ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Breakfast Wrap (323 kcal,1351 kJ)	✓	✓ Wheat		✓			✓							

INGREDIENTS: 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. Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. Free Range Muffin Omelettes 50x50g ; Free-Range **(Egg)** (62%), **(Milk)**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), Salt, And White Pepper. Processed Cheese Slices ; Cheese (70%) **(Milk)** (Contains Acidity Regulator: Citric Acid), Palm Oil, Emulsifying Salt (Trisodium Citrate), Natural Cheese Flavouring **(Milk)**, Preservative (Sorbic Acid), Colours (Beta-Carotene, Paprika Extract), Anti-Caking Agent (Lecithins). 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.

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 DO2/Sulphites
Bacon Roll (241 kcal,1008 kJ)		✓ Wheat										MC		

INGREDIENTS: Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. 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). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Sesame.

Allergen and Nutrition Advice:

- **Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product**
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- **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 DO2/Sulphites
HOSP Sausage Bap (234 kcal,979 kJ)	✓	✓ Wheat										MC	✓	✓

INGREDIENTS: Premium Rt Porrk Sausage 50g ; Pork (52%), Water, Rusk [**(Wheat)** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt (Anti-Caking Agent (E535)), Raising Agent (E503(Ii))], Seasoning [Salt (Anti-Caking Agent (E535)), Sugar, Spices (Black Pepper, White Pepper, Nutmeg, Mace) Yeast Extract, Dehydrated Onion, Preservative **(E223)** [**(Sulphite)**], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Pea Protein, **(Soya)** Protein, Collagen Casing (Collagen, Water, Glycerol, Cellulose, Oil). 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). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes). 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.

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

May Also Contain Sesame.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Rice Crispies with Milk (207 kcal,866 kJ)		✓ Barley					✓							

INGREDIENTS: Semi Skimmed **(Milk)**. Crisp Rice 7kg ; Rice, Sugar, **(Barley)** Malt Extract, Salt, Vitamins And Minerals (Niacin, Pantothenic Acid, Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Iron).

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- **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 DO2/Sulphites
Toasted Crumpets (131 kcal,548 kJ)		✓ Wheat												
INGREDIENTS: Luxury Baked Sourdough Crumpets ; Fortified **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Liquid Sourdough Culture (5%) (Sourdough Culture **(Wheat)**, Spirit Vinegar, Salt, **(Wheat)** Starch), Spirit Vinegar, Sugar, Raising Agents (Diphosphates, Sodium Carbonates), Yeast, Preservatives (Calcium Propionate, Potassium Sorbate), Salt. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes). **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 DO2/Sulphites
CORNFLAKES WITH MILK (206 kcal,862 kJ)		✓ Barley					✓							
INGREDIENTS: Semi Skimmed **(Milk)**. Corn Flakes 7kg ; Maize, Sugar, Salt, **(Barley)** Malt Extract, Vitamins And Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Iron). **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.													

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- **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 DO2/Sulphites
Buttered Toast (223 kcal,933 kJ)		MC Barley ✓ Wheat											✓	

INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal **(Wheat)** Flour, Water, Salt, **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Yeast, Palm Oil, Emulsifiers (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), **(Soya)** Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Barley.

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- **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 DO2/Sulphites
Egg English Muffin (281 kcal,1176 kJ)		✓ Wheat		✓			✓					MC	✓	

INGREDIENTS: English Muffins ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Semolina **(Wheat)**, Salt, **(Soya)** Flour, Yeast, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Free Range Muffin Omelettes 50x50g ; Free-Range **(Egg)** (62%), **(Milk)**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), Salt, And White Pepper. Processed Cheese Slices ; Cheese (70%) **(Milk)** (Contains Acidity Regulator: Citric Acid), Palm Oil, Emulsifying Salt (Trisodium Citrate), Natural Cheese Flavouring **(Milk)**, Preservative (Sorbic Acid), Colours (Beta-Carotene, Paprika Extract), Anti-Caking Agent (Lecithins). Whole Leaf Spinach Portions ; Spinach.

