

ALLERGEN CARD

Recipe	Allergens													
														
Homemade Best Of Both (119 kcal,498 kJ)	Celery	Cereals With Gluten ✓ Wheat	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites

INGREDIENTS: Water. 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. 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.

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

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- Adults need around 2000 kcal a day

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YOGHURT (100 kcal, 418 kJ)							✓							
INGREDIENTS: Low Fat Smooth Strawberry Yogurt ; Low Fat Yogurt (Milk) Sugar Strawberry Seedless Puree (3.9%) Modified Waxy Maize Starch Natural Flavour Citric Acid E330 Preservative, Potassium Sorbate Sweetener, Aspartame.														
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APPLES PACKED LUNCH (43 kcal, 180 kJ)														
INGREDIENTS: Apple.														
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BANANA PACKED LUNCH (97 kcal,406 kJ)														

INGREDIENTS: Banana; Bananas Banana.

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Honeydew Melon Portion (6 kcal,25 kJ)														

INGREDIENTS: Honeydew Melon.

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Watermelon (14 kcal,59 kJ)														

INGREDIENTS: Large Watermelon.

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Orange Wedges (20 kcal,84 kJ)														

INGREDIENTS: Orange ; Medium Oranges.

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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 Agent 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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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.

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Jacket Potato with BBQ 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. American Bbq Style 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.

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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.

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Sweetcorn Salsa & Cheese Jacket (241 kcal, 1008 kJ)							✓							

INGREDIENTS: Baking Potato. Grated Mature Cheese ; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato Starch. Sweetcorn ; Sweetcorn 100%. Tomato ; Tomatoes. Rapeseed Oil ; Antifoam E900. Coriander.

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Jacket Potato With Cheesy Coleslaw (252 kcal, 1054 kJ)				✓			✓							

INGREDIENTS: Baking Potato. Grated Mature Cheese ; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato Starch. Coleslaw Mix ; White Cabbage Carrot. 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.

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CHEESE AND TOMATO PIZZA (177 kcal,741 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		MC			✓							
INGREDIENTS: Pizza Base ; (Wheat) Flour ((Wheat) Flour Calcium Carbonate Folic Acid Iron Niacin Thiamin) Water Rapeseed Oil (Wheat) Fibre Yeast 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 Eggs Barley Oats Rye Spelt.														

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Chinese Style Noodle (270 kcal, 1130 kJ)		✓ Wheat		✓									✓	

INGREDIENTS: Medium (**Egg**) Noodles; (**Wheat**) Flour (With Calcium Iron Niacin Thiamin) (**Egg**) (5%) Salt Colour (Carotenes) Firming Agents (Potassium Carbonate Sodium Carbonate) Acidity Regulator (Citric Acid) (**Egg**) (4.5%) Colour, Carotenes (Processing Aid (Water Carotenes Acacia Gum Sunflower Oil Glycerol Tocopherol-Rich Extract) Process Aid (Citric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids Ascorbic Acid)) Firming Agent (Potassium Carbonate Sodium Carbonate) Acidity Regulators (Citric Acid). Vegan Fillets ; Mycoprotein (86%) Natural Flavouring Pea Fibre Potato Protein Pea Protein (**Wheat**) Gluten Stabiliser Carrageenan. Sweet Chilli Sauce ; Sugar Syrup Water Red Chilli (14%) Garlic (4%) Salt Thickener (Modified Tapioca Starch) Acidity Regulator (Acetic Acid) Preservative (Potassium Sorbate). Water. Onion ; Onions. Mixed Pepper ; Mixed Peppers. Carrot ; Carrots. Shredded Savoy Cabbage. 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. Garlic Herbs 250g ; Garlic (100%). Ginger.

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Wholegrain & White Rice (121 kcal, 506 kJ)														

INGREDIENTS: Long Grain Brown Rice. Long Grain Rice ; Long Grain Rice (100%).

