

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.														

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- Adults need around 2000 kcal a day

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Beef Meatballs In Tomato Sauce (181 kcal,757 kJ)		✓ Wheat											✓	✓

INGREDIENTS: 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. Beef Meatballs ; Beef (65%), 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], Dextrose, (**Soya**) Protein, Parsley, Tomato Puree (Acidity Regulator (E330)), Chilli Powder, Onion Powder, Garlic Powder.

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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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Durham Beef Bolognese (107 kcal,448 kJ)														

INGREDIENTS: Beef Mince 85vl Rt Uk 2.5kg ; Beef Meat. Chopped Tomatoes ; Tomato Juice, Citric Acid. Water. Onion Brown Medium ; Onions. Tomato Paste ; Tomatoes, Citric Acid. 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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Breaded Fish (120 kcal,502 kJ)		✓ Wheat			✓									

INGREDIENTS: Breaded Hake Fillet ; Cape Hake (55 %) (Merluccius Capensis And/Or Merluccius Paradoxus) (**Fish**), Fortified (**Wheat**) Flour (Gluten) [(**Wheat**) Flour, Iron, Vitamin A, Niacin, Zinc, Vitamin B6, Thiamine, Riboflavin, Folic Acid], Water, Sunflower Oil, Starch.

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Red Pepper Nut Free Pesto Spaghetti (251 kcal,1050 kJ)		✓ Wheat					✓							

INGREDIENTS: Spaghetti ; Durum (**Wheat**) Semolina. Water. 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. Dell'ami Nut Free Green Pesto ; Basil Paste (Basil (59%), Sunflower Oil, Salt, Antioxidant [Ascorbic Acid (E300)]), Sunflower Oil, Grated Vegetarian Hard Cheese (Pasteurised Cows (**Milk**), Salt, Microbial Rennet, Culture), Garlic Puree. Tomato Paste ; Tomatoes, Citric Acid. 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.

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Chinese Vegetable Noodles (257 kcal,1075 kJ)		✓ Wheat		✓									✓	

INGREDIENTS: Medium (**Egg**) Noodles ; (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin), (**Egg**) (5%), Salt, Colour (Carotenoids), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid). (**Soya**) Beans. Carrot ; Carrot (100%). Water. Garden Peas Value ; Garden Peas. Mixed Pepper; Mixed Peppers, Mixed Pepper. Light (**Soy**) Sauce ; (**Soy**) Sauce Extract (51%, Water, (**Soy**) Bean, Salt, (**Wheat**) Flour), Water, Sugar, Salt, Colour - Plain Caramel, Acidity Regulators - Citric Acid, Lactic Acid, Preservative - Potassium Sorbate, Flavour Enhancers - E631 And E627. Rapeseed Oil ; Antifoam E900. Diced Garlic 250g ; Garlic. Chinese 5 Spice ; Ground Coriander, Ground Cinnamon, Ground Fennel, Ground Ginger, Ground Cloves, Dried Dill, Ground Aniseed.

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Quorn Roast (45 kcal,188 kJ)				✓			✓							

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

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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 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.

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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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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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Chocolate Mousse							✓							

INGREDIENTS: Water. Chocolate Mousse Mix ; Skimmed **(Milk)** Powder, Sugar, Dried Glucose Syrup, Modified Starch, Fat Reduced Cocoa Powder, Palm Oil, Emulsifiers (Lactic Esters Of Mono- And Diglycerides Of Fatty Acids), **(Milk)** Proteins, Gelling Agents (Sodium Phosphate), Natural Chocolate Flavouring, Stabiliser (Calcium Carbonate), Natural Colour (Caramel).

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Banana Cake (202 kcal,845 kJ)		✓ Wheat		✓										

INGREDIENTS: Self Raising Flour ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates). 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. Banana ; Bananas (100%). Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Fairtrade Light Brown Soft Sugar ; Cane Sugar.

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Vanilla Sponge cake (188 kcal,787 kJ)		✓ Wheat		✓			✓						✓	

INGREDIENTS: School Cake ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Sugar, Water, Raising Agents (E500, E450, E501ii, E575), Whey Powder **(Milk)**, Emulsifier (E415,E472b,E495,E471,E477), Modified Starch (Waxy Maize), Vegetable Oils (Palm Oil, Rapeseed Oil (E900)), **(Wheat)** Gluten, Salt, Stabiliser (Xanthan Gum), **(Soya)** Flour, Whole Liquid **(Egg)**, Glycerine, Dried Chocolate Cake Crumbs **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamine), Water, Rapeseed Oil (E900), Sugar, Fat Reduced Cocoa Powder, Raising Agents (E450i, E501ii, E500ii), Whey Powder (From **(Milk)**), **(Milk)** Protein, Dried **(Egg)** Albumen, Dried Whole **(Egg)** Powder, Emulsifier (E481, E341i), Colour (E160a), Salt, Dextrose, Stabiliser (E415), Flavourings, Acidifier (E330, E524, E501i), Preservatives (E202)], Calcium Propionate, Potassium Sorbate, Golden Syrup, Citric Acid, Lemon Juice, Icing Sugar, Anticaking Agent (E341iii), Colours (Algal Carotenes), Flavourings.

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Custard Milk Powder (82 kcal, 343 kJ)							✓							
<p>INGREDIENTS: Water. (Milk) Powder Half Fat 2kg ; Skimmed (Milk) Powder (44%), Vegetable Oils (Coconut And Palm), Lactose (Milk), Whey Powder (Milk), Dried Glucose Syrup, (Milk) Protein, Acidity Regulator E340b, Emulsifier E471, Vitamin D. Custard Powder ; Maize Starch, Colour(Annatto), Flavouring. Fairtrade Caster Sugar ; Cane Sugar.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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