





























ALLERGEN CARD

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 PRI (145 kcal,607 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**.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Beef Bolognese Sauce (116 kcal,485 kJ)														















INGREDIENTS: Water. Chartwells Tomato Sauce. Peeled Plum Tomatoes Chef Selection . Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes. Rowse Clear Honey Tub . Honey. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Beef Mince 85vl Rt Uk 2.5kg ; Beef Meat. Red Lentils. Diced Carrots. Rapeseed Oil ; Antifoam E900. Vegetable Bouillion ; Salt Potato Starch Maltodextrin Sugar Yeast Extract Onion Powder Spices (Lovage Turmeric Black Pepper) Carrot Powder Garlic Powder Rapeseed Oil Antioxidant (Rosemary Extract) Colour (Plain Caramel) Flavouring Herb.















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- Adults need around 2000 kcal a day

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chartwells Tomato Sauce (35 kcal, 146 kJ)														
<p>INGREDIENTS: Peeled Plum Tomatoes Chef Selection ; Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes. Rowse Clear Honey Tub ; Honey. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.</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
Chicken And Veg Tikka Masala (160 kcal, 669 kJ)									✓					
<p>INGREDIENTS: Chartwells Tomato Sauce. Peeled Plum Tomatoes Chef Selection . Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes. Rowse Clear Honey Tub . Honey. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Red Lentils. Water. Chicken Diced Breast & Thigh ; Chicken. Sweet Potato ; Potatoes. Onion ; Onions. Chickpeas In Water ; Chick Peas Water Antioxidant, Ascorbic Acid. Garden Peas Value ; Garden Peas. Coconut Yoghurt Alternative Natural ; Coconut_milk (71%) Coconut Water (24%) Cornflour Potato Starch Fruit Pectin Cultures (S. Thermophilus + L. Bulgaricus Lactobacillus Acidophilus Bifidobacterium Lactis). Madras Curry Powder ; Coriander Turmeric Rice Flour Fenugreek Ginger Salt Cumin (Mustard) Powder Black Pepper Paprika Colour (Paprika Extract) Nutmeg Fennel. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes. Garlic Herbs 250g ; Garlic (100%). Ginger.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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Chartwells Tomato Sauce (35 kcal, 146 kJ)														

INGREDIENTS: Peeled Plum Tomatoes Chef Selection ; Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes. Rowse Clear Honey Tub ; Honey. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Lemon Roasted Chicken Breast Pri (6 kcal, 25 kJ)														















INGREDIENTS: Skinless Cooked Chicken Breast Fillets; Chicken Breast Maize Starch Dextrose Salt.Made Using 110g Of Raw Chicken Per 100g Of Finished Product Chicken Breast (98%) Salt Sugar Stabilizer (Sodium Tripolyphosphate). Lemon ; Lemons. Garlic Herbs 250g ; Garlic (100%). Rapeseed Oil ; Antifoam E900. Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.

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CHEESE AND TOMATO PIZZA (4 kcal, 19 kJ)		✓ Wheat		MC			✓							

INGREDIENTS: Pizza Base ; **(Wheat)** Flour (**(Wheat)** Flour Calcium Carbonate Iron Niacin Thiamin) Water Rapeseed Oil **(Wheat)** Fibre Yeast Sugar Salt Deactivated Yeast. Grated Mozzarella ; Mozzarella Cheese **(Milk)** Anti-Caking Agent Potato Starch. Spiced Pizza Sauce ; Tomatoes Sugar Salt Spices (Oregano Basil Black Pepper Garlic).















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May Also Contain Eggs.

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Quorn Roast (45 kcal, 188 kJ)				✓			✓							

INGREDIENTS: Quorn Roast ; Mycoprotein (63%) Rehydrated Free Range **(Egg)** White **(Milk)** Proteins Natural Flavourings Pea Fibre.

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Mexican Veggie Tortilla Pie (152 kcal, 636 kJ)		✓ Wheat					✓						✓	















INGREDIENTS: Chartwells Tomato Sauce. Peeled Plum Tomatoes Chef Selection . Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes. Rowse Clear Honey Tub . Honey. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Meat Free Mince ; Rehydrated Textured **(Soya)** Protein (96%) Seasoning [Colour (Plain Caramel) Flavourings Yeast Extract Onion Powder Dextrose Salt Maltodextrin Acidity Regulator (Citric Acid) White Pepper]. No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Bran Tortilla 25cm ; Fortified **(Wheat)** Flour **(Wheat)** Flour Calcium Carbonate Iron Niacin Thiamin Water Vegetable Oil (Rapeseed Palm Oil) **(Wheat)** Bran Raising Agents (Sodium Carbonates Malic Acid Diphosphates) Sugar Stabiliser (Carboxy Methyl Cellulose) Salt. Grated Mature Cheese ; White Mild Cheddar Cheese **(Milk)** Anti-Caking Agent Potato Starch. Red Kidneys In Water ; Red Kidney Beans Water Firming Agent, Calcium Chloride. Onion ; Cooking Onions. Mixed Pepper ; Mixed Peppers. Rapeseed Oil ; Antifoam E900. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper.

