

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Rice Crispies with Milk (207 kcal,866 kJ)		✓ Barley					✓							

INGREDIENTS: Semi Skimmed (**Milk**). 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).

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Toasted Crumpets (131 kcal,548 kJ)		✓ Wheat												

INGREDIENTS: Luxury Baked Sourdough Crumpets ; Fortified (**Wheat**) Flour (**Wheat**) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Liquid Sourdough Culture (5%) (Sourdough Culture (**Wheat**), Spirit Vinegar, Salt, (**Wheat**) Starch), Spirit Vinegar, Sugar, Raising Agents (Diphosphates, Sodium Carbonates), Yeast, Preservatives (Calcium Propionate, Potassium Sorbate), Salt. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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- Adults need around 2000 kcal a day

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CORNFLAKES WITH MILK (206 kcal,862 kJ)		✓ Barley					✓							
INGREDIENTS: Semi Skimmed (Milk). Corn Flakes 7kg ; Maize, Sugar, Salt, (Barley) Malt Extract, Vitamins And Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Iron). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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Buttered Toast (223 kcal,933 kJ)		MC Barley ✓ Wheat											✓	
INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal (Wheat) Flour, Water, Salt, (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Yeast, Palm Oil, Emulsifiers (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), (Soya) Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley.														

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Smoothie Verry Berry (129 kcal,540 kJ)		MC Barley ✓ Oats MC Wheat					✓							

INGREDIENTS: Smoothie Base Recipe. Semi Skimmed (**Milk**). Low Fat Natural Yogurt . Skimmed (**Milk**), Skimmed (**Milk**) Powder, Cultures. Sunpride. Apple Juice From Concentrate, Acid (Citric Acid). Banana . Bananas (100%). (**Oat**)Flakes. (**Oats**). Rowse Clear Honey Tub . Honey. Vanilla Essence 500ml ; Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Fruits Of The Forest ; Redcurrants, Strawberries, Blackcurrants, Blackberries, Raspberries.

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May Also Contain Barley, Wheat.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Banana & Cinnamon Smoothie (139 kcal,582 kJ)		MC Barley ✓ Oats MC Wheat					✓							

INGREDIENTS: Smoothie Base Recipe. Semi Skimmed (**Milk**). Low Fat Natural Yogurt . Skimmed (**Milk**), Skimmed (**Milk**) Powder, Cultures. Sunpride. Apple Juice From Concentrate, Acid (Citric Acid). Banana . Bananas (100%). (**Oat**)Flakes. (**Oats**). Rowse Clear Honey Tub . Honey. Vanilla Essence 500ml ; Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Ground Cassia Cinnamon.

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May Also Contain Barley, Wheat.

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Tropical Smoothie (130 kcal,544 kJ)		MC Barley ✓ Oats MC Wheat					✓							
INGREDIENTS: Semi Skimmed (Milk). Low Fat Natural Yogurt ; Skimmed (Milk), Skimmed (Milk) Powder, Cultures. Sunpride ; Apple Juice From Concentrate, Acid (Citric Acid). (Oat)flakes ; (Oats). Banana ; Bananas (100%). Pineapple Slices In Pineapple Juice From Concentrate ; Pineapple, Water, Pineapple Juice Concentrate, Acidity Regulator (Citric Acid). Rowse Clear Honey Tub ; Honey. 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 Barley, Wheat.														

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pineapple Pot (62 kcal,259 kJ)														
INGREDIENTS: Medium Pineapple; Pineapple. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.														

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Mixed Fruit Pot (42 kcal, 176 kJ)														
INGREDIENTS: Large Watermelon. Medium Pineapple; Pineapple. Grapes White Seedless; White Seedless Grapes, White Grapes. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.														

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Love Joes Mexican Chicken Burrito SEC (248 kcal,1038 kJ)		✓ Wheat												

INGREDIENTS: Mexican Chicken Burrito With Rice ; Mexican Burrito Mix: Chicken (48%), Sauce (Chopped Tomatoes , Red Beans (10%), Mixed Peppers (4%), Onions, Jalapenos, Tomato Paste, Water, Spirit Vinegar, Garlic, Lemon Juice, Rapeseed Oil, Salt, Sugar, Maize (Corn Starch), Spices), Seasoning (Sugar, Tomato Powder, Modified Maize Starch, Flavouring, Spices, Red Pepper (0.4%), Spice, Garlic Powder, Potato Starch, Spice, Red Bell Pepper Powder (0.4%), Herb, Colour [E160c], Rapeseed Oil, Flavouring). Saffron Rice: Water, Rice, Salt, Natural Flavour, Saffron. 10" Fully Baked Flour Tortillas ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator(Malic Acid), Salt.

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Cheese and Bean Toastie (415 kcal,1736 kJ)		MC Barley ✓ Wheat					✓						✓	

INGREDIENTS: Thick Square Sliced White Loaves ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, **(Soya)** Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract. Grated Mature Cheese; White Mild Cheddar Cheese **(Milk)**, Anti-Caking Agent Potato Starch. Whole **(Milk)**, 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%, Mozzarella Cheese **(Milk)**, Cheddar Cheese **(Milk)**, Anti-Caking Potato Starch. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1.4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Of fatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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May Also Contain Barley.

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Jacket with Baked Beans (262 kcal, 1096 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.														
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Tuna Mayonnaise Jacket Potato (308 kcal, 1289 kJ)				✓	✓									
INGREDIENTS: Baking Potato. Tuna Chunks ; Tuna Chunks (Fish) 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.														
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Jacket Potato with Cheese (406 kcal, 1699 kJ)							✓							
INGREDIENTS: Baking Potato. Grated Mature Cheese: White Mild Cheddar Cheese (Milk), Anti-Caking Agent Potato Starch. Whole (Milk), 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%, Mozzarella Cheese (Milk), Cheddar Cheese (Milk), Anti-Caking Potato Starch. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.														

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Persian Baked Beans Dipping Pot (138 kcal, 577 kJ)		✓ Wheat												

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. Basic White Bread Recipe Sec. 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. Water. Spicy Persian Style Seasoning ; Sugar, Spices (Ginger (7%), Paprika, Cinnamon (4%), Cumin (4%), All Spice, Turmeric, Black Pepper, Chilli Powder, Coriander, Nutmeg), Salt, Dried Glucose Syrup, Tomato Powder, Modified Tapioca Starch, Garlic Powder, Turmeric Extract.

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Sausage Roll 6inch 131g (398 kcal, 1665 kJ)		✓ Wheat					✓							

INGREDIENTS: 6in Sausage Roll ; Water, **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pork (15%), Vegetable Margarine (Vegetable Oils And Fats [Palm], Water, Salt, Lemon Juice), Seasoning Mix [Rusk (**(Wheat)** Flour, Salt, Raising Agents, Di- And Polyphosphates, Sodium Carbonate), Salt, Sunflower Oil, Dried Onion, Flavourings, Herbs, Stabiliser: Triphosphates, Dextrose, Sugar, Beetroot Powder, Yeast Extract, Spice, Antioxidant, Ascorbic Acid, Citric Acid], White Shortening (Vegetable Oils And Fats [Palm, Rapeseed], Water, Salt, Lemon Juice), Glaze (Water, **(Milk)** Proteins, Dextrose, Rapeseed Oil), Salt.

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Chicken Mac and Cheese Wrap (603 kcal, 2523 kJ)		✓ Wheat					✓							

INGREDIENTS: Macaroni ; Durum (**Wheat**) Semolina. Semi Skimmed (**Milk**). 10" Fully Baked Flour Tortillas ; (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator(Malic Acid), Salt. Mozz/Cheddar 70/30 ; Mozzarella Cheese (**Milk**), Cheddar Cheese (**Milk**), Anti-Caking Potato Starch. 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Plain Flour ; (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin). Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D.

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BBQ Chicken Wings (118 kcal, 494 kJ)														

INGREDIENTS: Chicken Wings Mid & prime ; Chicken. Texan Style Bbq Sauce 2.15l ; Tomato Puree, Glucose-Fructose Syrup, Molasses, Spirit Vinegar, Sugar, Modified Starch, Salt, Flavourings, Smoked Maltodextrin, Spices, Onion Powder, Preservative (Potassium Sorbate), Garlic Powder.

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Spicy Piri Piri Chicken Wings (122 kcal,510 kJ)														

INGREDIENTS: Chicken Wings Mid &prime ; Chicken. Rapeseed Oil ; Antifoam E900. Piri Piri ; Sugar, Paprika, Red Pepper Powder, Maltodextrin, Lemon Peel (10%), Garlic Powder, Salt, Onion Powder, Chilli, Chilli Powder, Coriander, Cumin Powder, Black Pepper, Bay, Paprika Extract, Dried Oregano, Basil, Lemon Oil.

