

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
14 Margherita Pizza (288 kcal, 1205 kJ)		MC Barley MC Oats MC Rye MC Spelt  Wheat												

INGREDIENTS: Unsauced Pizza Slab With Fibre *12 ; Fortified **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, **(Wheat)** Fiber, Rapeseed Oil, Yeast, Caster Sugar, Salt, Deactivated Yeast. Grated Mozzarella ; Mozzarella Cheese **(Milk)**, Anti Caking Agent Potato Starch. Spiced Pizza Sauce ; Tomato, Salt, Sunflower Oil, Sugar, Oregano, Basil, Black Pepper, Garlic Powder, Citric Acid.

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

May Also Contain Barley, Oats, Rye, Spelt.

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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Sausage and Mash with Gravy (250 kcal, 1046 kJ)		✓ Wheat					✓						✓	✓

INGREDIENTS: Potato ; Potatoes. Pork Sausages Bites 15g ; Pork (52%), Water, Rusk [(**Wheat**) Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt (Anti-Caking Agent (E535)), Raising Agent (E503(ii))], Seasoning [Salt (Anti-Caking Agent (E535)), Sugar, Spices (Black Pepper, White Pepper, Nutmeg, Mace) Yeast Extract, Dehydrated Onion, Preservative (**E223**) [(**Sulphite**)], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Pea Protein, (**Soya**) Protein. Water. Semi Skimmed (**Milk**) ; (**Milk**). Premium Instant Gravy ; Maltodextrin, Potato Starch, Flavouring, Salt, Yeast Extract, Colour (Caramel), Rapeseed Oil.

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Vegetarian Sausage Mash (394 kcal, 1648 kJ)		✓ Wheat												

INGREDIENTS: Mash Pot Sec. Potato . Potatoes. 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. Quorn Vegan Sausage ; Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [(**Wheat**) Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], (**Wheat**) Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: Sodium Alginate. Garden Peas Value ; Garden Peas. Gravy. Water. Premium Instant Gravy ; Maltodextrin, Potato Starch, Flavouring, Salt, Yeast Extract, Colour (Caramel), Rapeseed Oil.

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Basic Vanilla Sponge (345 kcal, 1443 kJ)		✓ Wheat		✓										

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Custard - Fresh Milk (117 kcal, 490 kJ)							✓							

INGREDIENTS: Semi Skimmed **(Milk)** ; **(Milk)**. Custard Powder ; Maize Starch, Colour(Annatto), Flavouring. Fairtrade Caster Sugar ; Cane Sugar.

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