

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 Pork Bite Pitta (317 kcal, 1326 kJ)		✓ Wheat					MC						✓	✓
INGREDIENTS: Pork Sausages Bites 15g ; 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. Pitta Breads ; (Wheat) Flour (Wheat) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, Salt. No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract. Red Kidneys In Water ; Red Kidney Beans, Water, Firming Agent: Calcium Chloride. Riverdene Butter Beans Water ; Butter Beans, Water, Antioxidant: Ascorbic Acid. Onion ; Onions. 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 May Also Contain Milk.														

Allergen and Nutrition Advice:

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

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Loaded Vegan Tagine (293 kcal, 1226 kJ)		✓ Wheat					MC						MC	
INGREDIENTS: Pitta Breads ; (Wheat) Flour((Wheat) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, Salt. Sweet Potato ; Potatoes. 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. Chickpeas In Water ; Chick Peas, Water, Antioxidant: Ascorbic Acid. Red Kidneys In Water ; Red Kidney Beans, Water, Firming Agent: Calcium Chloride. Carrot ; Carrots. Sweetcorn ; Sweetcorn 100%. Red Cabbage Red. Red Onion ; Red Onions. Rapeseed Oil ; Antifoam E900. 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 May Also Contain Milk, Soybeans.														

Allergen and Nutrition Advice:

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