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Jerk Chicken With Beans Flatbread (265 kcal,1109 kJ)		✓ Wheat					✓							

INGREDIENTS: Fully Baked Folded Flatbreads ; **(Wheat)** Flour(**Wheat**) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raisingagent(Monocalciumphosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose. 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid. Mozz/Cheddar 70/30 ; Mozzarella Cheese (**Milk**), Cheddar Cheese (**Milk**), Anti-Caking Potato Starch. Riverdene Black Eyed Beans Water ; Blackeye Beans, Water, Antioxidant: Ascorbic Acid. Jerk Seasoning ; Herbs & Spices (Coriander, Ginger, Allspice, Chilli, Black Pepper, Thyme, Cinnamon, Nutmeg, Turmeric, Bay Leaf), Salt, Garlic, Chicory Extract, Onion, Citric Acid, Colour (Paprika Extract).

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BBQ Chicken Bagel (235 kcal,983 kJ)		✓ Barley ✓ Rye ✓ Wheat					✓					MC	✓	

INGREDIENTS: Fully Baked Plain Bagels ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, **(Rye)** Flour, Sugar, Yeast, Maize, Rapeseed Oil, Salt, Malted **(Barley)** Flour, Emulsifier(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids), Flour Treatment Agent(Ascorbic Acid), **(Wheat)** Starch. Chicken Diced Breast & Thigh ; Chicken. Korean Bbq Sauce ; Sugar, Water, Spirit Vinegar, Molasses, **(Soy)** Sauce 5, 5% (Water, **(Soybean)**, **(Wheat)**, Salt), Garlic, Modified Starch, Fried Onion (Onion, Palm Oil, **(Wheat)** Flour, Salt), Onion, Colour (Plain Caramel), Yeast Extract, Spices, Thickener (Xanthan Gum), Chilli. Mozz/Cheddar 70/30 ; Mozzarella Cheese **(Milk)**, Cheddar Cheese **(Milk)**, Anti-Caking Potato Starch.

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May Also Contain Sesame.

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Bacon Mac and Cheese Pot (462 kcal,1933 kJ)		✓ Wheat					✓							

INGREDIENTS: Macaroni ; Durum **(Wheat)** Semolina. Semi Skimmed **(Milk)**. Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. Mozz/Cheddar 70/30 ; Mozzarella Cheese **(Milk)**, Cheddar Cheese **(Milk)**, Anti-Caking Potato Starch. Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavours, Colours (Beta-Carotene), Vitamins A, D. Plain Flour ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin).

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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
Smashed Potato (296 kcal,1238 kJ)				✓			✓							

INGREDIENTS: Baking Potato. Mozz/Cheddar 70/30 ; Mozzarella Cheese (**Milk**), Cheddar Cheese (**Milk**), Anti-Caking Potato Starch. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid. 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. Texan Style Bbq Sauce 2.15l ; Tomato Puree, Glucose-Fructose Syrup, Molasses, Spirit Vinegar, Sugar, Modified Starch, Salt, Flavourings, Smoked Maltodextrin, Spices, Onion Powder, Preservative (Potassium Sorbate), Garlic Powder.

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
Brunch Tortilla (311 kcal,1301 kJ)		✓ Wheat					✓							

INGREDIENTS: Water. 10" Fully Baked Flour Tortillas ; (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator(Malic Acid), Salt. Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract. Vegan Mash Potato Mix ; Dried Potato, Salt, Colour (Curcumin), Antioxidant (Rosemary Extract). Mozz/Cheddar 70/30 ; Mozzarella Cheese (**Milk**), Cheddar Cheese (**Milk**), Anti-Caking Potato Starch.

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
BBQ Cornflake Chicken (216 kcal,904 kJ)		✓ Barley ✓ Wheat											✓	

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. Chicken Thigh B/Less Skinless 2.5kg ; Chicken. Corn Flakes 7kg ; Maize, Sugar, Salt, (**Barley**) Malt Extract, Vitamins And Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Iron). Korean Bbq Sauce ; Sugar, Water, Spirit Vinegar, Molasses, (**Soy**) Sauce 5, 5% (Water, (**Soybean**), (**Wheat**), Salt), Garlic, Modified Starch, Fried Onion (Onion, Palm Oil, (**Wheat**) Flour, Salt), Onion, Colour (Plain Caramel), Yeast Extract, Spices, Thickener (Xanthan Gum), Chilli.

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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
Cornflake Jerk Chicken (221 kcal,925 kJ)		✓ Barley												

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. Chicken Thigh B/Less Skinless 2.5kg ; Chicken. Corn Flakes 7kg ; Maize, Sugar, Salt, (**Barley**) Malt Extract, Vitamins And Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Iron). Sweet Chilli Sauce ; Sugar Syrup, Water, Red Chilli (14%), Garlic (4%), Salt, Thickener(Modified Tapioca Starch), Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate). Jerk Seasoning ; Herbs & Spices (Coriander, Ginger, Allspice, Chilli, Black Pepper, Thyme, Cinnamon, Nutmeg, Turmeric, Bay Leaf), Salt, Garlic, Chicory Extract, Onion, Citric Acid, Colour (Paprika Extract).

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cornflake Persian Chicken (219 kcal,916 kJ)	✓	✓ Barley												

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. Chicken Thigh B/Less Skinless 2.5kg ; Chicken. 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. Corn Flakes 7kg ; Maize, Sugar, Salt, **(Barley)** Malt Extract, Vitamins And Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Iron). Spicy Persian Style Seasoning ; Sugar, Spices (Ginger (7%), Paprika, Cinnamon (4%), Cumin (4%), All Spice, Turmeric, Black Pepper, Chilli Powder, Coriander, Nutmeg), Salt, Dried Glucose Syrup, Tomato Powder, Modified Tapioca Starch, Garlic Powder, Turmeric Extract.

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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
Herby Tomato Pasta (414 kcal,1732 kJ)		✓ Wheat					✓							

INGREDIENTS: Penne Pasta ; Durum **(Wheat)** Semolina. Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice, Citric Acid. Onion Brown Medium. Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes, Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Diced Garlic 250g. Garlic. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory. Grated Mature Cheese; White Mild Cheddar Cheese **(Milk)**, Anti-Caking Agent Potato Starch. Whole **(Milk)**, 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%, Mozzarella Cheese **(Milk)**, Cheddar Cheese **(Milk)**, Anti-Caking Potato Starch.

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Beef Bolognese Sauce SEC V2 (248 kcal,1038 kJ)														

INGREDIENTS: Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice, Citric Acid. Onion Brown Medium. Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes, Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Diced Garlic 250g. Garlic. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory. Beef Mince 85vL Rt Uk 2.5kg ; Beef Meat. Red Lentils. Diced Carrots ; Carrot (Origin Eu). Water. 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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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Veggie Bolognese (150 kcal,628 kJ)														

INGREDIENTS: Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice, Citric Acid. Onion Brown Medium. Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes, Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Diced Garlic 250g. Garlic. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory. Green Lentils. Water. Diced Carrots ; Carrot (Origin Eu). Mixed Pepper; Mixed Peppers, Mixed Pepper. 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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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Arrabiatta Pasta (389 kcal, 1628 kJ)		✓ Wheat					✓							
INGREDIENTS: Penne Pasta ; Durum (Wheat) Semolina. Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice, Citric Acid. Onion Brown Medium. Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes, Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Diced Garlic 250g. Garlic. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory. Grated Mature Cheese; White Mild Cheddar Cheese (Milk), Anti-Caking Agent Potato Starch. Whole (Milk), 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%, Mozzarella Cheese (Milk), Cheddar Cheese (Milk), Anti-Caking Potato Starch. Red Chilli ; Chillies Red.														
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 Wholemeal (200 kcal, 837 kJ)		✓ Wheat												
INGREDIENTS: Pasta Fusilli ; Whole Durum (Wheat) Flour.														
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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pasta King Firecracker Chicken Torino Sec (88 kcal,368 kJ)														
INGREDIENTS: Firecracker Chicken Halal Sauce ; Tomato & Onion Sauce (81%) (Tomato, Tomato Paste, Onion, Carrot, Sugar, Sunflower Oil, Salt, Potassium Sorbate, Basil, Black Pepper), Halal Chicken (14%) (Salt, Water), Hot Chilli Sauce (5%) (Hot Chilli Sauce (Water, Sugar, Tomato Puree, Spirit Vinegar, Salt, Crushed Chillies, Thickener: Modified Maize Starch, Spices, Preservative: Potassium Sorbate, Herb, Garlic Powder). 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 King Sweet Chilli Chicken Sec (104 kcal,435 kJ)														
INGREDIENTS: Sweet Chilli Chicken Sauce ; Tomato & Onion Sauce (72%) (Tomato, Tomato Paste, Onion, Carrot, Sugar, Sunflower Oil, Salt, Potassiumsorbate, Basil, Black Pepper), Chicken (14%) (Salt, Water), Pineapple Chunks (12%) (Pineapple, Sugar), Hot Chilli Sauce (1%) (Water, Sugar, Tomato Puree, Spirit Vinegar, Salt, Crushed Chillies, Thickener: Modified Maize Starch, Spices, Preservative: Potassium Sorbate, Herb, Garlic Powder). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.														

