





























# ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket Potato with Baked Beans (172 kcal,720 kJ)														
<p>INGREDIENTS: Baking Potato. No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket Potato with Tuna (198 kcal,828 kJ)				✓	✓									
<p>INGREDIENTS: Baking Potato. Tuna Chunks ; <b>(Fish)</b> Tuna Water Salt. Light Mayonnaise ; Water Rapeseed Oil 25% Spirit Vinegar Modified Starch Pasteurised <b>(Egg)</b> 3.5 % Sugar Salt Pasteurised <b>(Egg)</b> Yolk 1% Thickener (Xanthan Gum) Lemon Juice Concentrate Preservative (Potassium Sorbate) Antioxidant (Calcium Disodium Edta) Acid (Malic Acid) Natural Flavour.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket Potato with Cheese (261 kcal, 1092 kJ)							✓							

INGREDIENTS: Baking Potato. Grated Mature Cheese ; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato Starch.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CYG Jacket Potato With Salmon And Tuna				✓	✓									















INGREDIENTS: Baking Potato. Pink Salmon ; Pink Salmon (**Fish**) Salt. Tuna Chunks ; (**Fish**) Tuna Water Salt. Sweetcorn ; Sweetcorn 100%. Light Mayonnaise ; Water Rapeseed Oil 25% Spirit Vinegar Modified Starch Pasteurised (**Egg**) 3.5 % Sugar Salt Pasteurised (**Egg**) Yolk 1% Thickener (Xanthan Gum) Lemon Juice Concentrate Preservative (Potassium Sorbate) Antioxidant (Calcium Disodium Edta) Acid (Malic Acid) Natural Flavour.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Macaroni Cheese (300 kcal, 1255 kJ)		✓ Wheat					✓						✓	

INGREDIENTS: Macaroni Cheese ; Macaroni (Water Durum **(Wheat)** Flour) Bechamel Sauce (Vegetable Stock [Water Salt Yeast Extract Maltodextrin Sugar Onion Carrot Vegetable Oil (Sunflower) Herb] Skimmed **(Milk)** Vegetable Oil (Palm) Modified Starch Butter **(Milk)** Whey Protein Concentrate **(Milk)** Salt Emulsifier-**(Soya)** Lecithin) Cheddar Cheese (Cheddar Cheese **(Milk)** Anti-Caking Agent-Potato Starch).

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chickpea and Vegetable Tikka Masala and Rice (188 kcal, 787 kJ)														















INGREDIENTS: Chickpea & Vegetable Tikka Masala With Rice ; Brown Rice (Water Brown Rice) Chickpeas (Chickpeas Water Antioxidant-E300) Kids Tikka Sauce (Coconut\_milk (Coconut Water) Water Onion Puree (Onion Canola Oil) Tomato Diced Onion Tomato Puree Rapeseed Oil Cornflour Coriander Sugar Garlic Puree Ginger Puree Vegetable Stock (Concentrated Vegetable Juice (Onion Carrot Leek) Water Salt Dextrose Yeast Extract Maltodextrin Cornstarch Rapeseed Oil Herbs And Spice Oils (Pepper Nutmeg Thyme Laurel Parsley Seeds Tarrogon Asa Foetida Garlic) Paprika Cumin Turmeric Fenugreek Nutmeg) Tarka Dhal (Water Tomatoes Red Lentils Rapeseed Oil Chickpeas Onion Ginger Puree Garlic Puree Lemon Juice Red Chilli Ground Cumin Ground Coriander Ground Turmeric Salt Vegetable Bouillon (Salt Maltodextrin Potato Starch Yeast Extract Sugar Vegetables (Onion Parsnip Parsley) Sunflower Oil Spices (Lovage Turmeric Pepper Garlic Mace Nutmeg) Spice Extract) Coriander Ground Black Pepper) Cauliflower Spinach Butternut Squash.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cheese & Onion Pasty (225 kcal,941 kJ)		✓ Wheat					✓							

