

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
BBQ Vegetable Pizza (183 kcal,766 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat					✓							

INGREDIENTS: Unsauces 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. Sweetcorn ; Sweetcorn 100%. Mixed Pepper ; Mixed Peppers. 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**

May Also Contain Barley, Oats, Rye, Spelt.

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Pasta Carbonara (331 kcal,1385 kJ)		✓ Wheat					✓							

INGREDIENTS: Pasta Fusilli ; Whole Durum **(Wheat)** Flour. Semi Skimmed **(Milk)** ; **(Milk)**. Unsmoked Rindless Back Bacon ; Pork (87%) Water, Salt, Antioxidant: E301, Preservatives: E250, E252. Onion Brown Medium ; Onions. 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), Flavours, Colours (Beta-Carotene), Vitamins A, D. Diced Garlic 250g ; Garlic. Parsley ; Curly Parsley.

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- Adults need around 2000 kcal a day

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Roasted Chicken Breast (81 kcal,339 kJ)														

INGREDIENTS: Steam Cooked Chicken Breast Fillets ; Chicken Breast (98%), Maize Starch, Salt, Dextrose, Sugar, Stabilizer (Sodium Tripolyphosphate).

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Beef Mince and Onion Pie (211 kcal,883 kJ)		✓ Wheat												

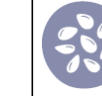
INGREDIENTS: Water. Beef Mince 85v Rt Uk 2.5kg ; Beef Meat. Onion Brown Medium ; Onions. Shortcrust Pastry. Plain Flour . **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin). Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. Water. Premium Instant Gravy ; Maltodextrin, Potato Starch, Flavouring, Salt, Yeast Extract, Colour (Caramel), Rapeseed Oil. Tomato Paste ; Tomatoes, Citric Acid. Diced Garlic 250g ; Garlic. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory.

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SOUTHERN FRIED CHICKEN GOUJON PRI (110 kcal,460 kJ)	✓	✓ Wheat												
<p>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.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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Creamy Garlic Pasta (216 kcal,904 kJ)		✓ Wheat					✓							

INGREDIENTS: Penne Pasta ; Durum (**Wheat**) Semolina. Water. Philadelphia Cheese ; Full Fat Soft Cheese (**Milk**), Salt, Stabiliser (Locust Bean Gum), Acid (Citric Acid). Onion Brown Medium ; Onions. Diced Garlic 250g ; Garlic. Vegetable Bouillion ; Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Onion Powder, Spices (Lovage, Turmeric, Black Pepper), Carrot Powder, Garlic Powder, Rapeseed Oil, Antioxidant (Rosemary Extract), Colour (Plain Caramel), Flavouring, Herb. Rapeseed Oil ; Antifoam E900. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory.

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Sweet Potato And Lentil Curry (195 kcal,816 kJ)														

INGREDIENTS: Red Lentils. Sweet Potato; Potatoes. Water. Garden Peas Value ; Garden Peas. Coconut_milk ; Coconut Extract, Water, Thickener(Carboxymethyl Cellulose), Emulsifier(Polysorbate 60). Carrot ; Carrot (100%). Onion Brown Medium ; Onions. Rapeseed Oil ; Antifoam E900. Diced Garlic 250g ; Garlic. Vegetable Bouillion ; Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Onion Powder, Spices (Lovage, Turmeric, Black Pepper), Carrot Powder, Garlic Powder, Rapeseed Oil, Antioxidant (Rosemary Extract), Colour (Plain Caramel), Flavouring, Herb. Ginger; Root Ginger. Ground Turmeric. 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.

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BBQ Quorn Roast (49 kcal,205 kJ)				✓			✓							

INGREDIENTS: Quorn Roast ; Mycoprotein (63%), Rehydrated Free Range **(Egg)** White, **(Milk)** Proteins, Natural Flavourings, Pea Fibre. 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.

