

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.

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May Also Contain Sesame.

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BBQ Chicken Wrap (215 kcal,900 kJ)	✓	✓ Wheat												

INGREDIENTS: Southerm Fried Goujons ; Chicken Inner Fillet (62%), Water, Tapioca Starch, Salt, Modified Tapioca Starch, **(Wheat)** Gluten, **(Wheat)** Flour, Onion Powder, Natural Flavour, Garlic Powder, Spices (White Pepper, Black Pepper, Garlic, Onion, **(Celery)**, Oregano, Fennel), Yeast Extract, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yellow Corn Flour, **(Wheat)** Starch, Dry Yeast, Sugar, Paprika Extract, Turmeric Extract, Fully Refined **(Soya)** bean oil. 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. Texan Style Bbq Sauce 2.15l ; Tomato Puree, Glucose-Fructose Syrup, Molasses, Spirit Vinegar, Sugar, Modified Starch, Salt, Flavourings, Smoked Maltodextrin, Spices, Onion Powder, Preservative (Potassium Sorbate), Garlic Powder. Iceberg Lettuce.

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- Adults need around 2000 kcal a day

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Mixed Bean Chilli with Crunchy Tortilla (148 kcal,619 kJ)		✓ Wheat												

INGREDIENTS: 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. Mixed Bean (5) Salad In Water ; Mix Beans In Variable Proportions (Red Kidney Beans, Borlotti Beans, Cannellini Beans, Butter Beans, Chickpeas) 60%, Water, Antioxidant: Ascorbic Acid. No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract. 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. 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. Mild Chilli Powder ; Paprika, Chilli Powder (20%).

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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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Banana Marble Cake (299 kcal,1251 kJ)		✓ Wheat		✓										

INGREDIENTS: Banana ; Bananas (100%). Fairtrade Caster Sugar ; Cane Sugar. 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. Self Raising Flour ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates). Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum).

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Jerk Chicken Rice and Peas (368 kcal,1540 kJ)														

INGREDIENTS: Easy Cook Long Grain Rice; Easy Cook Rice, Parboiled Long Grain Rice (100%). 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Red Kidneys In Water ; Red Kidney Beans, Water, Firming Agent: Calcium Chloride. Jerk Seasoning ; Herbs & Spices (Coriander, Ginger, Allspice, Chilli, Black Pepper, Thyme, Cinnamon, Nutmeg, Turmeric, Bay Leaf), Salt, Garlic, Chicory Extract, Onion, Citric Acid, Colour (Paprika Extract). 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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