INGREDIENTS: Cheese & Onion Pasties ; Puff Pastry (**Wheat**) Flour (With Calcium Iron Niacin Thiamin) Water Vegetable Oils (Palm Oil Rapeseed Oil) Salt Emulsifier (Mono- And Di-Glycerides Of Fatty Acids).Filling Water Onion (7%) Vegetarian Cheddar Cheese (**Milk**) (5%) [Contains Colour (Annatto Norbixin)] Dried Potato (4%) (**Milk**) Proteins Onion Powder Stabiliser (Hydroxypropyl Methyl Cellulose) Salt Potato Starch White Pepper.Glaze Water Dextrose Colours (Carotenes Paprika Extract).

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Southern Fried Chicken Goujon (231 kcal,967 kJ)	✓	✓ Wheat												















INGREDIENTS: Southerm Fried Goujons ; Chicken Inner Fillet (62%) Water Tapioca Starch Salt Modified Tapioca Starch (**Wheat**) Gluten (**Wheat**) Flour Onion Powder Natural Flavour Garlic Powder Spices (White Pepper Black Pepper Garlic Onion (**Celery**) Oregano Fennel) Yeast Extract Leavening (Sodium Acid Pyrophosphate Sodium Bicarbonate) Yellow Corn Flour (**Wheat**) Starch Dry Yeast Sugar Paprika Extract Turmeric Extract Fully Refined (**Soya**)\_bean\_oil.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Roast Chicken (81 kcal,339 kJ)														

INGREDIENTS: Steam Cooked Chicken Breast Fillets ; Chicken Breast (98%) Maize Starch Salt Dextrose Sugar Stabilizer (Sodium Tripolyphosphate).

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Gravy (10 kcal,42 kJ)														















INGREDIENTS: Water. Premium Instant Gravy ; Maltodextrin Potato Starch Flavouring Salt Yeast Extract Colour (Caramel) Rapeseed Oil.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:




- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CPUA QUORN FILLET (47 kcal, 197 kJ)		✓ Wheat												

INGREDIENTS: Vegan Fillets ; Mycoprotein (86%) Natural Flavouring Pea Fibre Potato Protein Pea Protein **(Wheat)** Gluten Stabiliser Carrageenan.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chicken Korma & Rice							✓							















INGREDIENTS: Chicken And Vegetable Korma With Rice ; Rice (Water White Rice) Korma Sauce (Water Desiccated Coconut Onion Coconut Cream [Coconut Extract Water] Skimmed **(Milk)** Powder Single Cream **(Milk)** Low Fat Yoghurt **(Milk)** Rapeseed Oil Sugar Modified Maize Starch Tomato Paste Tomato Ginger Vegetable Stock [Water Onion Juice Concentrate Salt Dextrose Yeast Extract Potato Maltodextrin Carrot Juice Concentrate Canola Oil Maize Starch Leek Juice Concentrate Spice Extracts [Black Pepper Nutmeg Garlic Onion] Herb Extracts [Tarragon Bay Thyme Parsley]] Garlic Puree Coriander Bouillon [Salt Maltodextrin Potato Starch Yeast Extract Sugar Onion Powder Parsnip Powder Parsley Flakes Rapeseed Oil Lovage Extract Lovage Powder Ground Turmeric White Pepper Garlic Powder Ground Mace Ground Nutmeg] Ground Turmeric Ground Cumin Ground Coriander Ground Cardamon Black Pepper) Chicken (Chicken Breast Salt) Chick Peas (Chick Peas Water Antioxidant-E330) Peas.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
BBQ Chicken And Rice (252 kcal,1054 kJ)		✓ Barley ✓ Wheat											✓	

