




















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Sticky BBQ Chicken Thigh (88 kcal,368 kJ)														

INGREDIENTS: Chicken Thigh B/Less S ; Chicken. Texan Style Bbq Sauce 2.15l; Concentrated Tomato Puree Glucose-Fructose Syrup Spirit Vinegar Molasses Sugar Modified Cornflour Salt Smoke Flavouring Spices Onion Powder Flavourings Preservative-Potassium Sorbate Garlic Powder Modified Starch Preservative (Potassium Sorbate). American Bbq Style Seasoning ; Demerara Sugar Smoked Paprika Tomato Powder Salt Cumin Garlic Powder Yeast Extract Modified Tapioca Starch Black Pepper Coriander Chilli Flakes Green Bell Peppers Citric Acid Smoke Flavour Sunflower Oil (Processing Aid). Rapeseed Oil ; Antifoam E900.


**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
Turkey Con Chilli														















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. Rouse Clear Honey Tub . Honey. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Sweet Potato ; Potatoes. Water. Turkey Mince 2kg ; 100% Turkey. Carrot ; Carrot (100%). Red Kidneys In Water ; Red Kidney Beans Water Firming Agent, Calcium Chloride. No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Onion ; Cooking Onions. Rapeseed Oil ; Antifoam E900. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper. 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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## Allergen and Nutrition Advice:















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- Adults need around 2000 kcal a day

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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
Burger in a Bun PRI (243 kcal, 1017 kJ)	✓	✓ Wheat										MC	✓	

INGREDIENTS: Unseeded Bap ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Sugar Salt Yeast Dextrose Rapeseed Oil Emulsifiers(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids Mono- And Di-Glycerides Of Fatty Acids) Flour Treatment Agents(Ascorbic Acid L-Cysteine Hydrochloride). Red Tractor Beef Burger ; Beef (80%) Textured **(Soya)** Protein Onions Rusk **(Wheat)** Flour **(Wheat)** Flour Calcium Carbonate Iron Niacin Thiamin) Salt Seasoning (Pea Fibre Stabiliser (E451(I)) Salt Rusk **(Wheat)** Flour **(Wheat)** Flour Calcium Carbonate Iron Niacin Thiamin) Salt) Onion Dextrose Pepper Flavouring **(Soya)** Antioxidant (E301)) Dextrose Stabiliser (E451). Iceberg Lettuce. Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup) Spirit Vinegar Sugar Salt Spice And Herb Extracts (Contain **(Celery)**) Sweetener (Steviol Glycosides) Spice.















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May Also Contain Sesame.

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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.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Fish Fingers (146 kcal, 611 kJ)		✓ Wheat			✓									















INGREDIENTS: Omega 3 Breded Msc Whitefish Finger ; Minced White **(Fish) (Fish)** (58%) **(Wheat)** Flour(**(Wheat)** Flour Calcium Carbonates Iron Niacin Thiamin) Rapeseed Oil Water Yeast Salt Colours(Paprika Extract Curcumin) Turmeric.

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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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Recipe	Allergens													
														
	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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VEGGIE KORMA PRI (141 kcal,590 kJ)									✓					✓

INGREDIENTS: Chickpeas In Water ; Chick Peas Water Antioxidant, Ascorbic Acid. Cauliflower. Water. Coconut\_milk ; Coconut Extract Water Thickener(Carboxymethyl Cellulose) Emulsifier(Polysorbate 60). Red Lentils. Onion ; Onions. Coconut Yoghurt Alternative Natural ; Coconut\_milk (71%) Coconut Water (24%) Cornflour Potato Starch Fruit Pectin Cultures (S. Thermophilus + L. Bulgaricus Lactobacillus Acidophilus Bifidobacterium Lactis). Lemon ; Lemons. Rapeseed Oil ; Antifoam E900. Desiccated Coconut ; Preservative (**Sodium Metabisulphite**). 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. Madras Curry Powder ; Coriander Turmeric Rice Flour Fenugreek Ginger Salt Cumin (**Mustard**) Powder Black Pepper Paprika Colour (Paprika Extract) Nutmeg Fennel. Garlic Herbs 250g ; Garlic (100%). Cornflour ; Maize Starch. Tomato Paste ; Tomatoes. Ginger. Ground Turmeric.

