

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
BBQ Chicken Burger (192 kcal, 803 kJ)		✓ Wheat		✓								MC		

INGREDIENTS: Roasted Chicken Breast Fillets 80g ; Chicken Breast (95%), Water, Modified Tapioca Starch (E1420), Dextrose, Salt, Sugar, Maltodextrin, Onion Powder, White Pepper Powder, Garlic Powder, Yeast Extract, Stabiliser (E451i, E500). 4in Floured Bap ; **(Wheat)** Flour (With Calcium, Folic Acid, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Vegetable Oils (Palm, Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300). Iceberg Lettuce. Light Mayonnaise ; Water, Rapeseed Oil 25%, Spirit Vinegar, Modified Starch, Pasteurised **(Egg)** 3.5 %, Sugar, Salt, Pasteurised **(Egg)** Yolk 1%, Thickener (Xanthan Gum), Lemon Juice Concentrate, Preservative (Potassium Sorbate), Antioxidant (Calcium Disodium Edta), Acid (Malic Acid), Natural Flavour. American Bbq Seasoning; Demerara Sugar, Smoked Paprika, Sugar, Tomato Powder, Salt, Cumin, Garlic Powder, Yeast Extracts, Modifiedtapioca Starch, Black Pepper, Coriander, Chilli Flakes, Green Bell Peppers, Smoked Maltodextrin, Silicon Dioxide (Anti-Caking Agent), Citric Acid, Rapeseed Oil, Modified Tapioca Starch.

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

May Also Contain Sesame.

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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Traditional Beef Lasagne (372 kcal,1556 kJ)		✓ Wheat		MC			✓		MC				MC	

INGREDIENTS: Lasagne ; Durum **(Wheat)** Semolina. Bechamel Sauce. Semi Skimmed **(Milk)** . **(Milk)**. 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. 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. Green Lentils. Beef Mince 85v1 Rt Uk 2.5kg ; Beef Meat. Carrot ; Carrot (100%). Water. Grated Mature Cheese ; White Mild Cheddar Cheese **(Milk)**, Anti-Caking Agent Potato Starch. Rapeseed Oil ; Antifoam E900. 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. Premium Instant Gravy ; Maltodextrin, Potato Starch, Flavouring, Salt, Yeast Extract, Colour (Caramel), Rapeseed Oil.

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May Also Contain Eggs, Mustard, Soybeans.

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Garlic and Herb Wedges Half Portion (82 kcal,343 kJ)														

INGREDIENTS: Baking Potato. Garlic Powder. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory.

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Sweet Potato and Bean Sausage Roll (172 kcal, 720 kJ)		✓ Wheat												
INGREDIENTS: Sweet Potato ; Potatoes. Puff Pastry Sheets ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate). Red Kidneys In Water ; Red Kidney Beans, Water, Firming Agent: Calcium Chloride. Riverdene Butter Beans Water ; Butter Beans, Water, Antioxidant: Ascorbic Acid. Onion ; Onions. Water. Spicy Persian Style Seasoning ; Sugar, Spices (Ginger (7%), Paprika, Cinnamon (4%), Cumin (4%), All Spice, Turmeric, Black Pepper, Chilli Powder, Coriander, Nutmeg), Salt, Dried Glucose Syrup, Tomato Powder, Modified Tapioca Starch, Garlic Powder, Turmeric Extract. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.														

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