

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Korean Glazed Chicken Goujons (193 kcal,808 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. 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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Mac and Cheese (446 kcal,1866 kJ)		✓ Wheat					✓							

INGREDIENTS: Macaroni ; Durum **(Wheat)** Semolina. Semi Skimmed **(Milk)**. 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. 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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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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Chips (173 kcal,724 kJ)														
INGREDIENTS: Oven Fries ; Potatoes, Sunflower Oil, Dextrose. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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Baked Beans (57 kcal,238 kJ)														
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. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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Peas (54 kcal, 226 kJ)														
INGREDIENTS: Garden Peas Value ; Garden Peas. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.														

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