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

May Also Contain Sesame.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Sweet Waffle (136 kcal,569 kJ)		✓ Wheat		✓			MC						✓	

INGREDIENTS: Waffle ; **(Wheat)** Flour, Sugar, Margarine (Vegetable Oils And Fats (Palm And Rapeseed), Water, Emulsifers Emusifiers: **(Soya)** Lecithin, Mono-Diglycerides Of Fatty Acids, Salt, Acid Regulator: Citric Acid, Naturalemusifiers: **(Soya)** Lecithin, Mono- And Diglycerides Of Fatty Acids, Salt, Acid Regulator: Citric Acidnatural Flavours, Colouring: Beta-Carotene), **(Eggs)**, Yeast, **(Soya)** Flour, Invert Sugar Syrup, Stabilizer: Sorbitol, Salt, Emulsifier: **(Soya)** Lecithin, Flavour.

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

May Also Contain Milk.

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- **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 DO2/Sulphites
Chocolate and Coconut Pretzel (369 kcal,1544 kJ)		✓ Barley ✓ Wheat		MC			✓		MC			MC	MC	✓

INGREDIENTS: Thaw And Serve Pretzel ; **(Wheat)** Flour, Water, Rapeseed Oil, Yeast, Salt, **(Barley)** Malt Extract, Dried **(Wheat)** Sourdough (**(Wheat)** Flour, Starter Cultures), Sugar, Emulsifier (Diacetyltartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids (E472e)), **(Wheat)** Gluten, Malted **(Wheat)** Flour. Topping: Acidity Regulator (Sodium Hydroxid (E524)). Jimjams ; Plant Based Sweetener (Maltitol), Vegetable Oil (Rapeseed), Whey Powder (From **(Milk)**), Reduced Fat Cocoa Powder, Cocoa Fibre, Palm Oil, Skimmed **(Milk)** Powder, Emulsifier (Lecithins), Vanilla Extract, Natural Flavouring. Desiccated Coconut ; Preservative **(Sodium Metabisulphite)**.

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

May Also Contain Eggs, Mustard, Sesame, Soybeans.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Pretzel (293 kcal,1226 kJ)		✓ Barley ✓ Wheat		MC			MC		MC			MC	MC	

INGREDIENTS: Thaw And Serve Pretzel ; **(Wheat)** Flour, Water, Rapeseed Oil, Yeast, Salt, **(Barley)** Malt Extract, Dried **(Wheat)** Sourdough (**(Wheat)** Flour, Starter Cultures), Sugar, Emulsifier (Diacetyltartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids (E472e)), **(Wheat)** Gluten, Malted **(Wheat)** Flour. Topping: Acidity Regulator (Sodium Hydroxid (E524)).

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

May Also Contain Eggs, Milk, Mustard, Sesame, Soybeans.

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- **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 DO2/Sulphites
Sausage Roll (269 kcal,1125 kJ)		✓ Wheat					✓							

INGREDIENTS: 4in Sausage Roll ; Water, **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pork (15%), Vegetable Margarine (Vegetable Oils And Fats [Palm], Water, Salt, Lemon Juice), Seasoning Mix (Rusk (**(Wheat)** Flour, Salt, Raising Agents: Di- And Polyphosphates, Sodium Carbonate), Salt, Sunflower Oil, Dried Onion, Flavourings, Herbs, Stabiliser: Triphosphates, Dextrose, Sugar, Beetroot Powder, Yeast Extract, Spice, Antioxidant: Ascorbic Acid, Citric Acid), White Shortening (Vegetable Oils And Fats [Palm, Rapeseed], Water, Salt, Lemon Juice), Glaze (**(Milk)** Protein, Dextrose, Vegetable Oil), Salt.

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

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- **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 DO2/Sulphites
Jacket Potato with Cheese (406 kcal,1699 kJ)							✓							

INGREDIENTS: Baking Potato. Grated Mature Cheese; White Mild Cheddar Cheese **(Milk)**, Anti-Caking Agent Potato Starch. Whole **(Milk)**, Cheese Lactic Starter Culture, Rennet, Salt, 14% Fat White Cheese **(Milk)**, Cheddar Cheese **(Milk)**Pasteurised Cows **(Milk)** (98.06%), Salts (Contains Anti Caking Agaent E535)1.9%, Non Animal Rennet(Sodium Benzoate Free)0.02%, Starter Culture 0.02%, Potato Starch- Anti Caking Agent 1-2%.

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 DO2/Sulphites
Jacket with Baked Beans (262 kcal,1096 kJ)														

INGREDIENTS: Baking Potato. No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract.