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Chartwells Tomato Sauce (35 kcal,146 kJ)														

INGREDIENTS: Peeled Plum Tomatoes Chef Selection ; Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes. Rowse Clear Honey Tub ; Honey. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.

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
SPICED RED LENTIL DHAL PRI (149 kcal,623 kJ)		MC Wheat												

INGREDIENTS: Red Lentils. Coconut_milk ; Coconut Extract Water Thickener(Carboxymethyl Cellulose) Emulsifier(Polysorbate 60). Water. Onion ; Cooking Onions. Vegetable Bouillon ; Salt Potato Starch Maltodextrin Sugar Yeast Extract Onion Powder Spices (Lovage Turmeric Black Pepper) Carrot Powder Garlic Powder Rapeseed Oil Antioxidant (Rosemary Extract) Colour (Plain Caramel) Flavouring Herb. Garlic Herbs 250g ; Garlic (100%). Ground Cumin. Ginger; Root Ginger. Rapeseed Oil ; Antifoam E900. Ground Turmeric.















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May Also Contain Wheat.

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Veggie Fingers (111 kcal,464 kJ)		✓ Wheat												
<p>INGREDIENTS: Vegetable Fingers ; Vegetable Mix (41%) (Sweetcorn Carrot Peas) Water Breadcrumbs ((Wheat) Flour Water Yeast Salt) Rapeseed Oil Dried Potato ((Wheat) Flour Salt Onion Powder Starch (Rice Potato) Turmeric.</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
Macaroni Cheese (240 kcal,1004 kJ)		✓ Wheat					✓							
<p>INGREDIENTS: Macaroni ; Durum ((Wheat) Semolina. Water. Grated Mature 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%. Bechamel Sauce Mix ; Modified Tapioca Starch Whole ((Milk) Powder Dried Glucose Syrup Onion Powder Salt Yeast Extract Butter Powder (From ((Milk)) Spice And Herb Extracts. Vegetable Bouillon ; Salt Potato Starch Maltodextrin Sugar Yeast Extract Onion Powder Spices (Lovage Turmeric Black Pepper) Carrot Powder Garlic Powder Rapeseed Oil Antioxidant (Rosemary Extract) Colour (Plain Caramel) Flavouring Herb.</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
Tomato Pasta (257 kcal, 1075 kJ)		✓ Wheat					✓							

INGREDIENTS: Pasta Fusilli; Whole Durum (**Wheat**) Flour Whole (**Wheat**) Flour Water. Chartwells Tomato Sauce. Peeled Plum Tomatoes Chef Selection . Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes. Rowse Clear Honey Tub . Honey. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Grated Mature 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%.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chartwells Tomato Sauce (35 kcal, 146 kJ)														















INGREDIENTS: Peeled Plum Tomatoes Chef Selection ; Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes. Rowse Clear Honey Tub ; Honey. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.

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CHEESE SANDWICH PRIMARY (315 kcal,1318 kJ)		MC Barley ✓ Wheat					✓					MC	✓	

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). Grated Mature 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%. Buttery Spread ; Rapeseed Oil Palm Oil Water Reconstituted (**Buttermilk**) 3% Salt (1.5%) Emulsifier, Mono And Di Glyceride Of Fatty Acids. Stabiliser, Sodium Alginate. Preservative, Potassium Sorbate. Vitamin A & D Flavouring Colour, Carotenes. Flavouring - Natural Colour - Natural.

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May Also Contain Sesame Barley.

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Potato And Lentil Curry (144 kcal,602 kJ)									✓					















INGREDIENTS: Potato ; Potatoes. Red Lentils. Chartwells Tomato Sauce. Peeled Plum Tomatoes Chef Selection . Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes. Rowse Clear Honey Tub . Honey. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Water. Onion ; Cooking Onions. Madras Curry Powder ; Coriander Turmeric Rice Flour Fenugreek Ginger Salt Cumin (**Mustard**) Powder Black Pepper Paprika Colour (Paprika Extract) Nutmeg Fennel. Rapeseed Oil ; Antifoam E900. Vegetable Bouillion ; Salt Potato Starch Maltodextrin Sugar Yeast Extract Onion Powder Spices (Lovage Turmeric Black Pepper) Carrot Powder Garlic Powder Rapeseed Oil Antioxidant (Rosemary Extract) Colour (Plain Caramel) Flavouring Herb. Coriander.















