

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

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Natural Yoghurt (30 kcal, 126 kJ)							✓							
INGREDIENTS: Low Fat Natural Yogurt ; Skimmed (Milk) Skimmed (Milk) Powder Cultures. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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APPLES PACKED LUNCH (43 kcal, 180 kJ)														
INGREDIENTS: Apple.														
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Watermelon (14 kcal, 59 kJ)														
INGREDIENTS: Large Watermelon.														
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Honeydew Melon Portion (6 kcal, 25 kJ)														

INGREDIENTS: Honeydew Melon.

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BANANA PACKED LUNCH (97 kcal, 406 kJ)														

INGREDIENTS: Banana; Bananas Banana.

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Orange Wedges (3 kcal, 13 kJ)														
<p>INGREDIENTS: Orange; Medium Oranges.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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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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Sweetcorn Salsa & Cheese Jacket (241 kcal, 1008 kJ)							✓							
<p>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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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Jacket Potato with BBQ Beans (172 kcal, 720 kJ)														
<p>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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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Jacket Potato with Tuna (188 kcal, 787 kJ)				✓	✓									
<p>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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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Jacket Potato With Cheesy Coleslaw (252 kcal, 1054 kJ)				✓			✓							
<p>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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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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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Tex Mex Vegetable Fajita (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. Red Kidneys In Water ; Red Kidney Beans Water Firming Agent, Calcium Chloride. 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. Carrot ; Carrot (100%). Mixed Pepper; Mixed Peppers Mixed Pepper. 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%. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper. Rapeseed Oil ; Antifoam E900.

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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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Beef Burger (248 kcal, 1038 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). Red Tractor Beef Burger ; Beef (80%) Textured (Soya) Protien Onions Rusk (Wheat) Flour (Wheat) Flour Calcium Carbonate Iron Niacin Thiamin) Salt) Seasoning (Pea Fibre Stabiliser (E451(I)) Salt Rusk (Wheat) Flour (Wheat) Flour Calcium Carbonate Iron Niacin Thiamin) Salt) Onion Dextrose Pepper Flavouring (Soya) Antioxidant (E301)) Dextrose Stabiliser (E451). Iceberg Lettuce. Texan Style Bbq Sauce 2.15l ; Concentrated Tomato Puree Glucose-Fructose Syrup Spirit Vinegar Molasses Sugar Modified Cornflour Salt Smoke Flavouring Spices Onion Powder Flavourings Preservative-Potassium Sorbate Garlic Powder.</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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Beany Vegetable Burger (265 kcal, 1109 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). Riverdene Butter Beans Water ; Butter Beans Water Antioxidant, Ascorbic Acid. Carrot ; Carrots. Sweetcorn ; Sweetcorn 100%. Onion ; Cooking Onions. Iceberg Lettuce. 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. Grated Mature Cheese ; White Mild Cheddar Cheese (Milk) Anti-Caking Agent Potato Starch. 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. 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. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper.</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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Roast Gammon (101 kcal,423 kJ)														

INGREDIENTS: British Unsmoked Half Gammon Joint ; Pork Water Salt Stabiliser (Pentasodium Triphosphate) Antioxidant (Sodium Ascorbate) Preservatives (Sodium Nitrite Potassium Nitrate). Rowse Clear Honey Tub ; Honey.

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Chicken And Vegetable Korma (136 kcal,569 kJ)														

INGREDIENTS: Tricolore Lentil Mix ; Red Lentils Green Lentils Brown Lentils. Water. Chicken Diced Breast & Thigh ; Chicken. Coconut_milk ; Coconut Extract Water Thickener(Carboxymethyl Cellulose) Emulsifier(Polysorbate 60). Chickpeas In Water ; Chick Peas Water Antioxidant, Ascorbic Acid. Diced Carrots ; Carrot (Origin Eu). Onion ; Cooking Onions. Cauliflower. Rapeseed Oil ; Antifoam E900. 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. 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. Tomato Paste ; Tomatoes Citric Acid. Garlic Herbs 250g ; Garlic (100%). Ginger; Root Ginger. Cornflour ; Maize Starch. Ground Turmeric.

