

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

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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 .														

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Quorn Roast Sec (61 kcal,255 kJ)				✓			✓							
INGREDIENTS: Quorn Roast ; Mycoprotein (63%), Rehydrated Free Range (Egg) White, (Milk) Proteins, Natural Flavours, Pea Fibre. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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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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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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Pineapple Upside Down Pudding (204 kcal,854 kJ)		✓ Wheat		✓										

INGREDIENTS: Pineapple Slices In Pineapple Juice ; Pineapple, Water, Pineapple Juice From Concentrate, Acidity Regulator (Citric Acid). 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. Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Fairtrade Caster Sugar ; Cane Sugar. Golden Syrup ; Partially Inverted Refiners Syrup. Baking Powder ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate).

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Roasted Honey Glazed Ham (108 kcal,452 kJ)														

INGREDIENTS: British Unsmoked Half Gammon Joint ; Pork, Water, Salt, Stabiliser (Pentasodium Triphosphate), Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate). Rowse Clear Honey Tub ; Honey.

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