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Chartwells Tomato Sauce (35 kcal, 146 kJ)														
<p>INGREDIENTS: Peeled Plum Tomatoes Chef Selection ; Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes. Rowse Clear Honey Tub ; Honey. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														















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JACKET POTATO WITH BAKED BEANS PRIMARY (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>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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POTATO WEDGES 1/2 PORTION PRI (44 kcal,184 kJ)														
INGREDIENTS: Baking Potato.														
Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Pasta Wholemeal (139 kcal,582 kJ)		✓ Wheat												
INGREDIENTS: Pasta Fusilli; Whole Durum (Wheat) Flour Whole (Wheat) Flour Water.														
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Carrot Sticks (8 kcal,33 kJ)														

INGREDIENTS: Carrot ; Carrot (100%).

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Wholegrain & White Rice (120 kcal,502 kJ)														















INGREDIENTS: Long Grain Brown Rice. Basmati Rice.

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ROAST POTATOES PRI (75 kcal,314 kJ)														

INGREDIENTS: Potato ; Potatoes. Rapeseed Oil ; Antifoam E900.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Homemade Best Of Both (139 kcal,582 kJ)		✓ Wheat												















INGREDIENTS: Water. Wholemeal Bread/Roll Mix ; Wholemeal (**Wheat**) Flour Dried Yeast (**Wheat**) Flour (With Calcium Carbonate Iron Niacin Thiamin) Salt Chickpea Flour Rapeseed Oil Dextrose Flour Treatment Agent-Ascorbic Acid. White Bread/Roll/Pizza Mix ; (**Wheat**) Flour (With Calcium Carbonate Iron Niacin Thiamin) Dried Yeast Salt Rapeseed Oil ChickpeafLOUR Emulsifier E472 Dextrose Flour Treatment Agent-Ascorbic Acid.

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

Allergen and Nutrition Advice:















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- 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
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**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chips Pri (106 kcal,444 kJ)														















INGREDIENTS: Oven Fries ; Potatoes Palm Oil Dextrose.

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Allergen and Nutrition Advice:















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- 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
Broccoli (9 kcal,38 kJ)														

INGREDIENTS: Broccoli 2.5kg ; Broccoli.

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
Cabbage Pri (8 kcal,33 kJ)														















INGREDIENTS: Savoy Cabbage.















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- 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
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 .														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Sweetcorn Pri (31 kcal, 130 kJ)														
INGREDIENTS: Sweetcorn ; Sweetcorn 100%.														
Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

Allergen and Nutrition Advice:















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- 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 (33 kcal, 138 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
Carrots (8 kcal, 33 kJ)														















INGREDIENTS: Carrot ; Carrot (100%).

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

Allergen and Nutrition Advice:















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- 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
Cucumber Sticks (5 kcal,21 kJ)														

INGREDIENTS: Cucumber.

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
Bombay Potatoes Half Portion Pri V2 (114 kcal,477 kJ)									✓					















INGREDIENTS: Potato ; Potatoes. Chartwells Tomato Sauce. Peeled Plum Tomatoes Chef Selection . Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes. Rowse Clear Honey Tub . Honey. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Rapeseed Oil ; Antifoam E900. Ground Turmeric. Madras Curry Powder ; Coriander Turmeric Rice Flour Fenugreek Ginger Salt Cumin (**Mustard**) Powder Black Pepper Paprika Colour (Paprika Extract) Nutmeg Fennel.

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

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- Adults need around 2000 kcal a day















ALLERGEN CARD















Recipe	Allergens													
														
Chartwells Tomato Sauce (35 kcal, 146 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
<p>INGREDIENTS: Peeled Plum Tomatoes Chef Selection ; Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes. Rowse Clear Honey Tub ; Honey. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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- 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
SALAD PEPPERS PRI														
INGREDIENTS: Mixed Pepper; Mixed Peppers Mixed 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
PASTA SALAD (162 kcal,678 kJ)		✓ Wheat												
INGREDIENTS: Pasta Fusilli; Whole Durum (Wheat) Flour Whole (Wheat) Flour Water. Mixed Pepper; Mixed Peppers Mixed Pepper. Cucumber. Lemon ; Lemons. Spring Onion ; Spring Onions. Rapeseed Oil ; Antifoam E900. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

Allergen and Nutrition Advice:















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- 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
Sweetcorn Pri (31 kcal, 130 kJ)														

INGREDIENTS: 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
Crunchy Light Coleslaw - Ind Prep (42 kcal, 176 kJ)				✓										















INGREDIENTS: Cabbage Coleslaw ; White Cabbage (70%) Carrot (30%) . 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**.