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BBQ Quorn Roast (45 kcal, 188 kJ)				✓			✓							

INGREDIENTS: Quorn Roast ; Mycoprotein (63%) Rehydrated Free Range **(Egg)** White **(Milk)** Proteins Natural Flavourings Pea Fibre. 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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MACARONI CHEESE FOOD FOR LIFE (342 kcal, 1431 kJ)		✓ Wheat					✓							

INGREDIENTS: Macaroni ; Durum **(Wheat)** Semolina. Semi Skimmed **(Milk)** 2.271 ; Semi Skimmed **(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.

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	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 Breded 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.

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
Spanish Omelette (170 kcal,711 kJ)				✓			✓							

INGREDIENTS: Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Potato ; Potatoes. Semi Skimmed **(Milk)** 2.271 ; Semi Skimmed **(Milk)**. Mixed Pepper ; Mixed Peppers. 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**.

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
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**.

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

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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
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 D02/Sulphites
Wholegrain & White Rice (121 kcal,506 kJ)														

INGREDIENTS: Long Grain Brown Rice. Long Grain Rice ; Long Grain Rice (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
Carrots (9 kcal, 38 kJ)														

INGREDIENTS: Carrot ; Carrot (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
Crunchy Coleslaw Home Made (43 kcal, 180 kJ)				✓										

INGREDIENTS: White Cabbage. Carrot ; Carrots. 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
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
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
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
Chips Pri (104 kcal, 435 kJ)														

INGREDIENTS: Oven Fries ; Potatoes Sunflower Oil Dextrose.

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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
Cabbage Pri (7 kcal,29 kJ)														

INGREDIENTS: Shredded Savoy Cabbage.

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
Mashed Potatoes (83 kcal,347 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.

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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%).

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
Tuna Mayo Roll PRI (194 kcal,812 kJ)		MC Barley MC Oats MC Rye ✓ Wheat		✓	✓							MC		
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.														
Allergen advice For allergens including Cereals containing Gluten see ingredients in bold May Also Contain Sesame Barley Oats Rye.														

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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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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													
														
	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
Banana Oat Bite (126 kcal,527 kJ)		MC Barley ✓ Oats MC Wheat												
<p>INGREDIENTS: Fyffes Premium X5 Banana Pack ; Banana. (Oat)flakes ; (Oats). Sultanas ; Sultanas (99.5%) Sunflower Oil. 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. Rowse Clear Honey Tub ; Honey. Sunflower Seeds.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Barley Wheat.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chocolate Slice (219 kcal,916 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). Fairtrade Caster Sugar ; Cane Sugar. Free Range Pasteurised Whole (Egg) ; Hen (Egg). Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum).</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
Caramel Mousse (70 kcal, 293 kJ)							✓							

INGREDIENTS: Water. Caramel 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 Colour (Caramel Annatto) Natural Caramel Flavouring Stabiliser (Calcium 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
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**.

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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
ICE CREAM BOX STRAWBERRY PRI (115 kcal,481 kJ)							✓							
<p>INGREDIENTS: Strawberry Flavour Ice Cream Soft Scoop ; Water (Buttermilk) Powder Sugar Dextrose Palm Oil Whey Powder (Milk) Emulsifier (Mono- And Di-Glycerides Of Fatty Acids) Stabilisers (Locust Bean Gum Guar Gum) Flavouring Colours (Beetroot Red Annatto Norbixin Curcumin).</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
Apple and Golden Syrup Sponge (128 kcal,536 kJ)		✓ Wheat		✓										
<p>INGREDIENTS: Solid Pack Apples ; Water Acidity Regulator (Citric Acid) Antioxidant (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. 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. Golden Syrup ; Partially Inverted Refiners Syrup. Baking Powder ; (Wheat) Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Disodium Diphosphate Sodium Hydrogen Carbonate).</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													
														
SALAD SWEETCORN PRI (32 kcal, 134 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
INGREDIENTS: Sweetcorn ; Sweetcorn 100%. 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