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 BBQ Beans (174 kcal,728 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. American Bbq Seasoning; Demerara Sugar, Smoked Paprika, Sugar, Tomato Powder, Salt, Cumin, Garlic Powder, Yeast Extracts, Modifiedtapioca Starch, Black Pepper, Coriander, Chilli Flakes, Green Bell Peppers, Smoked Maltodextrin, Silicon Dioxide (Anti-Caking Agent), Citric Acid, Rapeseed Oil, Modified Tapioca Starch.

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

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 Baked Beans (172 kcal,720 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.

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
Jacket Potato with Tuna (188 kcal,787 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**.													

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 (261 kcal,1092 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**.													

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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
Tomato Pasta (281 kcal,1176 kJ)		✓ Wheat					✓							

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

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
POTATO WEDGES 1/2 PORTION (44 kcal,184 kJ)														
INGREDIENTS: Baking Potato. **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
Wholegrain & White Rice (128 kcal,536 kJ)														
INGREDIENTS: Easy Cook Wholegrain Rice; Whole Grain Easy Cook Rice. Easy Cook Long Grain Rice; Easy Cook Rice, Parboiled Long Grain Rice (100%). **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
ROAST POTATOES PRI (82 kcal,343 kJ)														
INGREDIENTS: Potato ; Potatoes. Rapeseed Oil ; Antifoam E900. **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
Mashed Potatoes (93 kcal,389 kJ)														
INGREDIENTS: 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. **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
Sage Stuffing (35 kcal,146 kJ)		✓ Wheat												
INGREDIENTS: Water. 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. **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 Diced Potatoes (88 kcal,368 kJ)														
INGREDIENTS: Baking Potato. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.														

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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
Yorkshire Pudding 3 inch (58 kcal,243 kJ)		✓ Wheat		✓			✓							
INGREDIENTS: 2" Fully Baked Yorkshire Puddings ; **(Wheat)** Flour(**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), **(Egg)** White, Water, Rapeseed Oil, Whole **(Egg)**, Skimmed **(Milk)** Powder, Salt. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.														

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ALLERGEN CARD

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Tomato Ketchup (6 kcal,25 kJ)	✓													
INGREDIENTS: 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
Chips Pri (104 kcal,435 kJ)														
INGREDIENTS: Oven Fries ; Potatoes, Sunflower Oil, Dextrose. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.														

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ALLERGEN CARD

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Garlic Dough Balls (59 kcal,247 kJ)		✓ Wheat												
INGREDIENTS: Water. White Bread/Roll/Pizza Mix ; **(Wheat)** Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Dried Yeast, Salt, Rapeseed Oil, Chickpeaflour, Emulsifier E472, Dextrose, Flour Treatment Agent-Ascorbic Acid. Wholemeal Bread/Roll Mix ; Wholemeal **(Wheat)** Flour, Dried Yeast, **(Wheat)** Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Chickpea Flour, Rapeseed Oil, Dextrose, Flour Treatment Agent-Ascorbic Acid. 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. Diced Garlic 250g ; Garlic. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory. **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
Garden Peas PRI (27 kcal,113 kJ)														
INGREDIENTS: Garden Peas Value ; Garden Peas. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.														

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ALLERGEN CARD

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Green Beans PRI (11 kcal,46 kJ)														
INGREDIENTS: Whole Fine Green Beans. **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
Carrots (9 kcal,38 kJ)														
INGREDIENTS: Carrot ; Carrot (100%). **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.														

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ALLERGEN CARD

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Sweetcorn Pri (32 kcal,134 kJ)														
INGREDIENTS: Sweetcorn ; Sweetcorn 100%. **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
Broccoli (8 kcal,33 kJ)														
INGREDIENTS: Broccoli. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.														

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Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Baked Beans PRI (35 kcal,146 kJ)														
INGREDIENTS: No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.														

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