

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 Red Chicken Curry (134 kcal,561 kJ)													✓	

INGREDIENTS: Chicken Diced Breast & Thigh ; Chicken. 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). Water. **(Soya)** Beans. Coriander. 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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Sweet and Sour Vegettables (164 kcal,686 kJ)	✓	✓ Barley ✓ Wheat											✓	MC

INGREDIENTS: Vegan Fillets ; Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, **(Wheat)** Gluten, Stabiliser, Carrageenan. Water. Onion Brown Medium ; Onions. Mixed Pepper; Mixed Peppers, Mixed Pepper. Pineapple. **(Soya)** Beans. Garden Peas Value ; Garden Peas. Carrot ; Carrot (100%). Light **(Soy)** Sauce ; **(Soy)** Sauce Extract (51%, Water, **(Soy)** Bean, Salt, **(Wheat)** Flour), Water, Sugar, Salt, Colour - Plain Caramel, Acidity Regulators - Citric Acid, Lactic Acid, Preservative - Potassium Sorbate, Flavour Enhancers - E631 And E627. Spring Onion; Spring Onions. Fairtrade Light Brown Soft Sugar ; Cane Sugar. Brown Malt Vinegar ; Malt Vinegar **(Barley)**, **(Barley)** Malt Extract. (Acidity 5%). Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup), Spirit Vinegar, Sugar, Salt, Spice And Herb Extracts (Contain **(Celery)**), Sweetener (Steviol Glycosides), Spice. Cornflour ; Maize Starch. Rapeseed Oil ; Antifoam E900. Diced Garlic 250g ; Garlic. Ginger; Root Ginger. Chinese 5 Spice ; Ground Coriander, Ground Cinnamon, Ground Fennel, Ground Ginger, Ground Cloves, Dried Dill, Ground Aniseed.

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

May Also Contain Sulphur D02/Sulphites.

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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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.														
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Peas (54 kcal,226 kJ)														
INGREDIENTS: Garden Peas Value ; Garden Peas.														
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