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pasta King Zingy Peppers Sec (46 kcal, 192 kJ)														✓

INGREDIENTS: Zingy Peppers Sauce ; Tomato Coulis (80.0%) (Tomato, Tomato Paste, Onion, Carrot, Sugar, Sunflower Oil, Salt, Potassium Sorbate, Basil, Black Pepper), Sliced Mixed Peppers (17.1%), Chilli Sauce (2.0%) (Water, Sugar, Tomato Puree, Spirit Vinegar, Salt, Crushed Chillies, Thickener (Modified Maize Starch), Spices, Preservative (Potassium Sorbate), Herb, Garlic Powder), Lime Juice (0.9%): (Lime Juice Concentrate, **(Potassium Metabisulphite) (E224)**).

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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
14 Margherita Pizza (295 kcal, 1234 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat					✓							

INGREDIENTS: Unsauces Pizza Slab With Fibre *12 ; Fortified **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, **(Wheat)** Fiber, Rapeseed Oil, Yeast, Caster Sugar, Salt, Deactivated Yeast. Mozz/Cheddar 70/30 ; Mozzarella Cheese (**(Milk)**), Cheddar Cheese (**(Milk)**), Anti-Caking Potato Starch. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid.

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May Also Contain Barley, Oats, Rye, Spelt.

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Trattoria Veggie Hot One Stone Bake Pizza (299 kcal, 1251 kJ)		MC Barley MC Oats MC Rye MC Spelt  Wheat												
INGREDIENTS: Unsauces Pizza Slab With Fibre *12 ; Fortified (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, (Wheat) Fiber, Rapeseed Oil, Yeast, Caster Sugar, Salt, Deactivated Yeast. Mozz/Cheddar 70/30 ; Mozzarella Cheese ((Milk)), Cheddar Cheese ((Milk)), Anti-Caking Potato Starch. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid. Tomato ; Tomatoes. Mixed Pepper; Mixed Peppers, Mixed Pepper. Red Chilli; Chillies Red. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley, Oats, Rye, Spelt.														

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Trattoria Hawaiian Stone Bake Pizza (311 kcal,1301 kJ)		MC Barley MC Oats MC Rye MC Spelt  Wheat												
INGREDIENTS: Unsauces Pizza Slab With Fibre *12 ; Fortified (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, (Wheat) Fiber, Rapeseed Oil, Yeast, Caster Sugar, Salt, Deactivated Yeast. Mozz/Cheddar 70/30 ; Mozzarella Cheese (Milk), Cheddar Cheese (Milk), Anti-Caking Potato Starch. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid. Ham ; Pork (70%), Water, Salt, Potato Starch, Dextrose, Stabilisers (E407, E450, E451), Antioxidant (E301), Preservative (E250). Pineapple Slices In Pineapple Juice From Concentrate ; Pineapple, Water, Pineapple Juice Concentrate, Acidity Regulator (Citric Acid). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley, Oats, Rye, Spelt.														

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
TRATTORIA 14 BBQ CHIX STONE BAKED PIZZA (338 kcal,1414 kJ)		MC Barley MC Oats MC Rye MC Spelt  Wheat												
INGREDIENTS: Unsauces Pizza Slab With Fibre *12 ; Fortified (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, (Wheat) Fiber, Rapeseed Oil, Yeast, Caster Sugar, Salt, Deactivated Yeast. Mozz/Cheddar 70/30 ; Mozzarella Cheese ((Milk)), Cheddar Cheese ((Milk)), Anti-Caking Potato Starch. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid. 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Texan Style Bbq Sauce 2.15l ; Tomato Puree, Glucose-Fructose Syrup, Molasses, Spirit Vinegar, Sugar, Modified Starch, Salt, Flavoursings, Smoked Maltodextrin, Spices, Onion Powder, Preservative (Potassium Sorbate), Garlic Powder.														
Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley, Oats, Rye, Spelt.														

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
HOSP Sausage Bap (234 kcal,979 kJ)	✓	✓ Wheat										MC	✓	✓

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). 4in Floured Bap ; **(Wheat)** Flour (With Calcium, Folic Acid, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Vegetable Oils (Palm, Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes). 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.

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

May Also Contain Sesame.

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Sausage Muffin (370 kcal, 1548 kJ)		✓ Wheat					✓					MC	✓	✓

INGREDIENTS: English Muffins ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Semolina **(Wheat)**, Salt, **(Soya)** Flour, Yeast, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Cumberland Sausage Patty ; Pork (65%) Water, Rusk **(Wheat)** Flour, Salt), Seasoning: - (Salt, Herb, Stabiliser E450, Spices, Preservative: **(Sodium Sulphite)**, Dextrose, Antioxidant E301, Spice & Herb Extracts). Processed Cheese Slices ; Cheese (70%) **(Milk)** (Contains Acidity Regulator: Citric Acid), Palm Oil, Emulsifying Salt (Trisodium Citrate), Natural Cheese Flavouring **(Milk)**, Preservative (Sorbic Acid), Colours (Beta-Carotene, Paprika Extract), Anti-Caking Agent (Lecithins).

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

May Also Contain Sesame.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Egg English Muffin (281 kcal, 1176 kJ)		✓ Wheat		✓			✓					MC	✓	

INGREDIENTS: English Muffins ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Semolina **(Wheat)**, Salt, **(Soya)** Flour, Yeast, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Free Range Muffin Omelettes 50x50g ; Free-Range **(Egg)** (62%), **(Milk)**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), Salt, And White Pepper. Processed Cheese Slices ; Cheese (70%) **(Milk)** (Contains Acidity Regulator: Citric Acid), Palm Oil, Emulsifying Salt (Trisodium Citrate), Natural Cheese Flavouring **(Milk)**, Preservative (Sorbic Acid), Colours (Beta-Carotene, Paprika Extract), Anti-Caking Agent (Lecithins). Whole Leaf Spinach Portions ; Spinach.

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

May Also Contain Sesame.

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
QUORN SAUSAGE PATTIE & CHEESE MUFFIN MMB (260 kcal,1088 kJ)		✓ Barley ✓ Wheat		✓			✓					MC	✓	

INGREDIENTS: English Muffins ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Semolina **(Wheat)**, Salt, **(Soya)** Flour, Yeast, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Quorn Sausage Pattie ; Mycoprotein (45%), Rehydrated Free Range **(Egg)** White, Textured **(Wheat)** Protein (**(Wheat)** Flour, Stabiliser: Sodium Alginate), Onions, Rapeseed Oil, **(Milk)** Proteins, Seasoning [Yeast Extract, Salt, Herbs (Sage, Marjoram), Potassium Chloride, Spices (White & Black Pepper, Nutmeg), Sugar, Onion], Natural Flavourings, Pea Fibre, Tapioca Starch, Roasted **(Barley)** Malt Extract. Tomato ; Tomatoes. Processed Cheese Slices ; Cheese (70%) **(Milk)** (Contains Acidity Regulator: Citric Acid), Palm Oil, Emulsifying Salt (Trisodium Citrate), Natural Cheese Flavouring **(Milk)**, Preservative (Sorbic Acid), Colours (Beta-Carotene, Paprika Extract), Anti-Caking Agent (Lecithins).

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

May Also Contain Sesame.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Breakfast Wrap (323 kcal,1351 kJ)	✓	✓ Wheat		✓			✓							

INGREDIENTS: 10" Fully Baked Flour Tortillas ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator(Malic Acid), Salt. Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. Free Range Muffin Omelettes 50x50g ; Free-Range **(Egg)** (62%), **(Milk)**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), Salt, And White Pepper. Processed Cheese Slices ; Cheese (70%) **(Milk)** (Contains Acidity Regulator: Citric Acid), Palm Oil, Emulsifying Salt (Trisodium Citrate), Natural Cheese Flavouring **(Milk)**, Preservative (Sorbic Acid), Colours (Beta-Carotene, Paprika Extract), Anti-Caking Agent (Lecithins). 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.

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
Cheese and Tomato Flatbread (202 kcal,845 kJ)		✓ Wheat					✓							

INGREDIENTS: Fully Baked Folded Flatbreads ; **(Wheat)** Flour(**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raisingagent(Monocalciumphosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose. Mozz/Cheddar 70/30 ; Mozzarella Cheese (**(Milk)**), Cheddar Cheese (**(Milk)**), Anti-Caking Potato Starch. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric 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
BBQ Chicken Flatbread (354 kcal,1481 kJ)		✓ Wheat					✓						✓	

INGREDIENTS: 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Fully Baked Folded Flatbreads ; **(Wheat)** Flour(**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raisingagent(Monocalciumphosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose. Mozz/Cheddar 70/30 ; Mozzarella Cheese (**(Milk)**), Cheddar Cheese (**(Milk)**), Anti-Caking Potato Starch. Korean Bbq Sauce ; Sugar, Water, Spirit Vinegar, Molasses, (**(Soy)** Sauce 5, 5% (Water, (**(Soybean)**), (**(Wheat)**, Salt), Garlic, Modified Starch, Fried Onion (Onion, Palm Oil, (**(Wheat)** Flour, Salt), Onion, Colour (Plain Caramel), Yeast Extract, Spices, Thickener (Xanthan Gum), Chilli.