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Vegetarian Cottage Pie (203 kcal,849 kJ)													✓	















INGREDIENTS: Potato ; Potatoes. Water. 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]. Diced Carrots. No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Onion ; Cooking Onions. 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). Premium Instant Gravy ; Maltodextrin Potato Starch Flavouring Salt Yeast Extract Colour (Caramel) Rapeseed Oil. Tomato Paste ; Tomatoes. 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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Quorn Dippers Pri (110 kcal, 460 kJ)		✓ Wheat												

INGREDIENTS: Vegan Dippers ; Mycoprotein (55%) Water **(Wheat)** Flour (Calcium Carbonate Iron Niacin Thiamine) Vegetable Oils (Sunflower Rapeseed) Pea Fibre Natural Flavouring Salt Potato Protein Pea Protein **(Wheat)** Gluten Maize Flour Stabiliser, Carrageenan. **(Wheat)** Starch Raising Agents, Ammonium Carbonate. Diphosphates Sodium Bicarbonate Dextrose Durum **(Wheat)** Semolina Turmeric Extract.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Quorn Burger (189 kcal, 791 kJ)	✓	✓ Barley ✓ Wheat		✓			✓					<b>MC</b>		

INGREDIENTS: Quorn Burger 50g ; Mycoprotein (44%) Rehydrated Free Range **(Egg)** White Textured **(Wheat)** Protein [**(Wheat)** Flour **(Wheat)** Flour Calcium Chloride Iron Niacin & Thiamine) Colour, Plain Caramel Stabiliser, Sodium Alginate] Onion **(Milk)** Proteins Flavouring (Contains Potassium Chloride) Rapeseed Oil Tapioca Starch Firming Agents, Calcium Chloride Calcium Acetate Roasted **(Barley)** Malt Extract. Unseeded Bap ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Sugar Salt Yeast Dextrose Rapeseed Oil Emulsifiers(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids Mono- And Di-Glycerides Of Fatty Acids) Flour Treatment Agents(Ascorbic Acid L-Cysteine Hydrochloride). Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup) Spirit Vinegar Sugar Salt Spice And Herb Extracts (Contain **(Celery)**) Sweetener (Steviol Glycosides) Spice.















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May Also Contain Sesame.

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JACKET POTATO WITH SALMON PRI (212 kcal,887 kJ)				✓	✓									
INGREDIENTS: Baking Potato. Pink Salmon ; Pink Salmon ( <b>Fish</b> ) Salt. Light Mayonnaise ; Water Rapeseed Oil 25% Spirit Vinegar Modified Starch Pasteurised ( <b>Egg</b> ) 3.5 % Sugar Salt Pasteurised ( <b>Egg</b> ) Yolk 1% Thickener (Xanthan Gum) Lemon Juice Concentrate Preservative (Potassium Sorbate) Antioxidant (Calcium Disodium Edta) Acid (Malic Acid) Natural Flavour.														
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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket Potato with Cheese (261 kcal,1092 kJ)							✓							
INGREDIENTS: Baking Potato. Grated Mature Cheese ; White Mild Cheddar Cheese ( <b>Milk</b> ) Anti-Caking Agent Potato Starch.														
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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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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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
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Potato And Lentil Curry (144 kcal,602 kJ)									✓					
<p>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 <b>(Mustard)</b> 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.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</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
Chartwells Tomato Sauce (35 kcal,146 kJ)														
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POTATO WEDGES 1/2 PORTION PRI (44 kcal,184 kJ)														
INGREDIENTS: Baking Potato.														
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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**.

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**.

## 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
Chips Pri (106 kcal, 444 kJ)														

INGREDIENTS: Oven Fries ; Potatoes Palm Oil Dextrose.

**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
Broccoli (9 kcal, 38 kJ)														















INGREDIENTS: Broccoli 2.5kg ; Broccoli.

**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
Cabbage Pri (8 kcal, 33 kJ)														

INGREDIENTS: Savoy Cabbage.

**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 (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**.

## 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
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**.

## 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
Carrots (8 kcal,33 kJ)														

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
Cucumber Sticks (5 kcal,21 kJ)														

INGREDIENTS: Cucumber.















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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
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**.

Recipe	Allergens													
														
	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.

