





























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 (395 kcal, 1653 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, 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**.

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Pork Sausages cooked (184 kcal, 770 kJ)		MC 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.















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















May Also Contain Spelt.

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

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CYG BANANA MARBLE SPONGE FB		✓ Wheat		✓			✓							
<p>INGREDIENTS: Banana Marble Sponge Cake 50% Fruit ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamine), Pear, Sugar, Banana, Apple, Vegetable Oil(Rapeseed, Coconut, Palm), Whole (Egg) Powder, Cocoa Powder, Whey Solids (Milk), Salt, Emulsifier (E475), Raising Agents (E500, E450), Modified Maize Starch, (Wheat) Gluten, Stabiliser (E415), Lemon Juice (Potassium Metabisulphite), Citric Acid, Flavourings, Colours (E160a), Potassium Sorbate (E202, E282).</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Gluten Free Gravy (10 kcal,42 kJ)														
<p>INGREDIENTS: Water. Gravy Rfs Gf ; Maltodextrin, Potato Starch, Flavourings, Cornflour, Salt, Colour (Ammonia Caramel), Onion Powder, Acidity Regulator(Citric Acid).</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CPUA SAVOURY VEGEMINCE BOLOGNAISE (89 kcal,372 kJ)		✓ Barley		✓										

INGREDIENTS: Quorn Mince. Mycoprotein (88%), Rehydrated Free Range **(Egg)** White, Pea Fibre, Natural Caramelised Sugar. Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **(Barley)** Malt Extract. Red Lentils. Chopped Tomatoes ; Tomato Juice, Citric Acid. Onion ; Onions. Water. Diced Carrots. Garden Pea. Tomato Paste ; Tomatoes. Gravy Rfs Gf ; Maltodextrin, Potato Starch, Flavourings, Cornflour, Salt, Colour (Ammonia Caramel), Onion Powder, Acidity Regulator(Citric Acid). Garlic Puree ; Garlic (98%), Acidity Regulator: Citric Acid. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory.

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CPUD CARROTS BABY (18 kcal,75 kJ)														















INGREDIENTS: Baby Carrots.

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- Adults need around 2000 kcal a day

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Mashed Potato Ready Made Frozen	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
INGREDIENTS: Mashed Potato ; Potato (95%), Rapeseed Oil, Sg Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavouring.														
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- Adults need around 2000 kcal a day