Alert65

Allergens Summary: Mid Morning Break

Reviewed by Jasmine Keen on 06-11-2026

Contains
M May Contain
R Removable

Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
Monday to Friday															
blueberry muffin			Wheat ✓		✓			✓				M	M		
Chicken Goujons			Wheat ✓												
Choc Chip shortbread			Wheat ✓		M			✓					✓		Almonds M Brazil nuts M Cashews M Hazelnuts M Macadamia nuts M Pecans M Pistachios M Queensland nuts M Walnut M
Chocolate Croissant			Wheat ✓		M			✓					✓		Almonds M Brazil nuts M Cashews M Hazelnuts M Macadamia nuts M Pecans M Pistachios M Queensland nuts M Walnut M

✓ Contains

M May Contain

R Removable

Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
Monday to Friday															
Chocolate Muffin			Wheat ✓		✓			✓				M	✓		
Chocolate Rice Cakes								✓					✓		
Cinnamon Swirl			Wheat ✓		✓			✓					M		Almonds M Cashews M Hazelnuts M Macadamia nuts M Pecans M Pistachios M Queensland nuts M
cookies milk choc			Barley M Oats M Wheat ✓		M			✓					✓		Almonds M Hazelnuts M Macadamia nuts M Pecans M Queensland nuts M Walnut M
Crisps and Popcorn	✓														

Contains

(M) May Contain

(R) Removable

Menu Dishes

Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
Monday to Friday															
Croissant			Wheat ✓		(M)			✓					(M)		Almonds (M) Brazil nuts (M) Cashews (M) Hazelnuts (M) Macadamia nuts (M) Pecans (M) Pistachios (M) Queensland nuts (M) Walnut (M)
Fruit Selection	✓														
Hash Browns	✓														
Iced Waffle			Wheat ✓		✓			(M)					✓		
Mini Mac n Cheese Pot			Wheat ✓					✓							
Mixed Donut selection			Wheat ✓					✓					(M)		Almonds (M) Brazil nuts (M) Cashews (M) Hazelnuts (M) Macadamia nuts (M) Pecans (M) Pistachios (M) Queensland nuts (M) Walnut (M)

Contains

(M) May Contain

(R) Removable

Menu Dishes

Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
Monday to Friday															
Oat and raisin Cookie			Oats Wheat		(M)								(M)		Almonds (M) Brazil nuts (M) Cashews (M) Hazelnuts (M) Macadamia nuts (M) Pecans (M) Pistachios (M) Queensland nuts (M) Walnut (M)
Pain Au Chocolate			Wheat		(M)										Almonds (M) Brazil nuts (M) Cashews (M) Hazelnuts (M) Macadamia nuts (M) Pecans (M) Pistachios (M) Queensland nuts (M) Walnut (M)
Pizza Slice			Wheat									(M)			
Popchips - sour cream															
Steak Bake			Barley Oats (M) Rye (M) Wheat												

Contains

May Contain

Removable

Menu Dishes

	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
Monday to Friday															
YumYums			Wheat ✓		✓			✓					M		Almonds M Brazil nuts M Cashews M Hazelnuts M Macadamia nuts M Pecans M Pistachios M Queensland nuts M Walnut M

Signed by: _____ **Signature:** _____