INGREDIENTS: Rice ; White Rice (Water White Rice). Bbq Chicken ; Chicken (Chicken Breast Modified Tapioca Starch D-Xylose Acidity Regulators (Sodium Carbonate Sodium Citrate) Salt Fully Refined **(Soybean)**\_oil.) Tomato Sauce (Tomatoes Water Tomato Paste Diced Tomatoes Rapeseed Oil Onion Red Wine Vinegar Sugar Cornflour Garlic Puree Basil Oregano Black Pepper.) Bbq Sauce (Water Tomato Paste Dark Brown Soft Sugar **(Barley)** Malt Vinegar Sugar **(Soy)** Sauce (Water **(Soy)** Extract (Water **(Soybeans)** Salt **(Wheat)**) Salt Glucose **(Barley)** Malt Vinegar Spirit Vinegar) Modified Maize Starch Spirit Vinegar Colour (E150a) Garlic Powder Onion Powder Smoked Water Ground Cloves).

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CHEESE AND TOMATO PIZZA (202 kcal,845 kJ)		✓ Wheat					✓							















INGREDIENTS: Wholemeal Cheese & Tomato Pizza 11 ; Pizza Base Wholemeal **(Wheat)** Flour **(Wheat)** Flour Additives Calcium Carbonate Iron Niacin Thiamin Water Yeast Salt Rapeseed Oil Maize Flour. Pizza Topping Mozzarella Cheese **(Milk)** (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes Additive Citric Acid Water Rapeseed Oil Salt Oregano Garlic]. Source Of Fibre.















**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Fish Fingers (146 kcal,611 kJ)		✓ Wheat			✓									
<p>INGREDIENTS: Omega 3 Breded Msc Whitefish Finger ; Minced White <b>(Fish) (Fish)</b> (58%) <b>(Wheat)</b> Flour(<b>(Wheat)</b> Flour Calcium Carbonates Iron Niacin Thiamin) Rapeseed Oil Water Yeast Salt Colours(Paprika Extract Curcumin) Turmeric.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Quorn Dippers Pri (110 kcal,460 kJ)		✓ Wheat												
<p>INGREDIENTS: Vegan Dippers ; Mycoprotein (61%) Water <b>(Wheat)</b> Flour (<b>(Wheat)</b> Flour Calcium Carbonate Iron Niacin Thiamine) Rapeseed Oil Pea Fibre Natural Flavouring Durum <b>(Wheat)</b> Semolina Potato Protein Pea Protein <b>(Wheat)</b> Gluten Maize Flour <b>(Wheat)</b> Starch Dextrose Raising Agents, Disodium Bicarbonate Sodium Bicarbonate Salt Turmeric Extract.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chicken & Tomato Pasta		✓ Wheat					✓						✓	
<p>INGREDIENTS: Creamy Chicken And Vegetable Pasta ; Pasta (Water Durum <b>(Wheat)</b> Flour) Tomato Sauce (Tomatoes Water Tomato Paste Diced Tomatoes Rapeseed Oil Onion Red Wine Vinegar Sugar Cornflour Garlic Puree Basil Oregano Black Pepper) Chicken (Chicken Breast Salt) Bechamel Sauce (Vegetable Stock [Water Salt Yeast Extract Maltodextrin Sugar Onion Carrot Vegetable Oil (Sunflower) Herb] Skimmed <b>(Milk)</b> Vegetable Oil (Palm) Modified Starch-E1442 Butter <b>(Milk)</b> Whey Protein Concentrate <b>(Milk)</b> Salt Emulsifier- <b>(Soya)</b> Lecithin) Broccoli.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cheese & Tomato Pasta (343 kcal,1435 kJ)		✓ Wheat					✓						✓	
<p>INGREDIENTS: Cheese &amp; Tomato Pasta ; Pasta (Water Durum <b>(Wheat)</b> Flour) Kids Tomato Sauce (Tomatoes Water Tomato Paste Diced Tomatoes Rapeseed Oil Onion Red Wine Vinegar Sugar Cornflour Garlic Puree Basil Oregano Black Pepper) Bechamel Sauce (Vegetable Stock [Water Salt Yeast Extract Maltodextrin Sugar Onion Carrot Vegetable Oil (Sunflower) Herb] Skimmed <b>(Milk)</b> Vegetable Oil (Palm) Modified Starch Butter <b>(Milk)</b> Whey Protein Concentrate <b>(Milk)</b> Salt Emulsifier-<b>(Soya)</b> Lecithin) Mozzarella Cheese (Mozzarella Cheese <b>(Milk)</b> Anti-Caking Agent-Potato Starch) Cheddar Cheese (Cheddar Cheese <b>(Milk)</b> Anti-Caking Agent-Potato Starch).</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Vegetarian Balls in Tomato sauce (146 kcal,611 kJ)														

