





























# 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 AND TOMATO PIZZA<br>(134 kcal,561 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**.

| Recipe                      | Allergens   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|-----------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
|                             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                             | Celery  | Cereals With Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | Molluscs  | Mustard   | Peanuts   | Nuts from Trees   | Sesame  | Soybeans  | Sulphur D02/Sulphites   |
| CYG BANANA MARBLE SPONGE FB |   | ✓ Wheat   |   | ✓   |  |   | ✓   |   |   |   |   |   |   |   |















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).















**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 BAKED BEANS PRIMARY (162 kcal,678 kJ)  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| 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. |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| <b>Allergen advice</b> For allergens, including Cereals containing Gluten, see ingredients in <b>bold</b> .   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |

| Recipe  | Allergens   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|   | Celery  | Cereals With Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | Molluscs  | Mustard   | Peanuts   | Nuts from Trees   | Sesame  | Soybeans  | Sulphur D02/Sulphites   |
| CPUD CARROTS BABY (18 kcal,75 kJ)   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| INGREDIENTS: Baby Carrots.  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| <b>Allergen advice</b> For allergens, including Cereals containing Gluten, see ingredients in <b>bold</b> . |   |   |   |   |  |   |   |   |   |   |   |   |   |   |

## 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   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweetcorn Pri<br>(38 kcal, 159 kJ)  | Celery  | Cereals With<br>Gluten  | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | Molluscs  | Mustard   | Peanuts   | Nuts from Trees   | Sesame  | Soybeans  | Sulphur<br>D02/Sulphites  |
| <p>INGREDIENTS: Sweetcorn ; Sweetcorn 100%.</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