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Vegan Meatball Baguette (343 kcal,1435 kJ)		MC Barley ✓ Wheat										MC		

INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid). Plant-Based Balls ; Water, Textured Pea Protein (17.5%)(Pea Protein, Pea Starch), Coconut Oil, Sunflower Oil, Sunflower Seeds, Thickener(Methyl Cellulose), Potato Starch, Flavouring, Beetroot Juice Powder, Concentrated Beetroot Juice, Dried Glucose Syrup, Salt, Glucose-Fructose Syrup, Maltodextrin. 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. White Grated ; Food Preparation With Coconut Oil (Water, Coconut Oil, Modified Potato Starch, Salt, Colour, Beta Carotene), Anti Caking Agent, Potato Starch.

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May Also Contain Sesame, Barley.

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Veggie Fingers (107 kcal, 448 kJ)		✓ Wheat												
<p>INGREDIENTS: Vegetable Fingers ; Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs ((Wheat) Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, (Wheat) Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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Oatie Cookie (192 kcal,803 kJ)		✓ Oats ✓ Wheat		✓			✓						MC	

INGREDIENTS: **(Oat)**ie Cookie ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamine), **(Oats)**, Sugar, Vegetable Oils (Rapeseed, Palm), Water, Glycerine (E422), Golden Syrup (Invert Sugar Syrup), Demerara Sugar (Sugar, Cane Molasses), Whole **(Egg)** Powder, Raising Agents (E500ii, E450), Dextrose, Whey Powder **(Milk)**, Dextrose Monohydrate, Glucose, Flavourings, Colours (Caramel Colour, Curcumin, Annatto Bixin), Salt.

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May Also Contain Soybeans.

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Dorset Apple cake		✓ Wheat		✓			✓						✓	✓

INGREDIENTS: Dorset Apple Cake ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Sugar, Water, Raising Agents (Disodium Diphosphate, Sodium Carbonate, Potassium Bicarbonate, Glucano-Lacto-Deltane), Whey Powder **(Milk)**, Emulsifier (E471), Modified Starch (Waxy Maize), Vegetable Oils (Palm Oil, Rapeseed Oil (E900)), **(Wheat)** Gluten, Salt, Stabiliser (Xanthan Gum), **(Soya)** Flour, Preservative (Potassium Sorbate, Calcium Propionate, **(Sodium Metabisulphite)**), Acidity Regulator (Citric Acid, Ascorbic Acid), Whole Liquid **(Egg)**, Lemon Juice, Cinnamon, Flavourings, Colours (Algal Carotenes).

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Jammy Jack		✓ Oats		MC			MC						MC	✓

INGREDIENTS: Jammy Jack ; (**Oats**), Vegetable Oils (Rapeseed, Sunflower, Palm), Golden Syrup, Sugar, Glucose Syrup, Strawberry Puree, Raisins, Blueberries, Water, Dates, Gelling Agent (Pectin), Rice Flour, Dried Apricot ((**Sulphur**)dioxide), Dried Apples (**Sodium Metabisulphite**), Salt, Colours (Lutein, Curcumin), Flavourings, Acid Regulator (E330, E331iii), Emulsifier (E475).

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May Also Contain Eggs, Milk, Soybeans.

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ICE CREAM BOX CHOCOLATE PRI (130 kcal, 544 kJ)							✓							

INGREDIENTS: Chocolate Flavour Ice Cream ; Partially Reconstituted Skimmed (**Milk**), Sugar, Palm Oil, Whey Powder (**Milk**), Fat-Reduced Cocoa Powder (1.5%), Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum), Flavouring.

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Marble Cake (193 kcal,808 kJ)		✓ Wheat		✓										
<p>INGREDIENTS: 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). Fairtrade Caster Sugar ; Cane Sugar. Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum). Fairtrade Icing Sugar 1kg ; Sugar (97%), Maize Starch. Vanilla Essence 500ml ; Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Water.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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