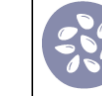


ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CHEESE AND TOMATO PIZZA (173 kcal,724 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. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Barley, Oats, Rye, Spelt.														

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 D02/Sulphites
Beef Burger (106 kcal,444 kJ)	✓	✓ Wheat										MC		

INGREDIENTS: 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). 97% Beef Burger 2oz ; Beef (97%), Onion, Seasoning (Salt, Black Pepper). Iceberg Lettuce. 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 D02/Sulphites
Roasted Chicken Breast (81 kcal,339 kJ)														

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

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 D02/Sulphites
Beef Cobbler PRI (220 kcal,920 kJ)		✓ Wheat					✓							

INGREDIENTS: Beef Mince 85vL Rt Uk 2.5kg ; Beef Meat. Water. Self Raising Flour ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates). Diced Carrots ; Carrot (Origin Eu). Onion Brown Medium ; Onions. 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. Semi Skimmed **(Milk)** ; **(Milk)**. Premium Instant Gravy ; Maltodextrin, Potato Starch, Flavouring, Salt, Yeast Extract, Colour (Caramel), Rapeseed Oil. 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. Thyme.

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 D02/Sulphites
Fish Fingers (146 kcal,611 kJ)		✓ Wheat			✓									

INGREDIENTS: Omega 3 Breaded Msc Whitefish Finger ; Minced White **(Fish)** **(Fish)** (58%), **(Wheat)** Flour(**(Wheat)** Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Yeast, Salt, Colours(Paprika Extract, Curcumin), Turmeric.

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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 D02/Sulphites
Spicy Tomato Pasta Bake (277 kcal,1159 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 Agent E535) 1.9%, Non Animal Rennet (Sodium Benzoate Free) 0.02%, Starter Culture 0.02%, Potato Starch- Anti Caking Agent 1-2%. Mixed Pepper ; Mixed Peppers. Chipotle Rub ; Smoked Paprika, Sugar, Salt, Chipotle Chilli(8%), Garlic, Cumin, Oregano, Onion, Coriander, Chilli, 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 D02/Sulphites
Quorn Burger (154 kcal,644 kJ)	✓	✓ Barley ✓ Wheat		✓			✓					MC		

INGREDIENTS: Quorn Burger 50g ; Mycoprotein (44%), Rehydrated Free Range (**Egg**) White, Textured (**Wheat**) Protein, [(**Wheat**) Flour ((**Wheat**) Flour, Calcium Chloride, Iron, Niacin & Thiamine), Colour: Plain Caramel, Stabiliser: Sodium Alginate], Onion, (**Milk**) Proteins, Flavouring (Contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate, Roasted (**Barley**) Malt Extract. 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). 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.

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 D02/Sulphites
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, Modified Tapioca 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 D02/Sulphites
MACARONI CHEESE FOOD FOR LIFE (341 kcal,1427 kJ)		✓ Wheat					✓							

INGREDIENTS: Macaroni ; Durum **(Wheat)** Semolina. Semi Skimmed **(Milk)** ; **(Milk)**. 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 Agent E535)1.9%, Non Animal Rennet(Sodium Benzoate Free)0.02%, Starter Culture 0.02%, Potato Starch- Anti Caking Agent 1-2%. 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. Vegetable Bouillon ; 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.

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 D02/Sulphites
Quorn Dippers Pri (110 kcal, 460 kJ)		✓ Wheat												
<p>INGREDIENTS: Vegan Dippers ; Mycoprotein (61%), Water, (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Pea Fibre, Natural Flavouring, Durum (Wheat) Semolina, Potato Protein, Pea Protein, (Wheat) Gluten, Maize Flour, (Wheat) Starch, Dextrose, Raising Agents: Disodium Bicarbonate, Sodium Bicarbonate, Salt, Turmeric Extract.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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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 D02/Sulphites
Chocolate Cookie (100 kcal,418 kJ)		✓ Wheat		✓			✓						✓	MC

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

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

May Also Contain Sulphur D02/Sulphites.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chocolate Brownie (156 kcal,653 kJ)		✓ Wheat		✓			MC						MC	MC

INGREDIENTS: Chocolate Brownie ; **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamine), Vegetable Oils (Rape, Palm), Pasteurised (**(Egg)**), Sugar, Cane Molasses, Cocoa Powder, Water, Potassium Carbonate, Salt, (**(Wheat)** Gluten, Emulsifier (Polyglycerol Esters Of Fatty Acids), Diphosphates, Sodium Carbonates, Flavourings, Colours (E100, Annatto Bixin).

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

May Also Contain Milk, Soybeans, Sulphur D02/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 D02/Sulphites
Lemon Drizzle Cake (166 kcal,695 kJ)		✓ Wheat		✓										

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. Lemon; Lemons. 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 D02/Sulphites
ICE CREAM BOX VANILLA PRI (108 kcal,452 kJ)							✓							

INGREDIENTS: Vanilla Flavour Ice Cream Soft Scoop ; Partially Reconstituted Skimmed **(Milk)**, Sugar, Palm Oil, Whey Powder **(Milk)**, Emulsifier (Mono-And Diglycerides Of Fatty Acids), Flavouring, Stabilisers (Guar Gum, Locust Bean Gum), Colours (Curcumin, Annatto Norbixin).

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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 D02/Sulphites
STEAM TOFFEE AND APPLE MUFFIN (157 kcal,657 kJ)		✓ Wheat		✓			✓						✓	✓
<p>INGREDIENTS: Toffee & Apple Muffin 50% Fruit ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamine), Sugar, (Soya) Flour, Whole Liquid (Egg), Strach, Apple, Vegetable Oils (Rapeseed & Palm), Antifoaming Agent (E900), Pear, Whey Powder (Milk), Emulsifier (E471), Salt, Raising Agents (Potassium Bicarbonate, Disosium Diphosphate, Glucano- Delta- Lactone), Modified Starch (Waxy Maize), (Wheat) Gluten, Stabiliser (E415), Flavouring, Colour (Algal Carotenes), Acidity Regulator (Citric Acid, Ascorbic Acid), Preservatives (E202, (Sodium Metabisulphite)), Black Treacle (Invert Sugar Syrup, Molasses), Toffee Flavour.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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- Adults need around 2000 kcal a day