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
Persian Chicken Flatbread (272 kcal, 1138 kJ)		✓ Wheat					✓							

INGREDIENTS: Fully Baked Folded Flatbreads ; **(Wheat)** Flour(**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raising agent(Monocalciumphosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose. 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Mozz/Cheddar 70/30 ; Mozzarella Cheese (**Milk**), Cheddar Cheese (**Milk**), Anti-Caking Potato Starch. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid. Spicy Persian Style Seasoning ; Sugar, Spices (Ginger (7%), Paprika, Cinnamon (4%), Cumin (4%), All Spice, Turmeric, Black Pepper, Chilli Powder, Coriander, Nutmeg), Salt, Dried Glucose Syrup, Tomato Powder, Modified Tapioca Starch, Garlic Powder, Turmeric 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
Jerk Chicken With Beans Flatbread (265 kcal, 1109 kJ)		✓ Wheat					✓							

INGREDIENTS: Fully Baked Folded Flatbreads ; **(Wheat)** Flour(**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raising agent(Monocalciumphosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose. 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid. Mozz/Cheddar 70/30 ; Mozzarella Cheese (**Milk**), Cheddar Cheese (**Milk**), Anti-Caking Potato Starch. Riverdene Black Eyed Beans Water ; Blackeye Beans, Water, Antioxidant: Ascorbic Acid. Jerk Seasoning ; Herbs & Spices (Coriander, Ginger, Allspice, Chilli, Black Pepper, Thyme, Cinnamon, Nutmeg, Turmeric, Bay Leaf), Salt, Garlic, Chicory Extract, Onion, Citric Acid, Colour (Paprika Extract).

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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
Sweet Chilli Veg Flatbread (211 kcal,883 kJ)		✓ Wheat					✓							

INGREDIENTS: Fully Baked Folded Flatbreads ; **(Wheat)** Flour(**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raisingagent(Monocalciumphosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose. Mixed Pepper ; Mixed Peppers. Mozz/Cheddar 70/30 ; Mozzarella Cheese **(Milk)**, Cheddar Cheese **(Milk)**, Anti-Caking Potato Starch. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid. Sweet Chilli Sauce ; Sugar Syrup, Water, Red Chilli (14%), Garlic (4%), Salt, Thickener(Modified Tapioca Starch), Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate).

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
Beany Bagel Melt (211 kcal,883 kJ)		✓ Barley ✓ Rye ✓ Wheat					✓					MC		

INGREDIENTS: Fully Baked Plain Bagels ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, **(Rye)** Flour, Sugar, Yeast, Maize, Rapeseed Oil, Salt, Malted **(Barley)** Flour, Emulsifier(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids), Flour Treatment Agent(Ascorbic Acid), **(Wheat)** Starch. No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract. Mozz/Cheddar 70/30 ; Mozzarella Cheese **(Milk)**, Cheddar Cheese **(Milk)**, Anti-Caking Potato Starch.

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

May Also Contain Sesame.

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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
Cheesy BBQ Pretzel Melt (360 kcal, 1506 kJ)		✓ Barley ✓ Wheat		MC			✓					MC	✓	

INGREDIENTS: Thaw And Serve Pretzel ; **(Wheat)** Flour, Water, Rapeseed Oil, Yeast, Salt, **(Barley)** Malt Extract, Dried **(Wheat)** Sourdough (**(Wheat)** Flour, Starter Cultures), Sugar, Emulsifier (Diacetyltartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids (E472e) **(Wheat)** Gluten, Malted **(Wheat)** Flour. Topping: Acidity Regulator (Sodium Hydroxid (E524)). Mozz/Cheddar 70/30 ; Mozzarella Cheese **(Milk)**, Cheddar Cheese **(Milk)**, Anti-Caking Potato Starch. Korean Bbq Sauce ; Sugar, Water, Spirit Vinegar, Molasses, **(Soy)** Sauce 5, 5% (Water, **(Soybean)**, **(Wheat)**, Salt), Garlic, Modified Starch, Fried Onion (Onion, Palm Oil, **(Wheat)** Flour, Salt), Onion, Colour (Plain Caramel), Yeast Extract, Spices, Thickener (Xanthan Gum), Chilli.

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

May Also Contain Eggs, Sesame.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Bacon Roll (241 kcal, 1008 kJ)		✓ Wheat										MC		

INGREDIENTS: Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. 4in Floured Bap ; **(Wheat)** Flour (With Calcium, Folic Acid, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Vegetable Oils (Palm, Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavours, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Sesame.

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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
Veggie Meatball Feast Pizza		MC Barley MC Oats MC Rye MC Spelt  Wheat												
INGREDIENTS: Unsauces Pizza Slab With Fibre *12 ; Fortified (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, (Wheat) Fiber, Rapeseed Oil, Yeast, Caster Sugar, Salt, Deactivated Yeast. Mozz/Cheddar 70/30 ; Mozzarella Cheese (Milk), Cheddar Cheese (Milk), Anti-Caking Potato Starch. Plant-Based Balls ; Water, Textured Pea Protein (17.5%)(Pea Protein, Pea Starch), Coconut Oil, Sunflower Oil, Sunflower Seeds, Thickener(Methyl Cellulose), Potato Starch, Flavouring, Beetroot Juice Powder, Concentrated Beetroot Juice, Dried Glucose Syrup, Salt, Glucose-Fructose Syrup, Maltodextrin. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid.														
Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley, Oats, Rye, Spelt.														

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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
Marinara Melt Pizza Baguette (200 kcal,837 kJ)		MC Barley ✓ Wheat					✓					MC		

INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid. Mozz/Cheddar 70/30 ; Mozzarella Cheese **(Milk)**, Cheddar Cheese **(Milk)**, Anti-Caking Potato Starch.

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

May Also Contain Sesame, Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Meatless Feast Pizza Baguette (282 kcal,1180 kJ)		MC Barley ✓ Wheat					✓					MC		

INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice, Citric Acid. Onion Brown Medium. Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes, Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Diced Garlic 250g. Garlic. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory. Mozz/Cheddar 70/30 ; Mozzarella Cheese **(Milk)**, Cheddar Cheese **(Milk)**, Anti-Caking Potato Starch. Plant-Based Balls ; Water, Textured Pea Protein (17.5%)(Pea Protein, Pea Starch), Coconut Oil, Sunflower Oil, Sunflower Seeds, Thickener(Methyl Cellulose), Potato Starch, Flavouring, Beetroot Juice Powder, Concentrated Beetroot Juice, Dried Glucose Syrup, Salt, Glucose-Fructose Syrup, Maltodextrin.

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

May Also Contain Sesame, Barley.

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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
Bagel Cheese & Tomato Pizza (259 kcal, 1084 kJ)		✓ Barley ✓ Rye ✓ Wheat					✓					MC		
INGREDIENTS: Fully Baked Plain Bagels ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin), Water, (Rye) Flour, Sugar, Yeast, Maize, Rapeseed Oil, Salt, Malted (Barley) Flour, Emulsifier(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids), Flour Treatment Agent(Ascorbic Acid), (Wheat) Starch. Grated Mature Cheese; White Mild Cheddar Cheese (Milk), Anti-Caking Agent Potato Starch. Whole (Milk), 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%, Mozzarella Cheese (Milk), Cheddar Cheese (Milk), Anti-Caking Potato Starch. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Sesame.														

Allergen and Nutrition Advice:

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- Adults need around 2000 kcal a day

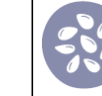
ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cheese Panini (414 kcal, 1732 kJ)		MC Barley MC Oats MC Rye  Wheat												
INGREDIENTS: Presliced Pregrilled Panini ; (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Oliveoil 1, 2%, Salt, (Wheat) Flour, Deactivated Dried Yeast, (Wheat) Gluten, Flour Treatment Agent (E300). Grated Mature Cheese; White Mild Cheddar Cheese (Milk), Anti-Caking Agent Potato Starch. Whole (Milk), 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%, Mozzarella Cheese (Milk), Cheddar Cheese (Milk), Anti-Caking Potato Starch. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley, Oats, Rye.														

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
Cheese and Tomato Sauce Panini (428 kcal, 1791 kJ)		MC Barley MC Oats MC Rye  Wheat												
INGREDIENTS: Presliced Pregrilled Panini ; (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Oliveoil 1, 2%, Salt, (Wheat) Flour, Deactivated Dried Yeast, (Wheat) Gluten, Flour Treatment Agent (E300). Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid. Grated Mature Cheese; White Mild Cheddar Cheese (Milk), Anti-Caking Agent Potato Starch. Whole (Milk), 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%, Mozzarella Cheese (Milk), Cheddar Cheese (Milk), Anti-Caking Potato Starch. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley, Oats, Rye.														

