

BRIDGEND COMPREHENSIVE SCHOOL – MID MORNING BREAK

✓ = contains MC = may contain														
	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		✓					✓						✓	
Toasted Sandwiches - Cheese / Cheese & Ham / Cheese & Baked Beans		✓					✓						✓	
P.K. Pockets – BBQ, Margarita & Tikka Fillings		✓												
Pizza Slice/Baguette		✓					✓					✓	✓	
Hot Baguette – Cheese / Cheese & Ham		✓					✓					✓		
Hot Baguette – Chicken & Mayo / BBQ Chicken / Chicken & Bacon		✓		✓					✓			✓		

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Panini – Cheese		✓					✓					✓		
Panini – Chicken & Mayo		✓		✓			✓		✓			✓		
Calzone – Ham & Cheese		✓					✓							
Porridge Pot		✓					✓							
Pikelet		✓		✓			✓							
Welshcake		✓		✓										
Chelsea Bun		✓					✓						✓	
Yoghurt – all flavours							✓							
Cookie		✓		✓			✓						MC	MC
Muffin/Cake Slice/Cupcake		✓		✓			✓						✓	MC
Flapjack		✓		MC			MC						MC	
Teacake & Spread		✓					✓							
Crumpet & Spread		✓					✓						✓	
Pancake – Plain/Fruit		✓		✓			✓							