

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:

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- **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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Mince Beef Pie (440 kcal, 1841 kJ)		✓ Wheat												

INGREDIENTS: Beef Mince 85vl Rt Uk 2.5kg ; Beef Meat. Water. Shortcrust Pastry. 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. Water. Sweet Potato ; Potatoes. Onion Brown Medium ; Onions. Carrot ; Carrot (100%). 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. Plain Flour ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin). Tomato Paste ; Tomatoes, Citric Acid. Premium Instant Gravy ; Maltodextrin, Potato Starch, Flavouring, Salt, Yeast Extract, Colour (Caramel), Rapeseed Oil. 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. Diced Garlic 250g ; Garlic. Parsley ; Curly Parsley. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory.

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Gravy (10 kcal, 42 kJ)														

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

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Creations Mash Potato (11 kcal,46 kJ)														

INGREDIENTS: Water. Vegan Mash Potato Mix ; Dried Potato, Salt, Colour (Curcumin), Antioxidant (Rosemary Extract).

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Vegetarian Cottage Pie (293 kcal,1226 kJ)														

INGREDIENTS: Potato ; Potatoes. Water. Green Lentils. No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract. Carrot ; Carrot (100%). Onion Brown Medium ; Onions. Chopped Tomatoes ; Tomato Juice, Citric Acid. 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. Tomato Paste ; Tomatoes, Citric Acid. Rapeseed Oil ; Antifoam E900. Diced Garlic 250g ; Garlic. 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.

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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.

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May Also Contain Milk, Soybeans.

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Chocolate Sauce (69 kcal, 289 kJ)							✓							

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

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