

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 Korma (129 kcal,540 kJ)														

INGREDIENTS: Chicken Diced Breast & Thigh ; Chicken. Water. Curry Onion Base ; Onion (69%), Water, Tomato Paste, Salt, Rapeseed Oil, Glucose Syrup, Sugar, Garlic Puree, Cumin, Ginger Puree, Paprika, Yeast Extract, Ground Coriander, Turmeric, Ginger, Ground Fennel, Cinnamon, Lemon Juice Concentrate, Black Pepper, Cardamom, Clove, Bay Leaf. Coconut_milk ; Coconut Extract, Water, Thickener(Carboxymethyl Cellulose), Emulsifier(Polysorbate 60). Green Lentils. Chickpeas In Water ; Chick Peas, Water, Antioxidant: Ascorbic Acid. Coconut Yoghurt Alternative Natural ; Coconut_milk (71%) Coconut Water (24%), Cornflour, Potato Starch, Fruit Pectin, Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis). Kerala Seasoning ; Chicory Extract, Herbs & Spices (Coriander, Cumin, Paprika, Chilli, Ginger, Turmeric, Fennel, Cinnamon, Cardamom, Black Pepper, Clove, Bay Leaf, Nutmeg), Onion Powder, Tomato Powder, Yeast Extract, Garlic Powder, Carrot Powder, Citric Acid, Coriander Seed Oil, Cumin Seed Oil, Lime Oil.

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

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Burmese Biryani (419 kcal,1753 kJ)														

INGREDIENTS: Easy Cook Long Grain Rice ; Parboiled Long Grain Rice (100%). Water. Baking Potato. Chickpeas In Water ; Chick Peas, Water, Antioxidant: Ascorbic Acid. Chartwells Tikka Sauce. Curry Onion Base . Onion (69%), Water, Tomato Paste, Salt, Rapeseed Oil, Glucose Syrup, Sugar, Garlic Puree, Cumin, Ginger Puree, Paprika, Yeast Extract, Ground Coriander, Turmeric, Ginger, Ground Fennel, Cinnamon, Lemon Juice Concentrate, Black Pepper, Cardamom, Clove, Bay Leaf. Water. Coconut Yoghurt Alternative Natural. Coconut_milk (71%) Coconut Water (24%), Cornflour, Potato Starch, Fruit Pectin, Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis). Tikka Seasoning ; Chicory Extract, Herbs & Spices (Coriander, Cumin, Paprika, Ginger, Chilli, Black Pepper), Sugar, Tomato Powder, Garlic Powder, Onion Powder, Yeast Extract, Colour (Paprika Extract), Citric Acid. Onion Brown Medium ; Onions. Whole Leaf Spinach Portions ; Spinach. Sultanas ; Sultanas (99.5%), Sunflower Oil. Rapeseed Oil ; Antifoam E900. Tikka Seasoning ; Chicory Extract, Herbs & Spices (Coriander, Cumin, Paprika, Ginger, Chilli, Black Pepper), Sugar, Tomato Powder, Garlic Powder, Onion Powder, Yeast Extract, Colour (Paprika Extract), Citric Acid. Coriander.

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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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Turmeric Bread (90 kcal,377 kJ)		✓ Wheat												
INGREDIENTS: 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. Ground Turmeric. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.														

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Rice 1/2 Wholegrain (189 kcal,791 kJ)														
INGREDIENTS: Long Grain Brown Rice. Easy Cook Long Grain Rice ; Parboiled Long Grain Rice (100%). 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. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.														

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