INGREDIENTS: Vegetarian Balls In Tomato Sauce ; Kids Tomato Sauce (Tomatoes Water Tomato Paste Diced Tomatoes Rapeseed Oil Onion Red Wine Vinegar Sugar Cornflour Garlic Puree Basil Oregano Black Pepper) Plant Balls (Apple Extract Apple Juice Concentrate Beetroot Powder Citrus Fibre Date Syrup Diced White Onion Salt Lemon Juice Methylcellulose Natural Flavouring Potassium Chloride Potato Starch Pumpkin Powder Rapeseed Oil Rehydrated Pea Protein Seasoning (Chilli Powder Garlic Powder Bay Black Pepper Fennel Mace Majoram Rosemary Onion Powder Porcini Powder Tomato Powder Yeast Extract) Peppers.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Minced Beef & Pasta in a Bolognese Sauce (200 kcal,837 kJ)		✓ Wheat												















INGREDIENTS: Beef Pasta Bolognese ; Bolognese Sauce (Beef Water Tomato Onion Tomato Paste Beef Stock (Concentrated Beef Broth (Water Beef Extract) Yeast Extract Glucose Salt Flavouring Maltodextrin) Garlic Puree Cornflour Sugar Basil Parsley Ground Black Pepper Chives Thyme Oregano) Pasta (Water Durum (**Wheat**) Flour) Cooked Lentils (Green Lentils Water).

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Veggie No Carne And Rice (162 kcal,678 kJ)													✓	✓

INGREDIENTS: Vegetarian Chilli No Carne With Rice ; Brown Rice (Water Brown Rice.) Three Bean Chilli (Water Tomato Onion Red Kidney Beans Borlotti Beans Butter Beans Tomato Puree Green Pepper Sweet Potato Rapeseed Oil Modified Maize Starch Sugar Red Pepper Cumin Seeds Ground Coriander Garlic Puree Coriander Smoked Water Salt Chilli Powder Black Pepper.) Tomato Sauce (Tomatoes Water Tomato Paste Diced Tomatoes Rapeseed Oil Onion Red Wine Vinegar Sugar Cornflour Garlic Puree Basil Oregano Black Pepper.) Katerveg Meat Free Vegan Mince (Rehydrated Textured **(Soya)** Protein Seasoning [Colour (E150a) Flavourings Yeast Extract Onion Powder Dextrose Salt Maltodextrin Acidity Regulator (Citric Acid) White Pepper.] Baked Beans (Beans Tomatoes Water Modified Cornflour Spirit Vinegar Salt Natural Flavourings Spice Extracts Sweetener-E960 Herb Extract). **(Sulphur Do2/(Sulphite)s)**.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Roast Turkey Pri (53 kcal,222 kJ)														















INGREDIENTS: Turkey Breast Skin On 2.2-2.8kg ; 100% Turkey.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Vegetarian Pasta Bolognese (323 kcal, 1351 kJ)		✓ Wheat											✓	

INGREDIENTS: Vegetarian Pasta Bolognese ; Kids Tomato Sauce (Tomatoes Water Tomato Paste Diced Tomatoes Rapeseed Oil Onion Red Wine Vinegar Sugar Cornflour Garlic Puree Basil Oregano Black Pepper) Pasta (Water Durum **(Wheat)** Flour) Vegan Mince (Rehydrated Textured **(Soya)** Protein Seasoning (Colour-E150a Flavourings Yeast Extract Onion Powder Dextrose Salt Maltodextrin Acidity Regulator-E330 White Pepper)).

