





























ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CHICKEN AND BROCCOLI PASTA BAKE (212 kcal,887 kJ)		✓ Wheat					✓							

INGREDIENTS: Water. Pasta Fusilli; Whole Durum (**Wheat**) Flour Whole (**Wheat**) Flour Water. Cooked Chicken Breast Strips ; Chicken Breast Modified Tapioca Starch Salt Stabiliser (Pentasodium Triphosphate). 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. Broccoli. Garden Peas Value ; Garden Peas. 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%. 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.

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
Roast Beef Pri (49 kcal,205 kJ)														















INGREDIENTS: Beef Slice ; Beef Silverside (80%) Water Pea Protein Salt Stabilisers (E460 E451).

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
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).

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

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
Pork Sausages Farm Assured (211 kcal, 883 kJ)		✓ Wheat											✓	✓















INGREDIENTS: Premium Rt Porrk Sausage 50g ; Pork (52%) Water Rusk (**(Wheat)** Flour (Calcium Carbonate Iron Niacin Thiamin) Salt (Anti-Caking Agent (E535) Raising Agent (E503(ii)) Seasoning [Salt (Anti-Caking Agent (E535)) Sugar Spices (Black Pepper White Pepper Nutmeg Mace) Yeast Extract Dehydrated Onion Preservative **(E223)** [Sulphite] Emulsifier (E450) Dextrose Rice Flour Antioxidant (E300) Marjoram Natural Onion Flavouring] Pea Protein **(Soya)** Protein Collagen Casing (Collagen Water Glycerol Cellulose Oil).

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													
														
Fish Fingers (146 kcal,611 kJ)	Celery	Cereals With Gluten ✓ Wheat	Crustaceans	Eggs	Fish ✓	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
<p>INGREDIENTS: Omega 3 Breaded 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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</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

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 & Onion Pasty (225 kcal,941 kJ)		✓ Wheat					✓							

INGREDIENTS: Cheese & Onion Pasties ; Puff Pastry (**Wheat**) Flour (With Calcium Iron Niacin Thiamin) Water Vegetable Oils (Palm Oil Rapeseed Oil) Salt Emulsifier (Mono- And Di-Glycerides Of Fatty Acids).Filling Water Onion (7%) Vegetarian Cheddar Cheese (**Milk**) (5%) [Contains Colour (Annatto Norbixin)] Dried Potato (4%) (**Milk**) Proteins Onion Powder Stabiliser (Hydroxypropyl Methyl Cellulose) Salt Potato Starch White Pepper.Glaze Water Dextrose Colours (Carotenes Paprika 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
Veggie Sausages (104 kcal,435 kJ)		✓ Wheat												















INGREDIENTS: Quorn Vegan Sausage ; Water Mycoprotein (17%) Textured Pea Protein (Pea Protein Pea Extract) Rusk [**(Wheat)** Flour (Calcium Carbonate Iron Niacin Thiamine) Salt] Seasoning [Natural Flavourings Yeast Extracts Maltodextrin Spices (Pepper Allspice Mace Ginger) Potassium Chloride Onion Powder Herb (Oregano) Nutmeg Extract Mace Extract] (**Wheat**) Gluten Vegetable Oil (Palm Rapeseed) Casing (Calcium Alginate) Thickener, Methylcellulose. Stabiliser, Sodium Alginate.















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
Meatless Balls in Tomato Sauce (136 kcal, 569 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. Plant Balls 17g ; Rehydrated Pea Protein Rapeseed Oil Diced Onions Seasoning (Onion Powder Yeast Extract Tomato Powder Fine Sea Salt Natural Flavouring Garlic Powder Ground Fennel Smoked Paprika Potassium Chloride Ground Black Pepper Porcini Powder Ground Rosemary Ground Marjoram Ground Thyme Ground Cardamom Chill Powder Ground Bay) Potato Starch Methylcellulose Apple Juice Concentrate Date Syrup Apple Extract Lemon Juice Citrus Fibre Pumpkin Powder Beetroot Powder.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														















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)														
<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>														

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
Tomato & Herb Pasta Bake (281 kcal, 1176 kJ)		✓ Wheat					✓							
<p>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. Red Lentils. 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%. Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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)														
<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>														

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
Quorn Dippers Pri (110 kcal, 460 kJ)		✓ Wheat												
<p>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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</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

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 Cheese (261 kcal, 1092 kJ)							✓							

INGREDIENTS: Baking Potato. Grated Mature Cheese ; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato Starch.

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
JACKET POTATO WITH BAKED BEANS PRIMARY (172 kcal, 720 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.

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													
														
Tuna Mayo Wrap (253 kcal, 1059 kJ)		✓ Wheat		✓	✓									

INGREDIENTS: 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. Tuna Chunks ; **(Fish)** Tuna Water Salt. 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**.

