

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Thai Rubbed Pork (140 kcal,586 kJ)														

INGREDIENTS: Pork Loin ; Pork (100%). Water. Mixed Pepper ; Mixed Peppers. Premium Instant Gravy ; Maltodextrin, Potato Starch, Flavouring, Salt, Yeast Extract, Colour (Caramel), Rapeseed Oil. Fragrant Thai Style Seasoning; Dried Glucose Syrup, Sugar, Yeast Extracts, Salt, Onion Powder, Garlic Powder, Chilli Powder, Modified Tapioca Starch, Coriander Leaf, Citric Acid, Chilli Flakes, Natural Flavouring, Ground Coriander, Ground Ginger, Black Pepper, Turmeric Extract, Natural Lemongrass Flavour, Kaffir Lime Oil.

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

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Chickpea and Squash Curry (129 kcal,540 kJ)														

INGREDIENTS: Chickpeas In Water ; Chick Peas, Water, Antioxidant: Ascorbic Acid. Butternut Squash. 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_milk ; Coconut Extract, Water, Thickener(Carboxymethyl Cellulose), Emulsifier(Polysorbate 60). Rapeseed Oil ; Antifoam E900. 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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Vegetable Rice (230 kcal,962 kJ)														

INGREDIENTS: Long Grain Brown Rice. Garden Peas Value ; Garden Peas. Diced Carrots ; Carrot (Origin Eu). Sweetcorn ; Sweetcorn 100%.

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