## BRIDGEND COMPREHENSIVE SCHOOL – MID MORNING BREAK

✓ = contains MC = may contain						Lupin	Milk		MUSTARD			MSAM!	18	Beer WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Bacon Bap		✓											✓	✓
Bacon Sandwich		✓											✓	✓
Breakfast Wrap		✓												✓
Toast & Spread		✓					✓						✓	
Beans on Toast		✓											✓	
Cheese & Beans on Toast		✓					✓						✓	
Cheese on Toast		✓					1						✓	
Toasted Sandwiches - Cheese / Cheese & Ham / Cheese & Baked Beans		1					1						✓	
P.K. Pockets – BBQ, Margarita & Tikka Fillings		1												
Pizza Slice/Baguette		✓					✓					✓	✓	
Hot Baguette – Cheese / Cheese & Ham		✓					✓					✓		
Hot Baguette – Chicken & Mayo / BBQ Chicken / Chicken & Bacon		✓		1					<b>√</b>			<b>√</b>		

## BRIDGEND COMPREHENSIVE SCHOOL – MID MORNING BREAK

✓ = contains  MC = may contain						upin Flour	Milk		MUSTARD			мым	100	See WNE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Bagel – Plain with spread		✓					✓					МС		
Bagel – Ham & Cheese		✓					1					МС		
Bagel – Tuna & Mayo		✓		1	1				✓			МС		
Bagel – Egg & Mayo		✓		1					<b>√</b>			МС		
Bagel – Ham & Tomato		1										МС		
Bagel – Cheese		✓					1					МС		
Bagel – BBQ Chicken		✓		1					1			МС		
Pasta Pot & Mayo		✓		1										
Pasta Pot with Tuna & Mayo		✓		1	1									
Pasta Pot with Ham & Cheese & Mayo		✓		<b>√</b>			<b>√</b>							
Pasta Pot with Cheese & Mayo		1		✓			<b>√</b>							
Pasta Pot with Tomato Sauce		✓												

## BRIDGEND COMPREHENSIVE SCHOOL – MID MORNING BREAK

✓ = contains  MC = may contain						Lupin	Milk		MUSTARD			MSAM!	100	whe whe
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Panini – Cheese		✓					✓					✓		
Panini – Chicken & Mayo		✓		✓			1		✓			✓		
Calzone – Ham & Cheese		✓					✓							
Porridge Pot		✓					1							
Pikelet		✓		✓			1							
Welshcake		✓		✓										
Chelsea Bun		✓					1						✓	
Yoghurt – all flavours							✓							
Cookie		✓		✓			1						МС	МС
Muffin/Cake Slice/Cupcake		✓		1			✓						✓	МС
Flapjack		✓		МС			МС						MC	
Teacake & Spread		✓					<b>√</b>							
Crumpet & Spread		✓					<b>√</b>						✓	
Pancake – Plain/Fruit		✓		✓			1							