**St Mark’s Church Recipe Allergen Checklist DATE:\_\_\_\_\_\_\_\_\_\_\_\_**

**Check packaging of all ingredients.**

 ***Does it contain:***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Menu item |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Cereals containing gluten** | **Mustard** | **Lupin** | **Eggs** | **Milk** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Celery** | **Fish**  | **molluscs/ crustaceans** | **Sulphur dioxide** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |