



Moss Side Playgroup Snack Menu and listed allergens



Monday

Drinks

Milk

Water

Allergens: milk

Snacks



Toast - Co-op bread (wholemeal bread) - Brown wheat, yeast, salt, spirit vinegar, soya flour, vegetable oil - rapeseed & palm, mono & diacetyl tartaric acid esters of mono diglycerides, preservatives - calcium propanatel, flour treatment agent - ascorbic acid

Allergens: wheat, soya and may contain barley, oats & rye

Toast - Co-op bread (white bread) - Fortified wheat flour, wheat flour, yeast, salt, spirit vinegar, salt, soya flour, vegetable oil - rapeseed & palm, mono & diacetyl tartaric acid esters of mono diglycerides, preservatives - calcium propanatel, flour treatment agent - ascorbic acid

Allergens: wheat, soya and may contain barley, oats & rye

Vitalite margarine - Contains: sunflower, palm and rapeseed oil, water, salt, Emulsifiers E471, Sunflower lecithin, preservative potassium sorbate, lactic acid, colours annatto, curcumin, (B vitamins niacin B6, B2, Folic acid & B12) niacin

Selection of fruit and vegetables



Tuesday

Drinks

Milk

Water

Allergens: milk

Snacks



Warbutons crumpets - containing - Wheat, yeast, raising agents
E450 E500

Allergens: wheat

Vitalite margarine - Dairy free, Soya free, gluten free

Contains sunflower, palm and rapeseed oil, water, salt, Emulsifiers
E471, Sunflower lecithin, preservative potassium sorbate, lactic
acid, colours annatto, curcumin, (B vitamins niacin B6, B2, Folic acid &
B12) niacin

Selection of fruit and vegetables



Wednesday

Drinks

Milk

Water

Allergens: milk

Snacks



Toast - Co-op bread (wholemeal bread) - Brown wheat, yeast, salt, spirit vinegar, soya flour, vegetable oil - rapeseed & palm, mono & diacetyl tartaric acid esters of mono diglycerides, preservatives - calcium propanatel, flour treatment agent - ascorbic acid

Allergens: wheat, soya and may contain barley, oats & rye

Toast - Co-op bread (white bread) - Fortified wheat flour, wheat flour, yeast, salt, spirit vinegar, salt, soya flour, vegetable oil - rapeseed & palm, mono & diacetyl tartaric acid esters of mono diglycerides, preservatives - calcium propanatel, flour treatment agent - ascorbic acid

Allergens: wheat, soya and may contain barley, oats & rye

Vitalite margarine - Contains: sunflower, palm and rapeseed oil, water, salt, Emulsifiers E471, Sunflower lecithin, preservative potassium sorbate, lactic acid, colours annatto, curcumin, (B vitamins niacin B6, B2, Folic acid & B12) niacin

Selection of fruit and vegetables



Thursday

Drinks Provided

Milk

Water

Allergens: milk



Snacks Provided

Cheese and crackers

contains: Wheat flour, calcium carbonate, niacin, iron, thiamin, palm oil, salt, raising agent sodium hydrogen carbonate, yeast.

Allergens: Wheat, milk

Vitalite margarine - Contains: sunflower, palm and rapeseed oil, water, salt, Emulsifiers E471, Sunflower lecithin, preservative potassium sorbate, lactic acid, colours annatto, curcumin, (B vitamins niacin B6, B2, Folic acid & B12) niacin

Selection of fruit and vegetables



Friday

Drinks

Milk

Water

Allergens: milk

Snacks



Warbutons crumpets - containing - Wheat, yeast, raising agents
E450 E500

Allergens: wheat

Vitalite margarine - Dairy free, Soya free, gluten free

Contains sunflower, palm and rapeseed oil, water, salt, Emulsifiers
E471, Sunflower lecithin, preservative potassium sorbate, lactic
acid, colours annatto, curcumin, (B vitamins niacin B6, B2, Folic acid &
B12) niacin

Selection of fruit and vegetables



Alternative Snacks

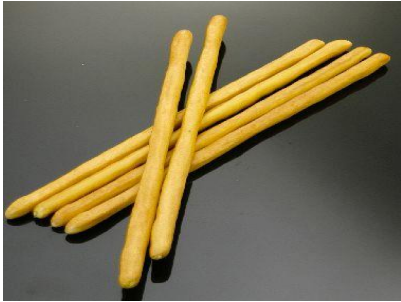
Drinks Provided

Milk

Water

Allergens: milk

Snacks



Bread sticks - containing - wheat flour, olive oil, malted barley extract, salt

Allergens: wheat, barley, (may also contain sesame, soya, milk)

Selection of fruit and vegetables



