





























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 Ready Made Frozen														

INGREDIENTS: Mashed Potato ; Potato (95%) Rapeseed Oil Sg Palm Oil Salt Emulsifier, E471 White Pepper Flavouring.

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 (44 kcal, 185 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
JACKET POTATO WITH CHEESE PRIMARY (316 kcal,1322 kJ)							✓							

INGREDIENTS: Baking Potatoes ; Potato. Mild Grated Cheddar Cheese; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato Starch. Wholemilk Cheese Lactic Starter Culture Rennet Salt 14% Fat White Cheese (**Milk**) Cheddar Cheese (**Milk**)Pasteurised Cows (**Milk**) (98.06%) Salts (Contains Anti Caking Agent E535)1.9% Non Animal Rennet(Sodium Benzoate Free)0.02% Starter Culture 0.02% Potato Starch- Anti Caking Agent 1-2%.

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
Quorn Sausages - Ind Prep (107 kcal,446 kJ)		✓ Barley ✓ Wheat		✓			✓							















INGREDIENTS: Quorn Sausage 50g. Mycoprotein (50%) Rehydrated Free Range (**Egg**) White Textured (**Wheat**) Protein (**Wheat**) Flour Stabiliser, Sodium Alginate) Rusk (**Wheat**) Flour Salt Yeast) Onion Natural Flavouring (Contains Colours, Iron Oxide) Casing (Stabiliser, Sodium Alginate Cellulose Modified Starch) Rapeseed Oil (**Milk**) Proteins Firming Agents, Calcium Chloride Calcium Acetate; Roasted (**Barley**) Malt Extract Tapioca Starch Pea 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
Pork Sausages cooked (210 kcal,881 kJ)		✓ Spelt ✓ Wheat												

INGREDIENTS: Cooked Pork Sausages ; Pork (48%) Water Pork Rind Rusk [(**Wheat**) Flour (**Wheat**) Flour Calcium Carbonate Iron Niacin Thiamin] Salt (**Wheat**) Starch Dextrose Emulsifier (Sodium Tripolyphosphate) Herbs (Sage Parsley) Flavourings (Spice Extracts Herb Extracts) Rubbed Parsley (**Wheat**) Flour (**Wheat**) Flour Calcium Carbonate Iron Niacin Thiamin) Dried Onion Yeast Extract Filled Into Beef Collagen Casings (**Spelt**).

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
YOGHURT (94 kcal,392 kJ)							✓							















INGREDIENTS: Low Fat Smooth Strawberry Yogurt ; Low Fat Yogurt (**Milk**) Sugar Strawberry Seedless Puree (3.9%) Modified Waxy Maize Starch Natural Flavour Citric Acid E330 Preservative, Potassium Sorbate Sweetener, Aspartame.

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													
														
CPUA SEASONAL FRUIT (47 kcal, 198 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
<p>INGREDIENTS: Banana. Red Apple ; Apples. Orange ; Oranges.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</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