

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tex Mex Chicken Pitta (266 kcal, 1113 kJ)		✓ Wheat					✓						MC	

INGREDIENTS: Pitta Breads ; **(Wheat)** Flour(**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, Salt. Chicken Diced Breast & Thigh ; Chicken. Bbq Baked Beans. No Added Sugar Baked Beans . Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract. Riverdene Butter Beans Water. Butter Beans, Water, Antioxidant: Ascorbic Acid. Red Kidneys In Water . Red Kidney Beans, Water, Firming Agent: Calcium Chloride. Onion. Onions. American Bbq Style Seasoning ; Demerara Sugar, Smoked Paprika, Sugar, Tomato Powder, Salt, Cumin, Garlic Powder, Yeast Extracts, Modified Tapioca Starch, Black Pepper, Coriander, Chilli Flakes, Green Bell Peppers, Smoked Maltodextrin, Silicon Dioxide (Anti-Caking Agent), Citric Acid, Rapeseed Oil. Mixed Pepper ; Mixed Peppers. Mozz/Cheddar 70/30 ; Mozzarella Cheese (**(Milk)**), Cheddar Cheese (**(Milk)**), Anti-Caking Potato Starch. Spring Onion ; Spring Onions.

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

May Also Contain Soybeans.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Moroccan Spiced Vegetable Pitta (240 kcal, 1004 kJ)		✓ Wheat					MC						MC	

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. Pitta Breads ; **(Wheat)** Flour(**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, Salt. Chickpeas In Water ; Chick Peas, Water, Antioxidant: Ascorbic Acid. Mixed Pepper ; Mixed Peppers. Whole Leaf Spinach Portions ; Spinach. Red Onion ; Red Onions. Spring Onion ; Spring Onions. Zesty Chermoula Seasoning; Herbs And Spices (Coriander, Cumin, Parsley, Black Pepper, Cayenne Pepper (2.5%), Basil, Oregano, Thyme), Dried Glucose Syrup, Sugar, Yeast Extract, Smoked Paprika, Garlic Powder, Red Bell Pepper (7%), Salt, Citric Acid, Colour (Paprika Extract), Coriander Leaf Oil.

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