

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.

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- Adults need around 2000 kcal a day

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Thai Red Chicken Curry (134 kcal,561 kJ)													✓	

INGREDIENTS: Chicken Diced Breast & Thigh ; Chicken. 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). Water. **(Soya)** Beans. Coriander. Fragrant Thai Style Seasoning; Dried Glucose Syrup, Sugar, Yeast Extracts, Salt, Onion Powder, Garlic Powder, Chilli Powder, Modified Tapioca Starch, Coriander Leaf, Citric Acid, Chilli Flakes, Natural Flavouring, Ground Coriander, Ground Ginger, Black Pepper, Turmeric Extract, Natural Lemongrass Flavour, Kaffir Lime Oil.

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Sweet and Sour Vegettables (164 kcal,686 kJ)	✓	✓ Barley ✓ Wheat											✓	MC

INGREDIENTS: Vegan Fillets ; Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, **(Wheat)** Gluten, Stabiliser, Carrageenan. Water. Onion Brown Medium ; Onions. Mixed Pepper; Mixed Peppers, Mixed Pepper. Pineapple. **(Soya)** Beans. Garden Peas Value ; Garden Peas. Carrot ; Carrot (100%). Light **(Soy)** Sauce ; **(Soy)** Sauce Extract (51%, Water, **(Soy)** Bean, Salt, **(Wheat)** Flour), Water, Sugar, Salt, Colour - Plain Caramel, Acidity Regulators - Citric Acid, Lactic Acid, Preservative - Potassium Sorbate, Flavour Enhancers - E631 And E627. Spring Onion; Spring Onions. Fairtrade Light Brown Soft Sugar ; Cane Sugar. Brown Malt Vinegar ; Malt Vinegar **(Barley)**, **(Barley)** Malt Extract. (Acidity 5%). 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. Cornflour ; Maize Starch. Rapeseed Oil ; Antifoam E900. Diced Garlic 250g ; Garlic. Ginger; Root Ginger. Chinese 5 Spice ; Ground Coriander, Ground Cinnamon, Ground Fennel, Ground Ginger, Ground Cloves, Dried Dill, Ground Aniseed.

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May Also Contain Sulphur D02/Sulphites.

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

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

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Orange and Honey Cake (132 kcal,552 kJ)		✓ Wheat		✓			✓							

INGREDIENTS: Self Raising Flour ; (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates). Orange ; Medium Oranges. 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. Fairtrade Caster Sugar ; Cane Sugar. Low Fat Natural Yogurt ; Skimmed (**Milk**), Skimmed (**Milk**) Powder, Cultures. Free Range Pasteurised Whole (**Egg**) ; Hen (**Egg**). Rowse Clear Honey Tub ; Honey. Baking Powder ; (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate).

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Savoury Rice Salad (209 kcal, 874 kJ)														
INGREDIENTS: Easy Cook Wholegrain Rice; Whole Grain Easy Cook Rice. Easy Cook Long Grain Rice; Easy Cook Rice, Parboiled Long Grain Rice (100%). Mixed Pepper; Mixed Peppers, Mixed Pepper. Sweetcorn ; Sweetcorn 100%. Tomato ; Tomatoes. Cucumber. Spring Onion; Spring Onions. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.														

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