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Vegetarian Bolognese (122 kcal, 510 kJ)														
<p>INGREDIENTS: Tricolore Lentil Mix ; Red Lentils Green Lentils Brown Lentils. Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice Citric Acid. Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Water. Diced Carrots ; Carrot (Origin Eu). Mixed Pepper; Mixed Peppers Mixed Pepper. Rapeseed Oil ; Antifoam E900. 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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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Chartwells Tomato Sauce (41 kcal, 172 kJ)														
<p>INGREDIENTS: Chopped Tomatoes ; Tomato Juice Citric Acid. Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes Citric Acid. Fairtrade Caster Sugar ; Cane Sugar. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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Beef Bolognese (97 kcal, 406 kJ)														

INGREDIENTS: Tricolore Lentil Mix ; Red Lentils Green Lentils Brown Lentils. Water. Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice Citric Acid. Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Beef Mince 85vl Rt Uk 2.5kg ; Beef Meat. Diced Carrots ; Carrot (Origin Eu). Rapeseed Oil ; Antifoam E900. 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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Chartwells Tomato Sauce (41 kcal, 172 kJ)														

INGREDIENTS: Chopped Tomatoes ; Tomato Juice Citric Acid. Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes Citric Acid. Fairtrade Caster Sugar ; Cane Sugar. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.

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Roasted Chicken Breast (61 kcal,255 kJ)														
INGREDIENTS: Steam Cooked Chicken Breast Fillets ; Chicken Breast (98%) Maize Starch Salt Dextrose Sugar Stabilizer (Sodium Tripolyphosphate).														
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Bean and Cheese Pastry Turnover (243 kcal,1017 kJ)		✓ Wheat					✓							
INGREDIENTS: Puff Pastry Sheets ; (Wheat) Flour (With Calcium Iron Niacin Thiamin) Margarine(Palm Oil Water Rapeseed Oil Salt) Water Preservative(Potassium Sorbate). No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Grated Mature Cheese ; White Mild Cheddar Cheese (Milk) Anti-Caking Agent Potato Starch.														
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Cheese and Onion Pie (254 kcal, 1063 kJ)		✓ Wheat					✓							

INGREDIENTS: Potato ; Potatoes. 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. Grated Mature Cheese ; White Mild Cheddar Cheese **(Milk)** Anti-Caking Agent Potato Starch. Onion ; Onions. Semi Skimmed **(Milk)** 2.271 ; Semi Skimmed **(Milk)**.

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Shortcrust Pastry (81 kcal, 339 kJ)		✓ 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. Water.

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Pork Sausage Bites (121 kcal,506 kJ)		✓ Wheat											✓	✓

INGREDIENTS: Pork Sausages Bites 15g ; 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.

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Quorn Dippers Pri (110 kcal,460 kJ)		✓ Wheat												

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.

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Battered Fish (133 kcal,556 kJ)		✓ Wheat			✓									

INGREDIENTS: Battered Msc Pollock Portions ; Pollock (Theregra Chalcogramma) (**Fish**) (50%) Fortified (**Wheat**) Flour (**Wheat**) Flour Calcium Carbonate Iron Niacin Thiamin Rapeseed Oil Water Maize Flour Salt Raising Agents, Sodium Phosphates Sodium Carbonate Palm Fat.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/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**.

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
Cheddar Cheese Portion PRI (83 kcal,347 kJ)							✓							

INGREDIENTS: Grated Mature Cheese ; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato 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
Tomato Pasta (263 kcal,1100 kJ)		✓ Wheat					✓							

INGREDIENTS: Pasta Fusilli ; Whole Durum (**Wheat**) Flour. Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice Citric Acid. Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Grated Mature Cheese ; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato Starch.

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													
														
Chartwells Tomato Sauce (41 kcal, 172 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
<p>INGREDIENTS: Chopped Tomatoes ; Tomato Juice Citric Acid. Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes Citric Acid. Fairtrade Caster Sugar ; Cane Sugar. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.</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
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 D02/Sulphites
Green Beans PRI (11 kcal, 46 kJ)														

INGREDIENTS: Whole Fine Green Beans.