**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 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.

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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 <b>(Egg)</b> 3.5 % Sugar Salt Pasteurised <b>(Egg)</b> 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.														
<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
Chartwells Mixed Salad (8 kcal,33 kJ)														
INGREDIENTS: Iceberg Lettuce. Tomato ; Tomatoes. Cucumber.														
<b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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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 (<b>Wheat</b>) Semolina Precooked Durum (<b>Wheat</b>) 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><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b></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><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

## 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
SALAD CARROT PRI														
INGREDIENTS: Carrot ; Carrot (100%). <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
SALAD CUCUMBER PRI														
INGREDIENTS: Cucumber. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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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. <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
SALAD LETTUCE PRI														
INGREDIENTS: Iceberg Lettuce. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

## Allergen and Nutrition Advice:

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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 D02/Sulphites
INGREDIENTS: Sweetcorn ; Sweetcorn 100%.														
<b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

## 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
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.

**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
Original Flapjack (142 kcal,594 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat		<b>MC</b>			<b>MC</b>						<b>MC</b>	

INGREDIENTS: Flapjack Mix ; Wholegrain (**Oat**) Flakes (54%) Vegetable Oil Blend (Palm & Rapeseed Oil) Sugar Dried Glucose Dextrose Flavourings Salt. Water.















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

May Also Contain Eggs Milk Soybeans Barley Wheat.

## 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
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**.

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**.

## 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
BANANA PACKED LUNCH (97 kcal, 406 kJ)														

INGREDIENTS: Banana; Bananas.

**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
Crispy Crackle Bar PRI		✓ Barley ✓ Oats MC Wheat												

INGREDIENTS: 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). **(Oat)**flakes ; **(Oats)**. Crisp Rice 7kg ; Rice Sugar **(Barley)** Malt Extract Salt Vitamins And Minerals (Niacin Pantothenic Acid Riboflavin (B2) Vitamin B6 Thiamin (B1) Folic Acid Vitamin D Vitamin B12 Iron). Orange ; Medium Oranges. Fairtrade Caster Sugar ; Cane Sugar. Golden Syrup ; Partially Inverted Refiners Syrup.















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

May Also Contain Wheat.

## 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
MANDARIN PACKED LUNCH (19 kcal,79 kJ)														

INGREDIENTS: Orange Easy Peeler; Easy Peelers.

**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 Cake (146 kcal,611 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), Fyffes Premium X5 Banana Pack; Banana. Rapeseed Oil ; Antifoam E900. Water. Vanilla Essence 500ml ; Water Monopropylene Glycol Colour (Caramel E150a) Flavourings.















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















May Also Contain Soybeans.

## 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
Wibble Jelly Raspberry (27 kcal, 113 kJ)														
INGREDIENTS: Water. Vegan And Low Sugar Raspberry Jelly Crystals ; Sweeteners (Erythritol Steviol Glycosides From Stevia) Fruit Sugar Acidity Regulators (Potassium Citrate Citric Acid) Gelling Agent (Carrageenan) Natural Raspberry Flavouring Colour (Beetroot Red). <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
ICE CREAM BOX STRAWBERRY PRI							✓							
INGREDIENTS: Strawberry Flavour Ice Cream Soft Scoop ; Water ( <b>Buttermilk</b> ) Powder Sugar Dextrose Palm Oil Whey Powder ( <b>Milk</b> ) Emulsifier (Mono- And Di-Glycerides Of Fatty Acids) Stabilisers (Locust Bean Gum Guar Gum) Flavouring Colours (Beetroot Red Annatto Norbixin Curcumin). <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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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
ICE CREAM BOX CHOCOLATE PRI (135 kcal,565 kJ)							✓							
INGREDIENTS: Chocolate Flavour Ice Cream ; Water Sugar Palm Oil Dextrose Whey Solids ( <b>Milk</b> ) ( <b>Buttermilk</b> ) Powder Whey Powder ( <b>Milk</b> ) Fat Reduced Cocoa Powder (1.5%)(Fat Reduced Cocoa Powder Acidity Regulator(Sodium Carbonate Potassium Carbonate)) Emulsifier(Mono- And Di-Glycerides Of Fatty Acids) Stabilisers(Locust Bean Gum Guar Gum) Flavouring Colour(Vegetable Carbon). <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
ICE CREAM BOX VANILLA PRI (112 kcal,469 kJ)							✓							
INGREDIENTS: Vanilla Flavour Ice Cream Soft Scoop ; Water ( <b>Buttermilk</b> ) Powder Sugar Dextrose Palm Oil Whey Powder ( <b>Milk</b> ) Emulsifier(Mono- And Di-Glycerides Of Fatty Acids) Flavouring Stabilisers(Locust Bean Gum Guar Gum) Colours(Annatto Curcumin). <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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- Adults need around 2000 kcal a day