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- Adults need around 2000 kcal a day

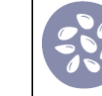
ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Cheese Melt Panini (439 kcal, 1837 kJ)		MC Barley MC Oats MC Rye  Wheat												
INGREDIENTS: Presliced Pregrilled Panini ; (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Oliveoil 1, 2%, Salt, (Wheat) Flour, Deactivated Dried Yeast, (Wheat) Gluten, Flour Treatment Agent (E300). Tuna Chunks ; Tuna Chunks (Fish) Water, Salt. Mozz/Cheddar 70/30 ; Mozzarella Cheese (Milk) , Cheddar Cheese (Milk) , Anti-Caking Potato Starch. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley, Oats, Rye.														

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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
Bacon And Cheese Panini (457 kcal, 1912 kJ)		MC Barley MC Oats MC Rye  Wheat												
INGREDIENTS: Presliced Pregrilled Panini ; (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Oliveoil 1, 2%, Salt, (Wheat) Flour, Deactivated Dried Yeast, (Wheat) Gluten, Flour Treatment Agent (E300). Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. Grated Mature Cheese; White Mild Cheddar Cheese (Milk), Anti-Caking Agent Potato Starch. Whole (Milk), 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%, Mozzarella Cheese (Milk), Cheddar Cheese (Milk), Anti-Caking Potato Starch. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley, Oats, Rye.														

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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
BBQ Chicken Panini (537 kcal,2247 kJ)		MC Barley MC Oats MC Rye  Wheat												
INGREDIENTS: Presliced Pregrilled Panini ; (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Oliveoil 1, 2%, Salt, (Wheat) Flour, Deactivated Dried Yeast, (Wheat) Gluten, Flour Treatment Agent (E300). 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Grated Mature Cheese; White Mild Cheddar Cheese (Milk), Anti-Caking Agent Potato Starch. Whole (Milk), 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%, Mozzarella Cheese (Milk), Cheddar Cheese (Milk), Anti-Caking Potato Starch. Texan Style Bbq Sauce 2.15l ; Tomato Puree, Glucose-Fructose Syrup, Molasses, Spirit Vinegar, Sugar, Modified Starch, Salt, Flavoursings, Smoked Maltodextrin, Spices, Onion Powder, Preservative (Potassium Sorbate), Garlic Powder. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley, Oats, Rye.														

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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
Fajita Chicken Melt Panini (502 kcal, 2100 kJ)		MC Barley MC Oats MC Rye  Wheat												
INGREDIENTS: Presliced Pregrilled Panini ; (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Oliveoil 1, 2%, Salt, (Wheat) Flour, Deactivated Dried Yeast, (Wheat) Gluten, Flour Treatment Agent (E300). 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Mozz/Cheddar 70/30 ; Mozzarella Cheese (Milk), Cheddar Cheese (Milk), Anti-Caking Potato Starch. Fajita Seasoning ; Salt [Salt, Anticaking Agent (Sodium Ferrocyanide)], Chilli Powder (23%), Onion Powder, Sugar, Cumin Powder, Garlic Powder (8%), Oregano (0.5%), Flavouring, Paprika Extract, Lime Extract (0.5%), Cassia, Nutmeg, Coriander Leaf, Anticaking Agent (Silicon Dioxide). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley, Oats, Rye.														

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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
Cheese Sandwich on White (409 kcal, 1711 kJ)		MC Barley ✓ Wheat					✓						✓	
INGREDIENTS: Thick Square Sliced White Loaves ; (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, (Soya) Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Sliced Mild Cheddar; White Mild Cheddar Cheese (Milk), Whole (Milk), Cheese Lactic Starter Culture, Rennet, Salt, Starter Culture, Non Animal Renet. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley.														

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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
Ham Sandwich On Brown (278 kcal, 1163 kJ)		MC Barley ✓ Wheat											✓	
INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal (Wheat) Flour, Water, Salt, (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Yeast, Palm Oil, Emulsifiers (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), (Soya) Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid). Ham ; Pork (70%), Water, Salt, Potato Starch, Dextrose, Stabilisers (E407, E450, E451), Antioxidant (E301), Preservative (E250). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley.														

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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
TUNA MAYONNAISE SANDWICH WHITE (310 kcal, 1297 kJ)		MC Barley ✓ Wheat		✓	✓								✓	

INGREDIENTS: Thick Square Sliced White Loaves ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, **(Soya)** Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Tuna Chunks ; Tuna Chunks **(Fish)** 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**

May Also Contain Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna Sandwich Wholemeal (289 kcal, 1209 kJ)		MC Barley ✓ Wheat		✓	✓								✓	

INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal **(Wheat)** Flour, Water, Salt, **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Yeast, Palm Oil, Emulsifiers (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), **(Soya)** Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid). Tuna Chunks ; Tuna Chunks **(Fish)** 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**

May Also Contain Barley.

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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
Ham Salad Sandwich White (308 kcal, 1289 kJ)		MC Barley ✓ Wheat											✓	
INGREDIENTS: Thick Square Sliced White Loaves ; (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, (Soya) Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Ham ; Pork (70%), Water, Salt, Potato Starch, Dextrose, Stabilisers (E407, E450, E451), Antioxidant (E301), Preservative (E250). Cucumber ; Cucumber (100%). Tomato ; Tomatoes. Iceberg Lettuce. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley.														

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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
CHEESE SALAD BLOOMER SANDWICH ON BROWN (440 kcal,1841 kJ)		MC Barley ✓ Wheat		✓			✓						✓	
INGREDIENTS: Extra Thick Sliced Wholemeal Bloomers ; Wholemeal (Wheat) Flour, Water, Salt, (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin), Palmoil, 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). Tomato ; Tomatoes. Sliced Mild Cheddar; White Mild Cheddar Cheese (Milk), Whole (Milk), Cheese Lactic Starter Culture, Rennet, Salt, Starter Culture, Non Animal Renet. Iceberg Lettuce. Cucumber. 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 May Also Contain Barley.														

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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
CHICKEN SALAD BLOOMER SANDWICH ON BROWN		MC Barley ✓ Wheat		✓									✓	

INGREDIENTS: Extra Thick Sliced Wholemeal Bloomers ; Wholemeal (**Wheat**) Flour, Water, Salt, (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin), Palmoil, 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). 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Tomato ; Tomatoes. Iceberg Lettuce. 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**

May Also Contain Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
EGG SALAD BLOOMER SANDWICH ON WHITE (335 kcal,1402 kJ)		MC Barley ✓ Wheat		✓									✓	

INGREDIENTS: Thick Sliced White Bloomers ; (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids), Spirit Vinegar, (**Soya**) Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Free Range (**Eggs**). Tomato ; Tomatoes. Iceberg Lettuce. Cucumber. 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.

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May Also Contain Barley.

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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
TUNA AND SWEETCORN BLOOMER SANDWICH ON BROWN (331 kcal,1385 kJ)		MC Barley ✓ Wheat		✓	✓								✓	
INGREDIENTS: Extra Thick Sliced Wholemeal Bloomers ; Wholemeal (Wheat) Flour, Water, Salt, (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin), Palmoil, 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). Tuna Chunks ; Tuna Chunks (Fish) Water, Salt. Sweetcorn ; Sweetcorn 100%. 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 May Also Contain Barley.														

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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
CHICKEN TIKKA BLOOMER SANDWICH ON BROWN (390 kcal,1632 kJ)		MC Barley ✓ Wheat		✓									✓	
INGREDIENTS: Extra Thick Sliced Wholemeal Bloomers ; Wholemeal (Wheat) Flour, Water, Salt, (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin), Palmoil, 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). 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Iceberg Lettuce. 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. Madras Curry Powder ; Coriander (40%), Turmeric (22%), Rice Flour, Fenugreek (5%), Ginger, Salt(Salt,Anticaking Agent(Sodium Ferrocyanide)), Cumin, Black Pepper, Paprika, Colour(Paprika Extract), Nutmeg, Fennel.Agent(Sodium Ferrocyanide)), Cumin, Black Pepper, Paprika, Colour(Paprika Extract), Nutmeg, Fennel. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley.														

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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
Vegan Cheese Sandwich White (336 kcal, 1406 kJ)		MC Barley ✓ Wheat											✓	
INGREDIENTS: Thick Square Sliced White Loaves ; (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, (Soya) Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). White Grated ; Food Preparation With Coconut Oil (Water, Coconut Oil, Modified Potato Starch, Salt, Colour, Beta Carotene), Anti Caking Agent, Potato Starch. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley.														

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
BLT Sandwich on White (388 kcal, 1623 kJ)		MC Barley ✓ Wheat		✓									✓	
INGREDIENTS: Thick Square Sliced White Loaves ; (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, (Soya) Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. Tomato ; Tomatoes. Iceberg Lettuce. 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. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley.														

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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
Cheese Baguette White (539 kcal, 2255 kJ)		MC Barley ✓ Wheat					✓					MC		

INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Sliced Mild Cheddar; White Mild Cheddar Cheese **(Milk)**, Whole **(Milk)**, Cheese Lactic Starter Culture, Rennet, Salt, Starter Culture, Non Animal Renet. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Sesame, Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Cucumber Baguette on White (435 kcal, 1820 kJ)		MC Barley ✓ Wheat		✓	✓							MC		

INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Tuna Chunks ; Tuna Chunks **(Fish)** Water, Salt. Cucumber. 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**

May Also Contain Sesame, Barley.

