DISHES AND THEIR ALLERGEN CONTENT - THE BLACKWELL KITCHEN FOREST FRIENDS 2021

DISHES						upin Flour	Milk		(MUSTARD)			Staam		Boor
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
White choc & apricot shortbread biscuits		✓					✓							
Milk choc & oat cookies		√					√							
Banana & chocolate muffins		√		√			√							
White choc & raspberry muffins		✓		√			√							✓
Lemon & courgette muffin		✓		√										
Carrot cake		√		✓										✓
Ginger Cake		✓		√			√							
Apple Crumble Cake		✓		√			√							
Wheat free/dairy free raisin & oat cookie														
Vegan lemon & courgette muffin		√												

Review date: 22.11.2021 Reviewed by: Sharon Barker



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