

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Traditional Beef Lasagne (363 kcal,1519 kJ)		✓ Wheat		MC			✓		MC				MC	

INGREDIENTS: Lasagne ; Durum (**Wheat**) Semolina. Bechamel Sauce. Semi Skimmed (**Milk**). 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. 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. Beef Mince 85vL Rt Uk 2.5kg ; Beef Meat. Carrot ; Carrot (100%). Water. Mozz/Cheddar 70/30 ; Mozzarella Cheese (**Milk**), Cheddar Cheese (**Milk**), Anti-Caking Potato Starch. 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. Premium Instant Gravy ; Maltodextrin, Potato Starch, Flavouring, Salt, Yeast Extract, Colour (Caramel), Rapeseed Oil.

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

May Also Contain Eggs, Mustard, Soybeans.

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Sweet Potato and Bean Sausage Roll (172 kcal,720 kJ)		✓ Wheat												

INGREDIENTS: Sweet Potato ; Potatoes. Puff Pastry Sheets ; (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate). Red Kidneys In Water ; Red Kidney Beans, Water, Firming Agent: Calcium Chloride. Riverdene Butter Beans Water ; Butter Beans, Water, Antioxidant: Ascorbic Acid. Onion ; Onions. 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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Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- MC = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

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Garlic and Herb Wedges Half Portion (82 kcal,343 kJ)														
INGREDIENTS: Baking Potato. Garlic Powder. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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Salad Sweetcorn (64 kcal,268 kJ)														
INGREDIENTS: Sweetcorn ; Sweetcorn 100%. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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