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- **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 DO2/Sulphites
Tuna Mayonnaise Jacket Potato (308 kcal,1289 kJ)				✓	✓									

INGREDIENTS: Baking Potato. Tuna Chunks ; Tuna Chunks **(Fish)** Water, Salt. 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.

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

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- **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 DO2/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.

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- **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 DO2/Sulphites
Pasta Wholemeal (226 kcal,946 kJ)		✓ Wheat												

INGREDIENTS: Pasta Fusilli ; Whole Durum **(Wheat)** Flour.

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 DO2/Sulphites
Herby Tomato Pasta (414 kcal,1732 kJ)		✓ Wheat					✓							

INGREDIENTS: Penne Pasta ; Durum **(Wheat)** Semolina. 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. Grated Mature Cheese; White Mild Cheddar Cheese **(Milk)**, Anti-Caking Agent Potato Starch. Whole **(Milk)**, Cheese Lactic Starter Culture, Rennet, Salt, 14% Fat White Cheese **(Milk)**, Cheddar Cheese **(Milk)**Pasteurised Cows **(Milk)** (98.06%), Salts (Contains Anti Caking Agaent E535)1.9%, Non Animal Rennet(Sodium Benzoate Free)0.02%, Starter Culture 0.02%, Potato Starch- Anti Caking Agent 1-2%.

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

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- **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 DO2/Sulphites
Sausage and Mash with Gravy (250 kcal,1046 kJ)		✓ Wheat					✓						✓	✓
INGREDIENTS: Potato ; Potatoes. Pork Sausages Bites 15g ; Pork (52%), Water, Rusk [**(Wheat)** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt (Anti-Caking Agent (E535)), Raising Agent (E503(Ii))], Seasoning [Salt (Anti-Caking Agent (E535)), Sugar, Spices (Black Pepper, White Pepper, Nutmeg, Mace) Yeast Extract, Dehydrated Onion, Preservative **(E223)** [**(Sulphite)**], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Pea Protein, **(Soya)** Protein. Water. Semi Skimmed **(Milk)**. 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 DO2/Sulphites
Vegetarian Sausage Mash (394 kcal,1648 kJ)		✓ Wheat												
INGREDIENTS: Mash Pot Sec. Potato . Potatoes. 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. Quorn Vegan Sausage ; Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [**(Wheat)** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], **(Wheat)** Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: Sodium Alginate. Garden Peas Value ; Garden Peas. Gravy. 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**.													

Allergen and Nutrition Advice:

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- **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 DO2/Sulphites
Basic Vanilla Sponge (190 kcal,795 kJ)		✓ Wheat		✓										
INGREDIENTS: 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)**. Vanilla Essence 500ml ; Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Baking Powder ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate). **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 DO2/Sulphites
Custard - Fresh Milk (117 kcal,490 kJ)							✓							
INGREDIENTS: Semi Skimmed **(Milk)**. Custard Powder ; Maize Starch, Colour(Annatto), Flavouring. Fairtrade Caster Sugar ; Cane Sugar. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.														

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- **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 DO2/Sulphites
Wibble Jelly Strawberry (13 kcal,54 kJ)														
INGREDIENTS: Water. Vegan And Low Sugar Strawberry Jelly Crystals ; Sweeteners (Erythritol, Steviol, Glycosides From Stevia), Fruit Sugar, Acidity Regulators (Potassium Citrate, Citric Acid), Gelling Agent (Carrageenan), Natural Strawberry Flavouring, Colour (Beetroot Red, Beta Carotene). **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 DO2/Sulphites
Joes Flapjack Traybake (182 kcal,761 kJ)		MC Barley ✓ Oats MC Wheat												
INGREDIENTS: **(Oat)**flakes ; **(Oats)**. 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. Golden Syrup ; Partially Inverted Refiners Syrup. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold** May Also Contain Barley, Wheat.													