Recipe	Allergens													
														
Chinese Veggie Noodles (269 kcal, 1125 kJ)		✓ Wheat		✓									✓	















INGREDIENTS: **(Egg)** Noodles ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) **(Egg)** (4.5%) Salt Colour, Carotenes (Processing Aid (Water Carotenes Acacia Gum Sunflower Oil Glycerol Tocopherol-Rich Extract) Process Aid (Citric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids Ascorbic Acid) Firming Agent (Potassium Carbonate Sodium Carbonate) Acidity Regulators (Citric Acid). 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]. **(Soya)** Beans. Savoy Cabbage. Diced Carrots. Garden Peas Value ; Garden Peas. Water. Spring Onion ; Spring Onions. Mixed Pepper ; Mixed Peppers. Rowse Clear Honey Tub ; Honey. Light **(Soy)** Sauce ; **(Soy)** Sauce Extract (51% Water **(Soy)** Bean Salt **(Wheat)** Flour) Water Sugar Salt Colour - Plain Caramel Acidity Regulators - Citric Acid Lactic Acid Preservative - Potassium Sorbate Flavour Enhancers - E631 And E627. Rapeseed Oil ; Antifoam E900. Ginger; Root Ginger. Garlic Herbs 250g ; Garlic (100%). Chinese 5 Spice ; Ground Fennel Ground Cinnamon Ground Star Aniseed. Ground Cloves Ground Black Pepper.















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
Tomato Pasta (257 kcal, 1075 kJ)		✓ Wheat					✓							
<p>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%.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														















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)														
<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>														

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
Mashed Potatoes (131 kcal,548 kJ)							✓							
<p>INGREDIENTS: Potato ; Potatoes. Semi Skimmed (Milk) 2.271 ; Semi Skimmed (Milk). 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).</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Rainbow Rice (169 kcal,707 kJ)														
<p>INGREDIENTS: Easy Cook Long Grain Rice ; Parboiled Long Grain Rice. Diced Carrots. Sweetcorn ; Sweetcorn 100%. Garden Peas Value ; Garden Peas.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</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

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Carrot Sticks (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
ROAST POTATOES PRI (75 kcal,314 kJ)														















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

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
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:















- 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
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:















- 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
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:















- 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
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:















- 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
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.

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
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:















- 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
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**.

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
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 .														

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
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>														

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
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 .														

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
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 .														

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													
														
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%.														
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
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
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:















- 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
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(I) E500(Ii) 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 Strawberry (27 kcal, 113 kJ)														
<p>INGREDIENTS: Water. Vegan And Low Sugar Strawberry Jelly Crystals ; Sweeteners (Erythritol Steviol Glycosides From Stevia) Fruit Sugar Acidity Regulators (Potassium Citrate Citric Acid) Gelling Agent (Carrageenan) Natural Strawberry Flavouring Colour (Beetroot Red Beta Carotene).</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Secret Brownie (164 kcal, 686 kJ)		✓ Wheat		✓			MC						MC	
<p>INGREDIENTS: Fudge Brownie Mix ; (Wheat) Flour ((Wheat) Calcium Iron Niacin Thiamin) Sugar Vegetable Oil Blend (Palm & Rapeseed Oil) Reduced Fat Cocoa Powder (6%) Dried Whole ((Egg) Powder Dried Glucose Salt Emulsifier (Rice Starch E475 E471) Chocolate Flavour (0.45%) Flavouring. Beetroot ; Beetroot (100%). Water. Pear Halves In Pear Juice ; Pears Pear Juice From Concentrate Acidity Regulator (Citric Acid).</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Milk Soybeans.</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















ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Lemon Sicilian Cookie		✓ Oats ✓ Wheat		✓			✓						MC	MC

INGREDIENTS: Lemon **(Oats)** Raisins Cookie 25g ; **(Wheat)** Flour (Calcium Iron Niacin Thiamin) Sugar Vegetable Oils (Palm Rapeseed) Water **(Oats)**(Gluten) Raisins Sunflower Oil Demerara Sugar (Sugar Cane Molasses) Glycerine (Humectant (E422) Lemon Curd [(Sugar Water Glucose Syrup Concentrated Lemon Juice (8%) Margarine (Palm Oil Palm Stearin Water Coconut Oil Rapeseed Oil Lemon Juice) Whole **(Egg)** Powder **(Wheat)** Starch Modified **(Wheat)** Starch Pectin Lemon Oil (0.4%) Citric Acid Trisodium Citrate Colours (Lutein Curcumin)] Golden Syrup [Invert Sugar Syrup (Hydrochloric Acid (E507) And Sodium Carbonate (E500)] Whole **(Egg)** Powder Whey Powder **(Milk)** Salt Dextrose Dextrose Monohydrate Glucose Vanilla Flavouring Raising Agents (E500 E450) Natural Butter Flavouring Natural Lemon Flavour Toffee Flavour Lemon Oil Emulsifier (Polyglycerol Esters Of Fatty Acids) Colours (E100 Annatto Bixin E 150a) Butter Type Flavouring.

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

May Also Contain Soybeans Sulphur D02/Sulphites.

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 **(Buttermilk)** Powder Sugar Dextrose Palm Oil Whey Powder **(Milk)** Emulsifier (Mono- And Di-Glycerides Of Fatty Acids) Stabilisers (Locust Bean Gum Guar Gum) Flavouring Colours (Beetroot Red Annatto Norbixin Curcumin).















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
ICE CREAM BOX CHOCOLATE PRI (135 kcal,565 kJ)							✓							
<p>INGREDIENTS: Chocolate Flavour Ice Cream ; Water Sugar Palm Oil Dextrose Whey Solids (Milk) (Buttermilk) Powder Whey Powder (Milk) 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).</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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)							✓							
<p>INGREDIENTS: Vanilla Flavour Ice Cream Soft Scoop ; Water (Buttermilk) Powder Sugar Dextrose Palm Oil Whey Powder (Milk) Emulsifier(Mono- And Di-Glycerides Of Fatty Acids) Flavouring Stabilisers(Locust Bean Gum Guar Gum) Colours(Annatto Curcumin).</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</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