Dishes and their allergen content - James Calvert Spence College 2024-2025

| Dishes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Grab \& Go | Celery | Cereals containing gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts ${ }^{\dagger}$ | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Bread - Roll |  | Contains |  |  |  |  |  |  |  | May Contain | May contain | May contain | Contains |  |
| Bread - Panini |  |  |  |  | See Label |  |  |  |  |  |  |  |  |  |
| Bread - Pizza Slice |  | Contains |  |  |  |  |  |  |  |  |  |  |  |  |
| Bread - Baguettes |  | Contains |  |  |  |  |  |  |  |  |  | May contain |  |  |
| Bread - Tortilla Wrap |  | Contains |  |  |  |  |  |  |  |  |  |  |  |  |
| Bread - Mini Stottie |  | Contains |  |  |  |  |  |  |  |  |  |  |  |  |
| Bread - Pioneer sliced white |  | Contains |  |  |  |  |  |  |  |  |  |  |  |  |
| Pasta |  | Contains |  |  |  |  |  |  |  |  |  |  |  |  |
| Pasta with Tomato sauce |  | Contains |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacket Potato |  |  |  |  |  |  | Contains- with butter |  |  |  |  |  |  |  |
| Salad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Coleslaw |  | Contains |  |  |  |  |  |  | Contains |  |  |  |  |  |
| Sausage Roll |  | Contains |  | Contains |  |  | May contain |  | May Contain |  |  |  |  |  |
| Wedges Pot |  |  |  |  |  |  |  |  |  |  |  |  |  | May contain |
| Noodles- Curry Sauce/sweet chilli |  | Contains |  | Contains |  |  | May contain |  | May contain |  |  | May contain | May contain |  |