Allergen and Nutrition Advice:

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- **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 DO2/Sulphites
Strawberry Mousse Shortcake (197 kcal,824 kJ)		✓ Wheat					✓							

INGREDIENTS: Water. Shortbread. 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. Fairtrade Caster Sugar . Cane Sugar. Vanilla Essence 500ml ; Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Strawberry Mousse Mix ; Skimmed **(Milk)** Powder, Sugar, Dried Glucose Syrup, Modified Starch, Palm Oil, Emulsifiers (Lactic Esters Of Mono- And Diglycerides Of Fatty Acids), **(Milk)** Proteins, Gelling Agents (Sodium Phosphate), Natural Strawberry Flavouring, Natural Colour (Beetroot Red), Stabiliser (Calcium Carbonate).

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 DO2/Sulphites
Golden Syrup and Oat Cookies SEC (182 kcal,761 kJ)		MC Barley ✓ Oats ✓ Wheat												

INGREDIENTS: 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. Fairtrade Caster Sugar ; Cane Sugar. Golden Syrup ; Partially Inverted Refiners Syrup. **(Oat)**flakes ; **(Oats)**. Baking Powder ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate). Bicarbonate Of Soda.

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

May Also Contain Barley.

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- **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 DO2/Sulphites
Lemon Oat Raisin Cookie (194 kcal,812 kJ)		✓ Oats ✓ Wheat		✓			✓						MC	

INGREDIENTS: **(Oat)**, Raisin & Lemon Cookie Pucks ; Sugar, **(Wheat)** Flour(**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Raisins (18%), **(Oats)** (11%), Water, Butter **(Milk)** (7%), Palm Oil, Invert Sugar Syrup, Rapeseed Oil, **(Egg)** Powder, Raising Agents(Sodium Hydrogen Carbonate, Disodium Diphosphate), Flavouring, Salt, Cane Molasses, Emulsifier(Mono- And Diglycerides Of Fatty Acids), Sunflower Oil, Lemon Oil, Stabiliser(Xanthan Gum).

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

May Also Contain Soybeans.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Chocolate Cookie (189 kcal,791 kJ)		✓ Wheat		✓			✓						✓	MC

INGREDIENTS: Chocolate Cookie Puck 44g ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Sugar, Vegetable Oils(Rape, Palm), Water, Golden Syrup, Demerara Sugar, Glycerine (E422), Cocoa Powder, Whole **(Egg)** Powder, Whey Powder **(Milk)**, Acidity Regulator: Potassium Carbonate, Sodium Carbonate, **(Wheat)** Gluten, **(Soya)** Flour, Glucose, Dextrose, Raising Agents (E500, E450), Salt, Flavourings, Colours (E100, Annatto Bixin), Emulsifier (Polyglycerol Esters Of Fatty Acids), Salt.

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

May Also Contain Sulphur DO2/Sulphites.

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- **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 DO2/Sulphites
Ham Sandwich On Brown (278 kcal,1163 kJ)		MC Barley ✓ Wheat											✓	

INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal **(Wheat)** Flour, Water, Salt, **(Wheat)** Flour ((**Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Yeast, Palm Oil, Emulsifiers (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), **(Soya)** Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid). Ham ; Pork (70%), Water, Salt, Potato Starch, Dextrose, Stabilisers (E407, E450, E451), Antioxidant (E301), Preservative (E250). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Barley.

Allergen and Nutrition Advice:

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- **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 DO2/Sulphites
BLT Baguette on White (478 kcal,2000 kJ)		MC Barley ✓ Wheat		✓								MC		

INGREDIENTS: 10in Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. Tomato ; Tomatoes. 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.

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

May Also Contain Sesame, Barley.

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- **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 DO2/Sulphites
BLT Sandwich on White (388 kcal,1623 kJ)		MC Barley ✓ Wheat		✓									✓	

INGREDIENTS: Thick Square Sliced White Loaves ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, **(Soya)** Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. Tomato ; Tomatoes. 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. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Barley.

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- **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 DO2/Sulphites
Ham Salad Sandwich White (321 kcal,1343 kJ)		MC Barley ✓ Wheat											✓	

INGREDIENTS: Thick Square Sliced White Loaves ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, **(Soya)** Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Farm Assured Sliced Ham ; Pork Leg, Salt, Dextrose, Stabilisers (E450, E451), Antioxidant (E301), Preservative (E250). Tomato ; Tomatoes. Cucumber. Iceberg Lettuce. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
TUNA MAYONNAISE SANDWICH WHITE (310 kcal,1297 kJ)		MC Barley ✓ Wheat		✓	✓								✓	

INGREDIENTS: Thick Square Sliced White Loaves ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, **(Soya)** Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Tuna Chunks ; Tuna Chunks **(Fish)** Water, Salt. 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.

