Squash: contains sulphites.