

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Hosp Beef Burger (198 kcal,828 kJ)	✓	✓ Wheat										MC		✓

INGREDIENTS: Chartwells Burger 60/40 60g ; Beef 85vl (62%), Black Bean (15%), Puy Lentil(15%), Pea Protein (7%), Water, Salt, Garlic, Spices, Onion, Flavouring, Herb, Antioxidant E300, Rice Flour, Preservative **(E223)** (1%)**(Sulphites)**Then Form Meat Into 60g Patties. 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). 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.

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

May Also Contain Sesame.

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- Adults need around 2000 kcal a day

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Chicken Korma (129 kcal,540 kJ)														

INGREDIENTS: Chicken Diced Breast & Thigh ; Chicken. Water. 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). Green Lentils. Chickpeas In Water ; Chick Peas, Water, Antioxidant: Ascorbic Acid. Coconut Yoghurt Alternative Natural ; Coconut_milk (71%) Coconut Water (24%), Cornflour, Potato Starch, Fruit Pectin, Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis). Keralan Seasoning ; Chicory Extract, Herbs & Spices (Coriander, Cumin, Paprika, Chilli, Ginger, Turmeric, Fennel, Cinnamon, Cardamom, Black Pepper, Clove, Bay Leaf, Nutmeg), Onion Powder, Tomato Powder, Yeast Extract, Garlic Powder, Carrot Powder, Citric Acid, Coriander Seed Oil, Cumin Seed Oil, Lime Oil.

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Turmeric Bread (90 kcal,377 kJ)		✓ Wheat												

INGREDIENTS: White Bread/Roll/Pizza Mix ; **(Wheat)** Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Dried Yeast, Salt, Rapeseed Oil, ChickpeafLOUR, Emulsifier E472, Dextrose, Flour Treatment Agent-Ascorbic Acid. Water. Ground Turmeric.

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Burmese Biryani (416 kcal,1741 kJ)														

INGREDIENTS: Easy Cook Long Grain Rice; Easy Cook Rice, Parboiled Long Grain Rice (100%). Water. Baking Potato. Chickpeas In Water ; Chick Peas, Water, Antioxidant: Ascorbic Acid. Chartwells Tikka Sauce. 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. Water. Coconut Yoghurt Alternative Natural. Coconut_milk (71%) Coconut Water (24%), Cornflour, Potato Starch, Fruit Pectin, Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis). Tikka Seasoning ; Chicory Extract, Herbs & Spices (Coriander, Cumin, Paprika, Ginger, Chilli, Black Pepper), Sugar, Tomato Powder, Garlic Powder, Onion Powder, Yeast Extract, Colour (Paprika Extract), Citric Acid. Onion Brown Medium ; Onions. Whole Leaf Spinach Portions ; Spinach. Sultanas ; Sultanas (99.5%), Sunflower Oil. Rapeseed Oil ; Antifoam E900. Tikka Seasoning ; Chicory Extract, Herbs & Spices (Coriander, Cumin, Paprika, Ginger, Chilli, Black Pepper), Sugar, Tomato Powder, Garlic Powder, Onion Powder, Yeast Extract, Colour (Paprika Extract), Citric Acid. Coriander.

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Chocolate Sauce (69 kcal,289 kJ)							✓							

INGREDIENTS: Semi Skimmed (**Milk**) ; (**Milk**). Water. Fairtrade Caster Sugar ; Cane Sugar. Cornflour ; Maize Starch. Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum).

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Chocolate Fudge Brownie (256 kcal, 1071 kJ)		✓ Wheat		✓			MC						MC	
INGREDIENTS: Fudge Brownie Mix ; (Wheat) Flour ((Wheat), Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (5%), Dried Whole (Egg) Powder, Dried Glucose, Salt, Emulsifier (Rice Starch, E475, E471), Chocolate Flavour (0.6%), Flavouring, Natural Flavouring. Water. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Milk, Soybeans.														

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