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:

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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.

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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
Love Joes Mexican Chicken Burrito SEC (277 kcal,1159 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.

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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%.

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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
Roast Pork Loin - 'Sauce and Stuffing' (198 kcal,828 kJ)		✓ Wheat												
INGREDIENTS: Pork Loin ; Pork (100%). Bramley Apple. Sage & Onion Stuffing ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Salt, Vegetable Oil (Palm Oil, Sunflower Oil), Dried Onion (2.2%), Sage (1%), Parsley, Raising Agent (Ammonium Hydrogen Carbonate), Yeast, Sage Extract. Fairtrade Caster Sugar ; Cane Sugar. Rapeseed Oil ; Antifoam E900. Black Pepper. **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
Quorn Roast Sec (61 kcal,255 kJ)				✓			✓							
INGREDIENTS: Quorn Roast ; Mycoprotein (63%), Rehydrated Free Range **(Egg)** White, **(Milk)** Proteins, Natural Flavourings, Pea Fibre. **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
Gravy (10 kcal,42 kJ)														
INGREDIENTS: 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**.														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
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**.														

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**

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.

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
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.

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
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
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.

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
BBQ Chicken Wrap (215 kcal,900 kJ)	✓	✓ Wheat												
INGREDIENTS: Southern 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**.													

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
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**.													

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
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
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.

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
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.

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.

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**

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 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.

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
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.

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
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
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%).

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**