

DISHES AND THEIR ALLERGEN CONTENT – THE BLACKWELL KITCHEN FOREST FRIENDS 2022-2023

DISHES														
	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		✓												

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Reviewed by: Sharon Barker



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