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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
Chicken Salad Baguette White FFL (439 kcal,1837 kJ)		MC Barley ✓ Wheat		✓								MC		

INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Chicken Diced Breast & Thigh ; Chicken. Tomato ; Tomatoes. Iceberg Lettuce. 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**

May Also Contain Sesame, Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Vegan Cheese and Pickle Baguette (538 kcal,2251 kJ)		✓ Barley ✓ Wheat										MC		✓

INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). White Grated ; Food Preparation With Coconut Oil (Water, Coconut Oil, Modified Potato Starch, Salt, Colour, Beta Carotene), Anti Caking Agent, Potato Starch. Sweet Pickle ; Sugar, Onion (21%), Water, Carrot (11%), **(Barley)** Malt Vinegar, Cauliflower (4.5%), Courgette (4.5%), Tomato Puree, Modified Maize Starch, Spirit Vinegar, Salt, Acidity Regulator(Acetic Acid), Dates, Apple Pulp, Garlic Puree, **(Barley)** Malt Extract, Colour(Caramel), Onion Powder, Ginger Powder, Cinnamon, Clove Powder, Preservative(**(Sodium Metabisulphite)**, **(Sulphur Dioxide)**). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Sesame.

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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
Ham Baguette on Brown (424 kcal, 1774 kJ)		✓ Barley MC Oats ✓ Rye ✓ Wheat												
INGREDIENTS: Baguette ; (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted (Wheat) Flakes 6, 5%, Yeast, Malted (Barley) Flour, (Wheat) Gluten, Salt, (Wheat) Flour, Malted (Wheat) Flour 0, 4%, (Rye) Flour, Deactivated Dried Yeast, Flour Treatment Agent (E300). Ham ; Pork (70%), Water, Salt, Potato Starch, Dextrose, Stabilisers (E407, E450, E451), Antioxidant (E301), Preservative (E250). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Oats.														

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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
BLT Baguette on White (478 kcal,2000 kJ)		MC Barley ✓ Wheat		✓								MC		

INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. Tomato ; Tomatoes. Iceberg Lettuce. 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**

May Also Contain Sesame, Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
BBQ Chicken Wrap (215 kcal,900 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. 10" Fully Baked Flour Tortillas ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator(Malic Acid), Salt. Texan Style Bbq Sauce 2.15l ; Tomato Puree, Glucose-Fructose Syrup, Molasses, Spirit Vinegar, Sugar, Modified Starch, Salt, Flavourings, Smoked Maltodextrin, Spices, Onion Powder, Preservative (Potassium Sorbate), Garlic Powder. Iceberg Lettuce.

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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
Chicken Tikka Wrap (307 kcal, 1284 kJ)		✓ Wheat					✓							

INGREDIENTS: 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. 10" Fully Baked Flour Tortillas ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator(Malic Acid), Salt. Low Fat Natural Yogurt ; Skimmed **(Milk)**, Skimmed **(Milk)** Powder, Cultures. Iceberg Lettuce. Madras Curry Powder ; Coriander (40%), Turmeric (22%), Rice Flour, Fenugreek (5%), Ginger, Salt(Salt,Anticaking Agent(Sodium Ferrocyanide)), Cumin, Black Pepper, Paprika, Colour(Paprika Extract), Nutmeg, Fennel.Agent(Sodium Ferrocyanide)), Cumin, 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
Chicken Ranch Wrap (348 kcal, 1456 kJ)		✓ Wheat		✓			✓							

INGREDIENTS: 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. 10" Fully Baked Flour Tortillas ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator(Malic Acid), Salt. Iceberg Lettuce. 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. Ranch Dressing Aw22. Low Fat Natural Yogurt . Skimmed **(Milk)**, Skimmed **(Milk)** Powder, Cultures. 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. Lemon . Lemons. Parsley. Curly Parsley. Diced Garlic 250g ; Garlic. S Fresh Herbs Chives.

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
Crunchy Pepper and Houmous Wrap (406 kcal, 1699 kJ)		✓ Wheat										✓		
INGREDIENTS: Houmous Dip ; Cooked Chickpeas (46%)(Chickpeas, Water), Rapeseed Oil, Water, (Sesame Seed) Paste (14%), Salt, Garlic Powder, Acidity Regulator(Citric Acid), Preservative(Potassium Sorbate). 10" Fully Baked Flour Tortillas ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator(Malic Acid), Salt. Mixed Pepper; Mixed Peppers, Mixed Pepper. 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													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pretzel (293 kcal, 1226 kJ)		✓ Barley ✓ Wheat		MC			MC					MC	MC	

INGREDIENTS: Thaw And Serve Pretzel ; **(Wheat)** Flour, Water, Rapeseed Oil, Yeast, Salt, **(Barley)** Malt Extract, Dried **(Wheat)** Sourdough (**(Wheat)** Flour, Starter Cultures), Sugar, Emulsifier (Diacetyltartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids (E472e) **(Wheat)** Gluten, Malted **(Wheat)** Flour. Topping: Acidity Regulator (Sodium Hydroxid (E524)).

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

May Also Contain Eggs, Milk, Sesame, Soybeans.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Smashed Cookie (185 kcal, 774 kJ)		✓ Oats ✓ Wheat		✓			✓						MC	

INGREDIENTS: Chocolate Cookie Puck 44g ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Sugar, Fat Reduced Cocoa Powder, Vegetable Oils (Palm, Rapeseed), Whole **(Egg)** Powder, Whey Powder **(Milk)**, Dextrose, Raising Agents (E500, E450), Salt, Water, Glycerine Golden Syrup (Invert Sugar Syrup) Dried Glucose, Salt, Emulsifier (E475), Colours (Curcumin, Annatto Bixin), Flavourings. School **(Oat)**ie Cookie 44g ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Sugar, **(Oats)** (Gluten), Vegetable Oils (Palm, Rapeseed), Water, Glycerine, Golden Syrup (Invert Sugar Syrup), Demerara Sugar (Sugar, Cane Molasses), Whole **(Egg)** Powder, Whey Powder **(Milk)**, Dextrose, Salt, Dextrose Monohydrate, Glucose, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Emulsifier (Polyglycerol Esters Of Fatty Acids), Colours (Curcumin, Annatto Bixin), Flavourings.

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

May Also Contain Soybeans.

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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
Sweet Waffle (136 kcal,569 kJ)		✓ Wheat		✓			MC						✓	

INGREDIENTS: Waffle ; **(Wheat)** Flour, Sugar, Margarine (Vegetable Oils And Fats (Palm And Rapeseed), Water, Emulsifiers Emusifiers: **(Soya)** Lecithin, Mono-Diglycerides Of Fatty Acids, Salt, Acid Regulator: Citric Acid, Naturalemusifiers: **(Soya)** Lecithin, Mono- And Diglycerides Of Fatty Acids, Salt, Acid Regulator: Citric Acidnatural Flavours, Colouring: Beta-Carotene), **(Eggs)**, Yeast, **(Soya)** Flour, Invert Sugar Syrup, Stabilizer: Sorbitol, Salt, Emulsifier: **(Soya)** Lecithin, Flavour.

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

May Also Contain Milk.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Golden Syrup and Oat Cookies SEC (182 kcal,761 kJ)		MC Barley ✓ Oats ✓ Wheat												

INGREDIENTS: Plain Flour ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin). Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. Fairtrade Caster Sugar ; Cane Sugar. Golden Syrup ; Partially Inverted Refiners Syrup. **(Oat)**flakes ; **(Oats)**. Baking Powder ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate). Bicarbonate Of Soda.

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

May Also Contain Barley.

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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 Cookie (189 kcal,791 kJ)		✓ Wheat		✓			✓						MC	

INGREDIENTS: Chocolate Cookie Puck 44g ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Sugar, Fat Reduced Cocoa Powder, Vegetable Oils (Palm, Rapeseed), Whole **(Egg)** Powder, Whey Powder **(Milk)**, Dextrose, Raising Agents (E500, E450), Salt, Water, Glycerine Golden Syrup (Invert Sugar Syrup) Dried Glucose, Salt, Emulsifier (E475), Colours (Curcumin, Annatto Bixin), Flavourings.

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
Lemon Oat Raisin Cookie (194 kcal,812 kJ)		✓ Oats ✓ Wheat		✓			✓						MC	

INGREDIENTS: **(Oat)**, Raisin & Lemon Cookie Pucks ; Sugar, **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Raisins (18%), **(Oats)** (11%), Water, Butter **(Milk)** (7%), Palm Oil, Invert Sugar Syrup, Rapeseed Oil, **(Egg)** Powder, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Salt, Maltodextrin, Cane Molasses, Emulsifier (Mono- And Di-Glycerides Of Fatty Acids), Sunflower Oil, Lemon Oil, Stabiliser (Xanthan Gum), Flavouring.

