





























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 Beef (55 kcal,232 kJ)														

INGREDIENTS: Sliced Beef ; Beef Silverside Pea Protein Salt Stabilisers (E450 E451). Water.

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

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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.

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Allergen and Nutrition Advice:















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- **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

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CYG APPLE MANGO DRIZZLE SPONGE FB		✓ Wheat		✓			✓							✓

INGREDIENTS: Apple & Mango Drizzle Sponge, Pear Juice (**Wheat**) Flour (With Calcium Iron Niacin Thiamine) Sweetener (Maltitol) Vegetable Oil(Rapeseed Palm) Apple Whey Solids (**Milk**) Bulking Agent (Polydextrose) Raising Agents (E450 E500) Dried (**Egg**) White Anti-Foaming Agent (E900) Sugar Kesar Mango Whole (**Egg**) Powder Emulsifiers (E481 E471 E475) Modified Starch (Maize) Preservatives (Potassium Sorbate (E202 E282); (**Sodium Metabisulphite**)) Citric Acid (**Wheat**) Gluten Salt Stabiliser (E415) Flavourings Colour (E160a).

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CPUH ROAST POTATOES														















INGREDIENTS: Roasting Potato ; Roasting Potatoes.















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CPUD MIXED VEG														
INGREDIENTS: Garden Pea. Mixed Vegetables ; Carrot (55%) Peas (22%) Green Beans (15%) Sweetcorn (4%) Broad Beans (4%). Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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CPUA SEASONAL FRUIT (47 kcal, 198 kJ)														
INGREDIENTS: Banana. Red Apple ; Apples. Orange ; Oranges. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Mixed Salad (7 kcal, 28 kJ)														

INGREDIENTS: Cucumber ; Cucumber (100%). Cherry Tomato ; Cherry Tomatoes. Iceberg Lettuce.

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CPUD Tomato Pasta Pot		✓ Wheat												















INGREDIENTS: Macaroni ; Water Durum (**Wheat**) Flour. Maggi Rich And Rustic Tomato Sauce ; Sun Ripened Tomatoes Puree Of Sun Ripened Tomatoes Onion Sunflower Oil Sugar Salt Herbs And Spices (Black Pepper Basil Oregano) Acid (Citric Acid) Firming Agent (Calcium Chloride). Chopped Tomatoes ; Tomato Juice Citric Acid. Chickpeas In Brine ; Chickpeas Water Salt. Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.

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Gravy (10 kcal,43 kJ)	MC	✓ Barley ✓ Wheat		MC			MC		MC				MC	

INGREDIENTS: Water. Gravy Rfs Gf; Maltodextrin Potato Starch Flavourings Cornflour Salt Colour (Ammonia Caramel) Onion Powder Acidity Regulator(Citric Acid) **(Wheat)** Flour Yeast Extract Caramel Syrup Palm Fat Onion Powder* **(Barley)** Malt Extract Rosemary.

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May Also Contain Celery Eggs Milk Mustard Soybeans.

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Creamy Vegetable Pie with a Cheesy Shortcrust Topper Pri		✓ Wheat					✓							

INGREDIENTS: Semi Skimmed **(Milk)** 2.271 ; Semi Skimmed **(Milk)**. 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%. Potato ; Potatoes. Carrot ; Carrot (100%). Plain Flour ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin). Vegetable Fat Spread ; Palm Oil Rapeseed Oil Water Salt (1.1%) Emulsifier (Mono And Di-Glycerides Of Fatty Acids) Flavouring Vitamins A And D Colour (Carotenes). Onion ; Cooking Onions. Water. Garden Pea. Sweetcorn. Shortcrust Pastry. Plain Flour . **(Wheat)** Flour (With Calcium Iron Niacin Thiamin). Vegetable Fat Spread ; Palm Oil Rapeseed Oil Water Salt (1.1%) Emulsifier (Mono And Di-Glycerides Of Fatty Acids) Flavouring Vitamins A And D Colour (Carotenes). Water. Parsley; Curley Leaf Parsley Curly Parsley. Vegetable Bouillion ; Salt Potato Starch Maltodextrin Sucrose Yeast Extract Onion Powder Herbs Carrot Powder Dried Garlic Sunflower Oil Spices Colour (Caramel Powder) Antioxidant, Rosemary Extract.

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