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

May Also Contain Barley.

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- **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 DO2/Sulphites
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. **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 DO2/Sulphites
Ham Salad Tomato Wrap (264 kcal,1105 kJ)		✓ Wheat												
INGREDIENTS: 10" Fully Baked Tomato Flour Tortillas ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Tomato Seasoning(Tomato Powder (3%), Bell Pepper, Paprika, Basil), Palm Oil, Rapeseed Oil, Sugar, Raising Agents(Sodium Bicarbonate, Disodium Diphosphate, Malic Acid), Emulsifier(Mono- And Di-Glycerides Of Fatty Acids), Salt, Flour Treatment Agent(L-Cysteine Hydrochloride). Honey Roast Ham ; Pork, Salt, Honey, Dextrose, Stabilisers (E450, E451), Antioxidant (E301). Preservative (E250). Made With 100g Ofraw Pork Per 100g Of Finished Product. Tomato ; Tomatoes. Cucumber ; Cucumber (100%). Iceberg Lettuce. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.													

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- **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 DO2/Sulphites
Crunchy Pepper and Houmous Wrap (406 kcal,1699 kJ)		✓ Wheat										✓		
INGREDIENTS: Houmous Dip ; Cooked Chickpeas (46%)(Chickpeas, Water), Rapeseed Oil, Water, **(Sesame Seed)** Paste (14%), Salt, Garlic Powder, Acidity Regulator(Citric Acid), Preservative(Potassium Sorbate). 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. Mixed Pepper; Mixed Peppers, Mixed Pepper. Iceberg Lettuce. **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 DO2/Sulphites
Chicken Tikka Wrap (307 kcal,1284 kJ)		✓ Wheat					✓							
INGREDIENTS: 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. 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. Low Fat Natural Yogurt ; Skimmed **(Milk)**, Skimmed **(Milk)** Powder, Cultures. Iceberg Lettuce. Madras Curry Powder ; Coriander (40%), Turmeric (22%), Rice Flour, Fenugreek (5%), Ginger, Salt(Salt,Anticaking Agent(Sodium Ferrocyanide)), Cumin, Black Pepper, Paprika, Colour(Paprika Extract), Nutmeg, Fennel.Agent(Sodium Ferrocyanide)), Cumin, Black Pepper, Paprika, Colour(Paprika Extract), Nutmeg, Fennel. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.													

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- **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 DO2/Sulphites
CHICKEN SALAD BLOOMER SANDWICH ON BROWN		MC Barley ✓ Wheat		✓									✓	

INGREDIENTS: Extra Thick Sliced Wholemeal Bloomers ; Wholemeal **(Wheat)** Flour, Water, Salt, **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Palmoil, Yeast, Emulsifiers (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids, Mono- And Di-Glycerides Of Fatty Acids), Preservative (Calcium Propionate), **(Soya)** Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid). 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Tomato ; Tomatoes. 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.

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

May Also Contain Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Chicken and Bacon Pasta Salad (343 kcal,1435 kJ)		✓ Wheat		✓										

INGREDIENTS: Penne Pasta ; Durum **(Wheat)** Semolina. Chicken Diced Breast & Thigh ; Chicken. Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. 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. Spring Onion; Spring Onions.

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

Allergen and Nutrition Advice:

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- **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 DO2/Sulphites
Tuna Sandwich Wholemeal (289 kcal,1209 kJ)		MC Barley ✓ Wheat		✓	✓								✓	

INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal **(Wheat)** Flour, Water, Salt, **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Yeast, Palm Oil, Emulsifiers (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids), Preservative (Calcium Propionate), **(Soya)** Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid). Tuna Chunks ; Tuna Chunks **(Fish)** Water, Salt. 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.

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

May Also Contain Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Tuna and Sweetcorn Pasta Salad (369 kcal,1544 kJ)		✓ Wheat		✓	✓									

INGREDIENTS: Penne Pasta ; Durum **(Wheat)** Semolina. Tuna Chunks ; Tuna Chunks **(Fish)** Water, Salt. Iceberg Lettuce. Sweetcorn; Sweetcorn 100%. 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.