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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
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**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Carrots (9 kcal, 38 kJ)														

INGREDIENTS: Carrot ; Carrot (100%).

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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
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 D02/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 .														

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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
ROAST POTATOES PRI (74 kcal,310 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 D02/Sulphites
Pasta Wholemeal (139 kcal,582 kJ)		✓ Wheat												

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

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													
														
Ketchup Sauce	✓													
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 .														

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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
HAM WRAP PRI (264 kcal,1105 kJ)		✓ Wheat		✓										
<p>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. Ham ; Pork (70%) Water Salt Potato Starch Dextrose Stabilisers (E407 E450 E451) Antioxidant (E301) Preservative (E250). 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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ham Sandwich (268 kcal,1121 kJ)		MC Barley ✓ Wheat											✓	
<p>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).</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Barley.</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
Laughing Cow Cheese and Cucumber Sandwich Pri (240 kcal,1004 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). Fortified Square Portions ; Rehydrated Skimmed (**Milk**) Cheeses Butter Emulsifying Salts, E341 E452 E451 E330 (**Milk**) Proteins Vitamin D. Cucumber ; Cucumber (100%).

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 D02/Sulphites
LAUGHING COW CHEESE AND CUCUMBER WRAP PRI (242 kcal,1013 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. Fortified Square Portions ; Rehydrated Skimmed (**Milk**) Cheeses Butter Emulsifying Salts, E341 E452 E451 E330 (**Milk**) Proteins Vitamin D. Cucumber ; Cucumber (100%).

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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
Tuna Mayo Roll PRI (194 kcal,812 kJ)		MC Barley MC Oats MC Rye ✓ Wheat		✓	✓							MC		
<p>INGREDIENTS: Tuna Chunks ; Tuna Chunks (Fish) Water Salt. 4in Floured Bap; (Wheat) Flour (With Calcium Iron Niacin Thiamin) Water Sugar Yeast Vegetable Oils (Palm Rapeseed) Salt Emulsifiers (E472e E471) Preservative (E282) Flour Treatment Agent (E300) Dextrose Rapeseed Oil Emulsifiers(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids Mono- And Di-Glycerides Of Fatty Acids) Flour Treatment Agents(Ascorbic Acid L-Cysteine Hydrochloride). 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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Sesame Barley Oats Rye.</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
Tuna and Sweetcorn Sandwich PRI (247 kcal, 1033 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. Sweetcorn ; Sweetcorn 100%. 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 D02/Sulphites
TUNA SWEETCORN WRAP PRI (250 kcal, 1046 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. Tuna Chunks ; Tuna Chunks (**Fish**) Water Salt. Sweetcorn ; Sweetcorn 100%. 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.

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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
CHEESE SANDWICH PRIMARY (315 kcal, 1318 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). 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%. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed Palm Sunflower) Water Salt (1 4%) Preservative (Potassium Sorbate) Emulsifier (Mono And Diglycerides Of Fatty Acids) Acid (Citric Acid) Flavours 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 D02/Sulphites
CHEESE WRAP PRI (287 kcal, 1201 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. 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%. 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													
														
Recipe	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cheese Roll PRI (271 kcal, 1134 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓					MC		
<p>INGREDIENTS: 4in Floured Bap; (Wheat) Flour (With Calcium Iron Niacin Thiamin) Water Sugar Yeast Vegetable Oils (Palm Rapeseed) Salt Emulsifiers (E472e E471) Preservative (E282) Flour Treatment Agent (E300) Dextrose Rapeseed Oil Emulsifiers(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids Mono- And Di-Glycerides Of Fatty Acids) Flour Treatment Agents(Ascorbic Acid L-Cysteine Hydrochloride). 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%. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed Palm Sunflower) Water Salt (1 4%) Preservative (Potassium Sorbate) Emulsifier (Mono And Diglycerides Of fatty Acids) Acid (Citric Acid) Flavourings Vitamins (A And D) Colours (Carotenes).</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Sesame Barley Oats Rye.</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
Oat Cookie (137 kcal,573 kJ)		MC Barley ✓ Oats ✓ 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. **(Oat)**flakes ; **(Oats)**. Golden Syrup ; Partially Inverted Refiners Syrup.

