

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jerk Chicken Rice and Peas (371 kcal,1552 kJ)														

INGREDIENTS: Easy Cook Long Grain Rice ; Parboiled Long Grain Rice (100%). 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Red Kidneys In Water ; Red Kidney Beans, Water, Firming Agent: Calcium Chloride. Jerk Seasoning ; Herbs & Spices (Coriander, Ginger, Allspice, Chilli, Black Pepper, Thyme, Cinnamon, Nutmeg, Turmeric, Bay Leaf), Salt, Garlic, Chicory Extract, Onion, Citric Acid, Colour (Paprika Extract). 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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Mixed Bean Chilli with Crunchy Tortilla (148 kcal,619 kJ)		✓ Wheat												

INGREDIENTS: 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. Mixed Bean (5) Salad In Water ; Mix Beans In Variable Proportions (Red Kidney Beans, Borlotti Beans, Cannellini Beans, Butter Beans, Chickpeas) 60%, Water, Antioxidant: Ascorbic Acid. No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract. 10" Fully Baked Flour Tortillas ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator(Malic Acid), Salt. 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. Mild Chilli Powder ; Paprika, Chilli Powder (20%).

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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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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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