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Simplicity Roast Gammon (78 kcal, 326 kJ)														















INGREDIENTS: Honey Roast Ham ; Pork Salt Honey Dextrose Stabilisers (E450 E451) Antioxidant (E301). Preservative (E250). Made With 100g Ofraw Pork Per 100g Of Finished Product. Water.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Quorn Burger (189 kcal,791 kJ)	✓	✓ Barley ✓ Wheat		✓			✓					<b>MC</b>		
<p>INGREDIENTS: Quorn Burger 50g ; Mycoprotein (44%) Rehydrated Free Range <b>(Egg)</b> White Textured <b>(Wheat)</b> Protein [(<b>Wheat</b>) Flour (<b>Wheat</b>) Flour Calcium Chloride Iron Niacin &amp; Thiamine] Colour, Plain Caramel Stabiliser, Sodium Alginate] Onion <b>(Milk)</b> Proteins Flavouring (Contains Potassium Chloride) Rapeseed Oil Tapioca Starch Firming Agents, Calcium Chloride Calcium Acetate Roasted <b>(Barley)</b> Malt Extract. Unseeded Bap ; <b>(Wheat)</b> Flour (With Calcium Iron Niacin Thiamin) Water Sugar Salt Yeast Dextrose Rapeseed Oil Emulsifiers(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids Mono- And Di-Glycerides Of Fatty Acids) Flour Treatment Agents(Ascorbic Acid L-Cysteine Hydrochloride). Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup) Spirit Vinegar Sugar Salt Spice And Herb Extracts (Contain <b>(Celery)</b>) Sweetener (Steviol Glycosides) Spice.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b></p> <p>May Also Contain Sesame.</p>														

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Burger in a Bun PRI (242 kcal, 1013 kJ)	✓	✓ Wheat										MC	✓	

INGREDIENTS: Unseeded Bap ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Sugar Salt Yeast Dextrose Rapeseed Oil Emulsifiers(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids Mono- And Di-Glycerides Of Fatty Acids) Flour Treatment Agents(Ascorbic Acid L-Cysteine Hydrochloride). Red Tractor Beef Burger ; Beef (80%) Textured **(Soya)** Protein Onions Rusk **(Wheat)** Flour **(Wheat)** Flour Calcium Carbonate Iron Niacin Thiamin) Salt) Seasoning (Pea Fibre Stabiliser (E451(i)) Salt Rusk **(Wheat)** Flour **(Wheat)** Flour Calcium Carbonate Iron Niacin Thiamin) Salt) Onion Dextrose Pepper Flavouring **(Soya)** Antioxidant (E301)) Dextrose Stabiliser (E451). Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup) Spirit Vinegar Sugar Salt Spice And Herb Extracts (Contain **(Celery)**) Sweetener (Steviol Glycosides) Spice.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**

May Also Contain Sesame.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Battered Chicken Bites (143 kcal, 598 kJ)	✓	✓ Wheat												