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 D02/Sulphites
Butter Bean Brownie (112 kcal,469 kJ)		✓ Wheat		✓										

INGREDIENTS: Fairtrade Caster Sugar ; Cane Sugar. 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. Carrot ; Carrot (100%). Riverdene Butter Beans Water ; Butter Beans Water Antioxidant, Ascorbic Acid. Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Self Raising Flour ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Sodium Bicarbonate Monocalcium Phosphates). Beetroot ; Beetroot (100%). Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum). Baking Powder ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Disodium Diphosphate Sodium Hydrogen Carbonate). Vanilla Essence 500ml ; Water Monopropylene Glycol Colour (Caramel E150a) Flavourings.

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 D02/Sulphites
Lemon Oat Raisin Cookie (176 kcal, 736 kJ)		✓ Oats ✓ Wheat		✓			✓						MC	

INGREDIENTS: Lemon **(Oats)** Raisins Cookie 44g ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Sugar Vegetable Oils (Palm Rapeseed Sunflower) Water **(Oats)** (Gluten) Raisins Cane Molasses) Glycerine Lemon Curd [(Sugar Water Glucose- Fructose Syrup Margarine (Palm Oil Palm Stearin Water Rapeseed Oil Whole **(Egg)** Powder Pectin Citric Acid Trisodium Citrate Colours] Golden Syrup [Invert Sugar Syrup Whole **(Egg)** Powder Whey Powder **(Milk)** Salt Dextrose Dextrose Monohydrate Dried Glucose Raising Agents (E500 E450) Emulsifier (E475) Colours (Curcumin Annatto Bixin Lutein) Flavourings.

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 D02/Sulphites
Strawberry Shortbread Mousse (133 kcal, 556 kJ)		✓ Wheat					✓							

INGREDIENTS: Wibble Jelly Strawberry. 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). Water. Shortbread Biscuit. 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**.

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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
Wibble Jelly Strawberry (10 kcal,42 kJ)														
<p>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).</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Shortbread Biscuit (150 kcal,628 kJ)		✓ Wheat												
<p>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. Vanilla Essence 500ml ; Water Monopropylene Glycol Colour (Caramel E150a) Flavourings.</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													
														
ICE CREAM BOX CHOCOLATE PRI (135 kcal,565 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk ✓	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
<p>INGREDIENTS: Chocolate Flavour Ice Cream ; Water Sugar Palm Oil Dextrose Whey Solids (Milk) (Buttermilk) Powder Whey Powder (Milk) Fat Reduced Cocoa Powder (1.5%)(Fat Reduced Cocoa Powder Acidity Regulator(Sodium Carbonate Potassium Carbonate)) Emulsifier(Mono- And Di-Glycerides Of Fatty Acids) Stabilisers(Locust Bean Gum Guar Gum) Flavouring Colour(Vegetable Carbon).</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
SALAD LETTUCE PRI (4 kcal, 17 kJ)														

INGREDIENTS: 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 D02/Sulphites
SALAD CUCUMBER PRI (5 kcal, 21 kJ)														

INGREDIENTS: Cucumber.

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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
Salad Tomato (6 kcal, 25 kJ)														

INGREDIENTS: Tomato ; Tomatoes.

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
SALAD CARROT PRI (13 kcal, 54 kJ)														

INGREDIENTS: Carrot ; Carrot (100%).

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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
SALAD 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 D02/Sulphites
SALAD BEETROOT PRI (14 kcal, 59 kJ)														

INGREDIENTS: Beetroot ; Beetroot (100%).

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

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- Adults need around 2000 kcal a day