

Active8 Menu

Food options and allergens list

Monday	Tuesday	Wednesday	Thursday
Wraps with Ham or Cheese 1 Selection of Fruit	Beans/Spaghetti Hoops on wholemeal toast 1, 3 Yogurt 7, 9	Crackers with Cheese 1 Selection of Fruit	Pitta and dips 5,7,9 Yogurt 7, 9
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1 Wheat Gluten, **2** Crustaceans, **3** Soybean, **4** Mustard, **5** Sesame, **6** Sulphites/Sulphur Dioxide, **7** Milk, **8** Fish, **9** Egg,
10 Peanuts, **11** Molluscs, **12** Celeriac/Celery, **13** Nuts, **14** Lupins, **15** Oat Gluten, **16** Barley, **VG** Vegan, **V** Vegetarian