INGREDIENTS: Battered Chicken Bites ; Battered Chicken (Chicken Breast Batter [Water **(Wheat)** Flour Rice Flour Salt Maize Starch Raising Agent-E450i E500ii Colour-E160c Yeast Extract Sugar Dextrose Spice Extract] Palm Oil Marinade [Water Tapioca Starch Salt] Breadcrumb [**(Wheat)** Flour Rice Flour Salt Maize Starch Raising Agents-E450i E500ii Colour-E160c Yeast Extract Sugar Dextrose Spice Extract] Pre dust [**(Wheat)** Flour Maize Starch]. Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup) Spirit Vinegar Sugar Salt Spice And Herb Extracts (Contain **(Celery)**) Sweetener (Steviol Glycosides) Spice.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Veggie Cowboy Pasta (989 kcal,4138 kJ)		✓ Barley ✓ Wheat		✓			✓							
<p>INGREDIENTS: Cowboy Pasta ; Tomato Sauce (Tomatoes Water Tomato Paste Diced Tomatoes Rapeseed Oil Onion Red Wine Vinegar Sugar Cornflour Garlic Puree Basil Oregano Black Pepper.) Pasta (Water Durum <b>(Wheat)</b> Flour.) Quorn Cocktail Sausage (Mycoprotein Textured <b>(Wheat)</b> Protein <b>(Wheat)</b> Flour Stabiliser Sodium Alginate) Rehydrated Free Range <b>(Egg)</b> White Rapeseed Oil Onion Rusk <b>(Wheat)</b> Flour Salt Seasoning (Dextrose Yeast Extract <b>(Wheat)</b> Flour <b>(Wheat)</b> Flour Calcium Carbonate Iron Niacin Thiamine) Spice Extracts (Coriander Pepper Nutmeg) Salt Rapeseed Oil Antioxidant Ascorbic Acid) Casing (Stabiliser Sodium Alginate Cellulose Modified Starch) Natural Flavouring <b>(Milk)</b> Proteins Firming Agents Calcium Chloride Calcium Acetate Roasted <b>(Barley)</b> Malt Extract) Baked Beans (Beans Tomatoes Water Modified Cornflour Spirit Vinegar Salt Natural Flavourings Spice Extracts Sweetener-E960 Herb Extract).</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

## Allergen and Nutrition Advice:













- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Mashed Potato (73 kcal,305 kJ)							✓							

INGREDIENTS: Potato Mash ; Potato (**Milk**) Butter (**Milk**) Salt.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CYG Roast Potatoes														















INGREDIENTS: Roast Potatoes ; Roast Potatoes (Potato Rapeseed Oil).

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CPUH ROAST POTATOES (137 kcal,573 kJ)														

INGREDIENTS: Roasting Potatoes ; Potato Palm Oil.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Simplicity Rice (131 kcal,548 kJ)														















INGREDIENTS: Long Grain Rice ; Cooked Long Grain White Rice (Water White Rice).

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Simplicity Plus Roast Potatoes (90 kcal,377 kJ)														

INGREDIENTS: Aviko Classic Roasting Potatoes ; Sunflower Oil.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Herby Dice Potatoes Pri (81 kcal,339 kJ)		✓ Wheat												















INGREDIENTS: Seasoned Herby Potato Dice ; Potato (88%) Sunflower Oil (**Wheat**) Flour Salt Modified Potato Starch Herbs (Parsley Oregano) Spices (Chilli Pepper Paprika Cayenne Pepper Cumin Black Pepper Turmeric) Onion Powder Garlic Powder Raising Agents (Disodium Diphosphate Sodium Carbonate) Dextrose Yeast Extract Paprika Extract Natural Black Pepper Flavouring.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Garden Peas PRI (27 kcal, 113 kJ)														

INGREDIENTS: Garden Peas Value ; Garden Peas.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Sweetcorn Pri (32 kcal, 134 kJ)														















INGREDIENTS: Sweetcorn ; Sweetcorn 100%.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Carrots (9 kcal, 38 kJ)														

INGREDIENTS: Carrot ; Carrot (100%).

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Baked Beans PRI (35 kcal, 146 kJ)														















INGREDIENTS: No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CPUA MIXED VEGETABLE MEDLEY (36 kcal,151 kJ)														

INGREDIENTS: Diced Carrots. Garden Peas Value ; Garden Peas. Sweetcorn ; Sweetcorn 100%.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wholemeal Bread (87 kcal,364 kJ)		<b>MC</b> Barley ✓ Wheat										<b>MC</b>	✓	

INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal (**Wheat**) Flour Water Salt (**Wheat**) Flour (With Calcium Iron Niacin Thiamin) Palm Oil Yeast Emulsifiers (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids Mono- And Di-Glycerides Of Fatty Acids) Preservative (Calcium Propionate) (**Soya**) Flour Spirit Vinegar Flour Treatment Agent(Ascorbic Acid).