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

May Also Contain Soybeans.

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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 Flapjack Muffin (163 kcal, 682 kJ)		✓ Wheat		✓			✓							
INGREDIENTS: Plain Flour ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin). Raspberries. Golden Syrup ; Partially Inverted Refiners Syrup. Low Fat Natural Yogurt ; Skimmed (Milk) , Skimmed (Milk) Powder, Cultures. Free Range Pasteurised Whole (Egg) ; Hen (Egg) . Semi Skimmed (Milk) . Rapeseed Oil ; Antifoam E900. Fairtrade Light Brown Soft Sugar ; Cane Sugar. Bicarbonate Of Soda.														
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
Chocolate Brownie (179 kcal, 749 kJ)		✓ Wheat		✓										
INGREDIENTS: Plain Flour ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin). Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. Fairtrade Caster Sugar ; Cane Sugar. Free Range Pasteurised Whole (Egg) ; Hen (Egg) . Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum). Vanilla Essence 500ml ; Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Baking Powder ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate).														
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
Vanilla and Raspberry Blondie (230 kcal,962 kJ)		✓ Wheat		✓										

INGREDIENTS: Self Raising Flour ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates). Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. Fairtrade Caster Sugar ; Cane Sugar. Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Raspberries. 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
Chocolate Fudge Brownie (256 kcal,1071 kJ)		✓ Wheat		✓			MC						MC	

INGREDIENTS: Fudge Brownie Mix ; **(Wheat)** Flour (**(Wheat)**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (5%), Dried Whole **(Egg)** Powder, Dried Glucose, Salt, Emulsifier (Rice Starch, E475, E471), Chocolate Flavour (0.6%), Flavouring, Natural Flavouring. Water.

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

May Also Contain Milk, Soybeans.

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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
Shortbread (185 kcal, 774 kJ)		✓ Wheat												

INGREDIENTS: Plain Flour ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin). Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. Fairtrade Caster Sugar ; Cane Sugar. 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
Joes Flapjack Traybake (182 kcal, 761 kJ)		MC Barley ✓ Oats MC Wheat												

INGREDIENTS: **(Oat)**flakes ; **(Oats)**. Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. 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 Barley, Wheat.

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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
Joes Fruity Flapjack Traybake (142 kcal, 594 kJ)		MC Barley ✓ Oats MC Wheat												
INGREDIENTS: (Oat)flakes ; (Oats). Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. Sultanas ; Sultanas (99.5%), Sunflower Oil. Apple. 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 Barley, Wheat.														

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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 Crunch Biscuit (187 kcal,782 kJ)		MC Barley ✓ Oats ✓ Wheat												

INGREDIENTS: Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. **(Oat)**flakes ; **(Oats)**. Plain Flour ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin). Fairtrade Light Brown Soft Sugar ; Cane Sugar. Golden Syrup ; Partially Inverted Refiners Syrup. Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum). Baking Powder ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate).

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

May Also Contain Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Gingerbread Shortbread (185 kcal,774 kJ)		✓ Wheat												

INGREDIENTS: Plain Flour ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin). Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. Fairtrade Caster Sugar ; Cane Sugar. Vanilla Essence 500ml ; Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Ground Ginger.

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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 Butterscotch Crispie (78 kcal,326 kJ)		✓ Barley					✓							

INGREDIENTS: Water. Caramel Mousse Mix ; Skimmed **(Milk)** Powder, Sugar, Dried Glucose Syrup, Modified Starch, Palm Oil, Emulsifiers (Lactic Esters Of Mono- And Diglycerides Of Fatty Acids), **(Milk)** Proteins, Gelling Agents (Sodium Phosphate), Natural Colour (Caramel, Annatto), Natural Caramel Flavouring, Stabiliser (Calcium Carbonate). 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). Jimjams ; Plant Based Sweetener (Maltitol), Vegetable Oil (Rapeseed), Whey Powder (From **(Milk)**), Reduced Fat Cocoa Powder, Cocoa Fibre, Palm Oil, Skimmed **(Milk)** Powder, Emulsifier (Lecithins), Vanilla Extract, Natural Flavouring. Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum).

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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
Chocolate Toffee Shortbread (203 kcal,849 kJ)		✓ Wheat					✓							

INGREDIENTS: Biscuit Tin Base Vanilla. Plain Flour . **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin). Phase 70% Vegetable Fat Spread. Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. Fairtrade Caster Sugar . Cane Sugar. Vanilla Essence 500ml ; Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Water. Caramel Mousse Mix ; Skimmed **(Milk)** Powder, Sugar, Dried Glucose Syrup, Modified Starch, Palm Oil, Emulsifiers (Lactic Esters Of Mono- And Diglycerides Of Fatty Acids), **(Milk)** Proteins, Gelling Agents (Sodium Phosphate), Natural Colour (Caramel, Annatto), Natural Caramel Flavouring, Stabiliser (Calcium Carbonate). Jimjams ; Plant Based Sweetener (Maltitol), Vegetable Oil (Rapeseed), Whey Powder (From **(Milk)**), Reduced Fat Cocoa Powder, Cocoa Fibre, Palm Oil, Skimmed **(Milk)** Powder, Emulsifier (Lecithins), Vanilla Extract, Natural Flavouring.

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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
Banoffee Pie (92 kcal,385 kJ)		✓ Wheat					✓							

INGREDIENTS: Water. Banana ; Bananas (100%). Caramel Mousse Mix ; Skimmed (**Milk**) Powder, Sugar, Dried Glucose Syrup, Modified Starch, Palm Oil, Emulsifiers (Lactic Esters Of Mono- And Diglycerides Of Fatty Acids), (**Milk**) Proteins, Gelling Agents (Sodium Phosphate), Natural Colour (Caramel, Annatto), Natural Caramel Flavouring, Stabiliser (Calcium Carbonate). Mcvities Digestives Original Biscuits ; Flour (55%) (**Wheat**) Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Wholemealwheat Flour (16%), Sugar, Partially Inverted Sugar Syrup, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate), Salt. Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum).

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
Strawberry Mousse Shortcake (197 kcal,824 kJ)		✓ Wheat					✓							

INGREDIENTS: Water. Shortbread. Plain Flour . (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin). Phase 70% Vegetable Fat Spread. Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. Fairtrade Caster Sugar . Cane Sugar. Vanilla Essence 500ml ; Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Strawberry Mousse Mix ; Skimmed (**Milk**) Powder, Sugar, Dried Glucose Syrup, Modified Starch, Palm Oil, Emulsifiers (Lactic Esters Of Mono- And Diglycerides Of Fatty Acids), (**Milk**) Proteins, Gelling Agents (Sodium Phosphate), Natural Strawberry Flavouring, Natural Colour (Beetroot Red), Stabiliser (Calcium Carbonate).

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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
Caramel Apple Crumble (78 kcal, 326 kJ)		MC Barley  Oats  Wheat												
INGREDIENTS: Solid Pack Apples ; Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid). Water. Caramel Mousse Mix ; Skimmed (Milk) Powder, Sugar, Dried Glucose Syrup, Modified Starch, Palm Oil, Emulsifiers (Lactic Esters Of Mono- And Diglycerides Of Fatty Acids), (Milk) Proteins, Gelling Agents (Sodium Phosphate), Natural Colour (Caramel, Annatto), Natural Caramel Flavouring, Stabiliser (Calcium Carbonate). Crumble Topping. Wholemeal Flour . Wholemeal (Wheat) Flour. Plain Flour. (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin). Phase 70% Vegetable Fat Spread . Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. (Oat)Flakes. (Oats). Fairtrade Caster Sugar ; Cane Sugar. Fairtrade Light Brown Soft Sugar ; Cane Sugar. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley.														

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Bread and Butter Pudding (199 kcal,833 kJ)		MC Barley ✓ Wheat		✓			✓						✓	

INGREDIENTS: Semi Skimmed **(Milk)**. Thick Square Sliced White Loaves ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, **(Soya)** Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Sultanas ; Sultanas (99.5%), Sunflower Oil. Jimjams ; Plant Based Sweetener (Maltitol), Vegetable Oil (Rapeseed), Whey Powder (From **(Milk)**), Reduced Fat Cocoa Powder, Cocoa Fibre, Palm Oil, Skimmed **(Milk)** Powder, Emulsifier (Lecithins), Vanilla Extract, Natural Flavouring. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes). Fairtrade Caster Sugar ; Cane Sugar. Fairtrade Light Brown Soft Sugar ; Cane Sugar.

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

May Also Contain Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Custard - Milk powder SEC (111 kcal,464 kJ)							✓							

INGREDIENTS: Water. **(Milk)** Powder Half Fat 2kg ; Skimmed **(Milk)** Powder (44%), Vegetable Oils (Coconut And Palm), Lactose **(Milk)**, Whey Powder **(Milk)**, Dried Glucose Syrup, **(Milk)** Protein, Acidity Regulator E340b, Emulsifier E471, Vitamin D. Custard Powder ; Maize Starch, Colour(Annatto), Flavouring. Fairtrade Caster Sugar ; Cane Sugar.

