

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Love Joes Mexican Chicken Burrito SEC (248 kcal,1038 kJ)		✓ Wheat												

INGREDIENTS: Mexican Chicken Burrito With Rice ; Mexican Burrito Mix: Chicken (48%), Sauce (Chopped Tomatoes , Red Beans (10%), Mixed Peppers (4%), Onions, Jalapenos, Tomato Paste, Water, Spirit Vinegar, Garlic, Lemon Juice, Rapeseed Oil, Salt, Sugar, Maize (Corn Starch), Spices), Seasoning (Sugar, Tomato Powder, Modified Maize Starch, Flavouring, Spices, Red Pepper (0.4%), Spice, Garlic Powder, Potato Starch, Spice, Red Bell Pepper Powder (0.4%), Herb, Colour [E160c], Rapeseed Oil, Flavouring).Saffron Rice: Water, Rice, Salt, Natural Flavour, Saffron. 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.

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

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

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Roast Pork Loin - 'Sauce and Stuffing' (198 kcal,828 kJ)		✓ Wheat												
INGREDIENTS: Pork Loin ; Pork (100%). Bramley Apple. Sage & Onion Stuffing ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin), Salt, Vegetable Oil (Palm Oil, Sunflower Oil), Dried Onion (2.2%), Sage (1%), Parsley, Raising Agent (Ammonium Hydrogen Carbonate), Yeast, Sage Extract. Fairtrade Caster Sugar ; Cane Sugar. Rapeseed Oil ; Antifoam E900. Black Pepper.														
Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Quorn Roast Sec (61 kcal,255 kJ)				✓			✓							
INGREDIENTS: Quorn Roast ; Mycoprotein (63%), Rehydrated Free Range (Egg) White, (Milk) Proteins, Natural Flavourings, Pea Fibre.														
Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Gravy (10 kcal,42 kJ)														

INGREDIENTS: Water. Premium Instant Gravy ; Maltodextrin, Potato Starch, Flavouring, Salt, Yeast Extract, Colour (Caramel), Rapeseed Oil.

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

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Roast Potatoes (138 kcal,577 kJ)														

INGREDIENTS: Potato ; Potatoes. Rapeseed Oil ; Antifoam E900.

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

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