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- 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
POTATO SALAD (155 kcal,649 kJ)				✓										
INGREDIENTS: Potato ; Potatoes. 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. Parsley; Curley Leaf Parsley Curly Parsley.														
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
Chartwells Mixed Salad (8 kcal,33 kJ)														
INGREDIENTS: Iceberg Lettuce. Tomato ; Tomatoes. Cucumber.														
Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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- 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
Cous Cous Salad (32 kcal, 134 kJ)		✓ Wheat							MC				MC	
<p>INGREDIENTS: Cous Cous; Durum (Wheat) Semolina Precooked Durum (Wheat) Semolina. Cucumber. Mixed Pepper ; Mixed Peppers. Sultanas ; Sultanas (99.5%) Sunflower Oil. Lemon ; Lemons. Vegetable Bouillion ; Salt Potato Starch Maltodextrin Sugar Yeast Extract Onion Powder Spices (Lovage Turmeric Black Pepper) Carrot Powder Garlic Powder Rapeseed Oil Antioxidant (Rosemary Extract) Colour (Plain Caramel) Flavouring Herb. Ground Cumin.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Mustard Soybeans.</p>														















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
SALAD BEETROOT PRI														
<p>INGREDIENTS: Beetroot ; Beetroot (100%).</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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- 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
SALAD CARROT PRI														
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
SALAD CUCUMBER PRI														
INGREDIENTS: Cucumber. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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- 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
SALAD TOMATO PRI														
INGREDIENTS: Tomato ; Tomatoes. 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
SALAD LETTUCE PRI														
INGREDIENTS: Iceberg Lettuce. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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- Adults need around 2000 kcal a day















ALLERGEN CARD

Recipe	Allergens													
														
SALAD SWEETCORN PRI	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur Dioxide/Sulphites
INGREDIENTS: Sweetcorn ; Sweetcorn 100%.														
Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

Allergen and Nutrition Advice:















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- 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
Chocolate Shortbread PRI (141 kcal,590 kJ)		✓ Wheat												

INGREDIENTS: 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). Fairtrade Caster Sugar ; Cane Sugar. Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum). Vanilla Essence 500ml ; Water Monopropylene Glycol Colour (Caramel E150a) Flavourings.

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 (100 kcal,418 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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- 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
Orange Drizzle Cake (158 kcal, 661 kJ)		✓ Wheat		✓			✓						MC	

INGREDIENTS: Plain Muffin Mix ; **(Wheat)** Flour (**(Wheat)** Calcium Iron Niacin Thiamin) Sugar Dried Whole **(Egg)** Powder Palm Oil Raising Agents (E450(i) E500(ii) Butter **(Milk)** Powder Flavouring Thickener (Xanthan Gum). Water. Rapeseed Oil ; Antifoam E900. Orange ; Medium Oranges. Golden Syrup ; Partially Inverted Refiners Syrup.

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

May Also Contain Soybeans.

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















INGREDIENTS: Water. Vegan And Low Sugar Orange Jelly Crystals ; Sweeteners (Erythritol Steviol Glycosides From Stevia) Fruit Sugar Acidity Regulators (Potassium Citrate Citric Acid) Gelling Agent (Carrageenan) Natural Orange Flavouring Colour (Beetroot Red).

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

Allergen and Nutrition Advice:















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- 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
Fresh Fruit Slices (21 kcal,88 kJ)														

INGREDIENTS: Orange ; Medium Oranges. Apple.

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
Banana & Carrot Cake (148 kcal,619 kJ)		✓ Wheat												















INGREDIENTS: Fyffes Premium X5 Banana Pack; Banana. 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). Plain Flour ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin). Fairtrade Caster Sugar ; Cane Sugar. Carrot ; Carrot (100%). Baking Powder ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Disodium Diphosphate Sodium Hydrogen Carbonate). Vanilla Essence 500ml ; Water Monopropylene Glycol Colour (Caramel E150a) Flavourings.

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- 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
Raspberry Yoghurt Cake (184 kcal,770 kJ)		✓ Wheat		✓			✓						MC	

INGREDIENTS: Plain Muffin Mix ; **(Wheat)** Flour (**(Wheat)** Calcium Iron Niacin Thiamin) Sugar Dried Whole **(Egg)** Powder Palm Oil Raising Agents (E450(l) E500(li) Butter **(Milk)** Powder Flavouring Thickener (Xanthan Gum). Rapeseed Oil ; Antifoam E900. Low Fat Natural Yogurt ; Skimmed **(Milk)** Skimmed **(Milk)** Powder Cultures. Water. Raspberry.

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

May Also Contain Soybeans.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Fruit Platter (62 kcal,259 kJ)														















INGREDIENTS: Medium Pineapple. Apple. Orange ; Medium Oranges.















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
APPLES PACKED LUNCH (44 kcal, 184 kJ)														
INGREDIENTS: Apple.														
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
BANANA PACKED LUNCH (97 kcal, 406 kJ)														
INGREDIENTS: Banana; Bananas.														
Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
MANDARIN PACKED LUNCH (19 kcal,79 kJ)														
<p>INGREDIENTS: Orange Easy Peeler; Easy Peelers.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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