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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
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
INGREDIENTS: Strawberry Frozen Yogurt 4l ; Skimmed (Milk), Natural Yogurt (38%), Sugar, Dried Glucose Syrup, Fructose, Skimmed (Milk) Powder, Maltodextrin, Stabilisers (Xanthan Gum, Guar Gum, Carrageenan), Emulsifier (Mono- And Diglycerides Of Fatty Acids), Colour (Beetroot Red), Flavouring, Acidity Regulator (Citric 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
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
INGREDIENTS: Mango Frozen Yogurt 4l ; Skimmed (Milk), Natural Yogurt (38%), Sugar, Dried Glucose Syrup, Fructose, Skimmed (Milk) Powder, Maltodextrin, Stabilisers (Xanthan Gum, Guar Gum, Carrageenan), Emulsifier (Mono- And Diglycerides Of Fatty Acids), Flavouring, Colours (Curcumin, Annatto Norbixin). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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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
Ice Cream Box Chocolate (163 kcal,682 kJ)							✓							
INGREDIENTS: Chocolate Flavour Ice Cream ; Partially Reconstituted Skimmed (Milk), Sugar, Palm Oil, Whey Powder (Milk), Fat-Reduced Cocoa Powder (1.5%), Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum), Flavouring. 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
Ice Cream Box Strawberry (139 kcal,582 kJ)							✓							
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 .														

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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 Vanilla (117 kcal,490 kJ)							✓							

INGREDIENTS: Vanilla Flavour Ice Cream Soft Scoop ; Partially Reconstituted Skimmed (**Milk**), Sugar, Palm Oil, Whey Powder (**Milk**), Emulsifier (Mono-And Diglycerides Of Fatty Acids), Flavouring, Stabilisers (Guar Gum, Locust Bean Gum), Colours (Curcumin, Annatto Norbixin).

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
Wibble Jelly Strawberry (13 kcal,54 kJ)														

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).

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
Wibble Jelly Raspberry (13 kcal, 54 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). 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
Cucumber with Houmous (218 kcal,912 kJ)												✓		
INGREDIENTS: Cucumber. Houmous Dip ; Cooked Chickpeas (46%)(Chickpeas, Water), Rapeseed Oil, Water, (Sesame Seed) Paste (14%), Salt, Garlic Powder, Acidity Regulator(Citric Acid), Preservative(Potassium Sorbate). 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
Carrot with Houmous (227 kcal,950 kJ)												✓		
INGREDIENTS: Carrot ; Carrot (100%). Houmous Dip ; Cooked Chickpeas (46%)(Chickpeas, Water), Rapeseed Oil, Water, (Sesame Seed) Paste (14%), Salt, Garlic Powder, Acidity Regulator(Citric Acid), Preservative(Potassium Sorbate). 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
Tuna and Sweetcorn Pasta Salad (358 kcal,1498 kJ)		✓ Wheat		✓	✓									

INGREDIENTS: Penne Pasta ; Durum (**Wheat**) Semolina. Tuna Chunks ; Tuna Chunks (**Fish**) Water, Salt. Iceberg Lettuce. Sweetcorn ; Sweetcorn 100%. 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													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Green Pea Pesto Pasta (451 kcal,1887 kJ)		✓ Wheat					✓						✓	

INGREDIENTS: Pasta Fusilli ; Whole Durum (**Wheat**) Flour. Garden Peas Value ; Garden Peas. (**Soya**) Beans. Dell'ami Nut Free Green Pesto ; Basil Paste (Basil (59%), Sunflower Oil, Salt, Antioxidant [Ascorbic Acid (E300)]), Sunflower Oil, Grated Vegetarian Hard Cheese (Pasteurised Cows (**Milk**), Salt, Microbial Rennet, Culture), Garlic Puree. 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

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Roasted Indian Chickpea Salad (151 kcal,632 kJ)														✓

INGREDIENTS: Chickpeas In Water ; Chick Peas, Water, Antioxidant: Ascorbic Acid. Base Salad. Tomato . Tomatoes. Iceberg Lettuce. Cucumber ; Cucumber (100%). Coconut Yoghurt Alternative Natural ; Coconut_milk (71%) Coconut Water (24%), Cornflour, Potato Starch, Fruit Pectin, Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis). Desiccated Coconut ; Preservative (**Sodium Metabisulphite**). Lemon; Lemons. Garam Masala ; Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove. Rapeseed Oil ; Antifoam E900. Coriander.

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
Greek Salad (111 kcal,464 kJ)							✓							

INGREDIENTS: Iceberg Lettuce. Feta Pdo Cheese ; Pasteurized Sheep (70% Min.) And Goat (30% Max.) (**Milk**), Salt, Culture, Rennet, Moisture: 56% Max. Fat In Dry Matter: 43% Min. Tomato ; Tomatoes. Onion Brown Medium ; Onions. Pitted Black Olives ; Water, Salt, Stabiliser: Ferrous Gluconate.

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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
Chicken and Bacon Pasta Salad (343 kcal, 1435 kJ)		✓ Wheat		✓										
INGREDIENTS: Penne Pasta ; Durum (Wheat) Semolina. Chicken Diced Breast & Thigh ; Chicken. Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. Iceberg Lettuce. 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. Spring Onion; Spring Onions.														
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 SEC (9 kcal, 38 kJ)														
INGREDIENTS: Iceberg Lettuce.														
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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 SEC (11 kcal,46 kJ)														

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 CUCUMBER SEC (11 kcal,46 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
SALAD CARROT SEC (19 kcal,79 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
SALAD PEPPERS SEC (14 kcal,59 kJ)														
INGREDIENTS: Mixed Pepper; Mixed Peppers, Mixed Pepper. 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 Sweetcorn (64 kcal,268 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
SALAD BEETROOT SEC (23 kcal,96 kJ)														
INGREDIENTS: Beetroot ; Beetroot Raw.														
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 RED ONION SEC (25 kcal,105 kJ)														
INGREDIENTS: Red Onion; Red Onions, Red Onion.														
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 OLIVES SEC (50 kcal,209 kJ)														
INGREDIENTS: Pitted Black Olives ; Water, Salt, Stabiliser: Ferrous Gluconate.														
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
Coleslaw (59 kcal,247 kJ)				✓										
INGREDIENTS: White Cabbage. Carrot ; Carrot (100%). Onion Brown Medium ; Onions. 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													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pasta Salad (119 kcal,498 kJ)		✓ Wheat												
INGREDIENTS: Pasta Fusilli ; Whole Durum (Wheat) Flour. Sweetcorn ; Sweetcorn 100%. Mixed Pepper; Mixed Peppers, Mixed Pepper. Cucumber. Spring Onion ; Spring Onions. Lemon; Lemons. 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
New Potato Salad (70 kcal,293 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. Red Onion; Red Onions, Red Onion. 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
Red Slaw (56 kcal,234 kJ)				✓										

INGREDIENTS: Red Cabbage Red; Red Cabbage. Carrot ; Carrot (100%). 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. Red Onion; Red Onions, Red Onion.

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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
Apple Slaw (72 kcal, 301 kJ)				✓										

INGREDIENTS: White Cabbage. Carrot ; Carrot (100%). 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. Apple. Sultanas ; Sultanas (99.5%), Sunflower 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
Bulger Wheat and Roasted Cauliflower Salad (246 kcal, 1029 kJ)		✓ Wheat												

INGREDIENTS: Medium Bulgar (**Wheat**). Cauliflower ; Cauliflowers. Sultanas ; Sultanas (99.5%), Sunflower Oil. Rapeseed Oil ; Antifoam E900. Coriander. Ground Turmeric. Paprika. Ground Cumin.

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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 (259 kcal,1084 kJ)		✓ Wheat							MC				MC	
INGREDIENTS: Cous Cous ; Durum (Wheat) Semolina. Water. Mixed Pepper; Mixed Peppers, Mixed Pepper. Cucumber ; Cucumber (100%). 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. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Mustard, Soybeans.														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Savoury Rice Salad (194 kcal,812 kJ)														
INGREDIENTS: Long Grain Brown Rice. Easy Cook Long Grain Rice ; Parboiled Long Grain Rice (100%). Mixed Pepper; Mixed Peppers, Mixed Pepper. Sweetcorn ; Sweetcorn 100%. Tomato ; Tomatoes. Cucumber. Spring Onion; Spring Onions. 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
Spicy Rice & Red Bean Salad (270 kcal, 1130 kJ)														
INGREDIENTS: Easy Cook Long Grain Rice ; Parboiled Long Grain Rice (100%). Red Kidneys In Water ; Red Kidney Beans, Water, Firming Agent: Calcium Chloride. Red Onion ; Red Onions. Sweetcorn ; Sweetcorn 100%. Cucumber ; Cucumber (100%). Rapeseed Oil ; Antifoam E900. Mild Chilli Powder ; Paprika, Chilli Powder (20%). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.														

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- Adults need around 2000 kcal a day