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- **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 DO2/Sulphites
Chicken Salad Baguette White FFL (439 kcal,1837 kJ)		MC Barley ✓ Wheat		✓								MC		

INGREDIENTS: 10in Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Chicken Diced Breast & Thigh ; Chicken. Tomato ; Tomatoes. 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.

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

May Also Contain Sesame, Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Cheese And Ham Sandwich White (478 kcal,2000 kJ)		MC Barley ✓ Wheat					✓						✓	

INGREDIENTS: Thick Square Sliced White Loaves ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, **(Soya)** Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Farm Assured Sliced Ham ; Pork Leg, Salt, Dextrose, Stabilisers (E450, E451), Antioxidant (E301), Preservative (E250). Sliced Mild Cheddar ; White Mild Cheddar Cheese **(Milk)**. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Barley.

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- **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 DO2/Sulphites
Tuna and Cucumber Baguette on White (435 kcal,1820 kJ)		MC Barley ✓ Wheat		✓	✓							MC		

INGREDIENTS: 10in Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Tuna Chunks ; Tuna Chunks **(Fish)** Water, Salt. Cucumber. 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.

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

May Also Contain Sesame, Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Cheese Sandwich on White (409 kcal,1711 kJ)		MC Barley ✓ Wheat					✓						✓	

INGREDIENTS: Thick Square Sliced White Loaves ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, **(Soya)** Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Sliced Mild Cheddar; White Mild Cheddar Cheese **(Milk)**, Whole **(Milk)**, Cheese Lactic Starter Culture, Rennet, Salt, Starter Culture, Non Animal Renet. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Barley.

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- **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 DO2/Sulphites
CHEESE SALAD BLOOMER SANDWICH ON BROWN (440 kcal,1841 kJ)		MC Barley ✓ Wheat		✓			✓						✓	

INGREDIENTS: Extra Thick Sliced Wholemeal Bloomers ; Wholemeal **(Wheat)** Flour, Water, Salt, **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Palmoil, Yeast, Emulsifiers (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids, Mono- And Di-Glycerides Of Fatty Acids), Preservative (Calcium Propionate), **(Soya)** Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid). Tomato ; Tomatoes. Sliced Mild Cheddar; White Mild Cheddar Cheese **(Milk)**, Whole **(Milk)**, Cheese Lactic Starter Culture, Rennet, Salt, Starter Culture, Non Animal Renet. Iceberg Lettuce. Cucumber. 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.

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

May Also Contain Barley.

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- **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 DO2/Sulphites
Cheese Baguette White (539 kcal,2255 kJ)		MC Barley ✓ Wheat					✓					MC		

INGREDIENTS: 10in Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Sliced Mild Cheddar; White Mild Cheddar Cheese **(Milk)**, Whole **(Milk)**, Cheese Lactic Starter Culture, Rennet, Salt, Starter Culture, Non Animal Renet. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Sesame, Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Savoury Rice Salad (215 kcal,900 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.

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- **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 DO2/Sulphites
Cheese And Ham Bagutte on White (503 kcal,2105 kJ)		MC Barley ✓ Wheat					✓					MC		

INGREDIENTS: 10in Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Ham ; Pork (70%), Water, Salt, Potato Starch, Dextrose, Stabilisers (E407, E450, E451), Antioxidant (E301), Preservative (E250). Sliced Mild Cheddar ; White Mild Cheddar Cheese **(Milk)**. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Sesame, Barley.

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- **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 DO2/Sulphites
Ham Salad Sandwich White (308 kcal,1289 kJ)		MC Barley ✓ Wheat											✓	

INGREDIENTS: Thick Square Sliced White Loaves ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Spirit Vinegar, **(Soya)** Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Ham ; Pork (70%), Water, Salt, Potato Starch, Dextrose, Stabilisers (E407, E450, E451), Antioxidant (E301), Preservative (E250). Cucumber ; Cucumber (100%). Tomato ; Tomatoes. Iceberg Lettuce. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Offatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Barley.

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Cheese Salad Wrap (374 kcal,1565 kJ)		✓ Wheat		✓			✓							

INGREDIENTS: 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. Grated Mature Cheese ; White Mild Cheddar Cheese **(Milk)**, Anti-Caking Agent Potato Starch. Tomato ; Tomatoes. 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. Cucumber ; Cucumber (100%).

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- **Adults need around 2000 kcal a day**