**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**

May Also Contain Sesame Barley.

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day















# ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Best of Both Bread Wedge (150 kcal, 628 kJ)		✓ Wheat												
<p>INGREDIENTS: Water. White Bread/Roll/Pizza Mix ; <b>(Wheat)</b> Flour (With Calcium Carbonate Iron Niacin Thiamin) Dried Yeast Salt Rapeseed Oil ChickpeafLOUR Emulsifier E472 Dextrose Flour Treatment Agent-Ascorbic Acid. Wholemeal Bread/Roll Mix ; Wholemeal <b>(Wheat)</b> Flour Dried Yeast <b>(Wheat)</b> Flour (With Calcium Carbonate Iron Niacin Thiamin) Salt Chickpea Flour Rapeseed Oil Dextrose Flour Treatment Agent-Ascorbic Acid.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CYG RASPBERRY SLICE		✓ Wheat		✓			✓						✓	
<p>INGREDIENTS: Raspberry Cake Slice 50% Fruit ; <b>(Wheat)</b> Flour (With Calcium Iron Niacin Thiamine) Sugar Bulking Agent (Polydextrose) Whole <b>(Egg)</b> powder Humectant (Sorbitol) Modified Starch (Maize) <b>(Wheat)</b> Starch <b>(Wheat)</b> Fibre Dextrose Dried <b>(Egg)</b> White Raising Agents (Disodium Diphosphate Sodium Bicarbonate) Emulsifier (E471) Salt Stabiliser (Xanthan Gum) Enzyme Whey Solids <b>(Milk)</b>. Pear Juice (Water Sugar) Raspberry Rapeseed Oil Antifoaming Agent (E900) Apple Citric Acid Preservative (E202 E282) Lemon Juice Concentrate Beetroot Spice Extract Natural Raspberry Flavouring.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Crispy Crackle Bar		✓ Barley ✓ Oats ✓ Wheat		<b>MC</b>			✓						<b>MC</b>	
<p>INGREDIENTS: Crispy Crackle Bar ; <b>(Oats)</b> Rice Crispies [Rice Flour <b>(Wheat)</b> Flour (With Calcium Iron Niacin Thiamine) Sugar Whey Powder <b>(Milk)</b> <b>(Barley)</b> Malt Flour (Gluten) Salt Rapeseed Oil] Vegetable Oils (Rapeseed Palm) Invert Sugar Syrup Sugar Water Emulsifier (E475) Colours (Curcumin Annatto Bixin) Flavourings.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b></p> <p>May Also Contain Eggs Soybeans.</p>														

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jammy Jack		✓ Oats		<b>MC</b>			<b>MC</b>						<b>MC</b>	✓

INGREDIENTS: Jammy Jack ; **(Oats)** Vegetable Oils (Rapeseed Sunflower Palm) Golden Syrup Sugar Glucose Syrup Strawberry Puree Raisins Blueberries Water Dates Gelling Agent (Pectin) Rice Flour Dried Apricot (**(Sulphur)**dioxide) Dried Apples (**(Sodium Metabisulphite)**) Salt Colours (Lutein Curcumin) Flavourings Acid Regulator (E330 E331iii) Emulsifier (E475).

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**

May Also Contain Eggs Milk Soybeans.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Oat Cookie (94 kcal,393 kJ)		✓ Oats ✓ Wheat		✓			✓						<b>MC</b>	

INGREDIENTS: School **(Oat)**ie Cookie 25g ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Sugar **(Oats)** (Gluten) Vegetable Oils (Palm Rapeseed) Water Glycerine Golden Syrup (Invert Sugar Syrup) Demerara Sugar (Sugar Cane Molasses) Whole **(Egg)** Powder Whey Powder **(Milk)** Dextrose Salt Dextrose Monohydrate Glucose Raising Agents (Sodium Bicarbonate Disodium Diphosphate) Emulsifier (Polyglycerol Esters Of Fatty Acids) Colours (Curcumin Annatto Bixin) Flavourings.















**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**















May Also Contain Soybeans.

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
BANANA MARBLE SPONGE FB		✓ Wheat		✓			✓						✓	
<p>INGREDIENTS: Banana Marble Cake ; <b>(Wheat)</b> Flour (With Calcium Iron Niacin Thiamin) Sugar Banana Apple Raising Agents (Potassium Bicarbonate Disodium Diphosphate Glucano-Delta-Lactone) Whey Powder (<b>Milk</b>) Emulsifier (E471 E341i E475) Modified Starch (Waxy Maize) Vegetable Oils (Palm Rapeseed (E900)) <b>(Wheat)</b> Gluten Salt Stabiliser (E415) <b>(Soya)</b> Flour Preservative (E202 E223 (Sodium Metabisulphite) Acidity Regulator (E330) Whole Liquid (<b>Egg</b>) Lemon Juice Water Glycerine Fat Reduced Cocoa Powder Colours (Algal Carotenes) Flavourings Salt.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Vanilla Sponge cake (184 kcal,770 kJ)		✓ Wheat		✓			✓						✓	
<p>INGREDIENTS: School Cake ; <b>(Wheat)</b> Flour (With Calcium Iron Niacin Thiamin) Sugar Water Raising Agents (E500 E450 E501ii E575) Whey Powder (<b>Milk</b>) Emulsifier (E415 E472b E495 E471 E477) Modified Starch (Waxy Maize) Vegetable Oils (Palm Oil Rapeseed Oil (E900)) <b>(Wheat)</b> Gluten Salt Stabiliser (Xanthan Gum) <b>(Soya)</b> Flour Whole Liquid (<b>Egg</b>) Glycerine Dried Chocolate Cake Crumbs [(<b>Wheat</b>) Flour (With Calcium Iron Niacin Thiamine) Water Rapeseed Oil (E900) Sugar Fat Reduced Cocoa Powder Raising Agents (E450i E501ii E500ii) Whey Powder (From (<b>Milk</b>)) (<b>Milk</b>) Protein Dried (<b>Egg</b>) Albumen Dried Whole (<b>Egg</b>) Powder Emulsifier (E481 E341i) Colour (E160a) Salt Dextrose Stabiliser (E415) Flavourings Acidifier (E330 E524 E501i) Preservatives (E202)] Calcium Propionate Potassium Sorbate Golden Syrup Citric Acid Lemon Juice Icing Sugar Anticaking Agent (E341iii) Colours (Algal Carotenes) Flavourings.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

## Allergen and Nutrition Advice:















- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
SEASONAL FRUIT BOWL (39 kcal,163 kJ)														

INGREDIENTS: Red Apple ; Apples. Orange ; Oranges. Banana. Pear ; Pears.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Simplicity Muller Healthy Balanced Individual Yoghurt (88 kcal,368 kJ)							✓							















INGREDIENTS: Selection Of Muller Mixed Healthy Balance Yoghurts 110g ; Peach, Yogurt (**Milk**) Water Sugar Peach Puree (5%) Corn Flour Naturalflavourings Culture, Bifidobacterium Bb-12. Strawberry, Yogurt (**Milk**) Water Sugar Strawberry Puree (5%) Corn Flour Natural Flavourings Beetroot Juice Concentrate Culture, Bifidobacterium Bb-12.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**.

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
Vanilla Dessert Pot (106 kcal, 444 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans ✓	Sulphur D02/Sulphites
<p>INGREDIENTS: Alpro Vanilla <b>(Soya)</b> Dessert 4 X 125g ; <b>(Soya)</b> Base (Water Hulled <b>(Soya)</b> Beans (8.6%)) Sugar Modified Starch Maltodextrin Calcium (Tri-Calcium Phosphate) Carrot Extract Flavouring Thickeners (Pectins Carrageenan) Sea Salt Vitamins (B2 B12 D2).</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day