

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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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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Orange Wedges (3 kcal, 13 kJ)														

INGREDIENTS: Orange; Medium Oranges.

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Watermelon (14 kcal, 59 kJ)														
<p>INGREDIENTS: Large Watermelon.</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)							✓							
<p>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%.</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 Baked 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.</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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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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CHEESE AND TOMATO PIZZA (177 kcal,741 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		MC			✓							
<p>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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Eggs Barley Oats Rye Spelt.</p>														

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Veggie Meat Feast Pizza (195 kcal,816 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		MC			✓							
<p>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. Plant Balls 17g ; Rehydrated Pea Protein Rapeseed Oil Diced Onions Seasoning (Onion Powder Yeast Extract Fine Sea Salt Tomatopowder Garlic Powder Natural Flavouring Porcini Powder Potassium Chloride Ground Fennel Smoked Paprika Ground Black Pepper Ground Marjoram Ground Thyme Ground Cardamom Chill Powder Ground Bay) Potato Starch Methylcellulose Apple Juice Concentrate Date Syrup Apple Extract Lemon Juice Citrus Fibre Beetroot Powder Pumpkin Powder. Spiced Pizza Sauce ; Tomato Salt Sunflower Oil Sugar Oregano Basil Black Pepper Garlic Powder Citric Acid.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Eggs Barley Oats Rye Spelt.</p>														

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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. 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 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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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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Cheesy Bean Burrito (335 kcal, 1402 kJ)		✓ Wheat					✓							

INGREDIENTS: Tricolore Lentil Mix ; Red Lentils Green Lentils Brown Lentils. Long Grain Brown Rice. 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. 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. No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Red Kidneys In Water ; Red Kidney Beans Water Firming Agent, Calcium Chloride. Mixed Pepper ; Mixed Peppers. Grated Mature Cheese ; White Mild Cheddar Cheese **(Milk)** Anti-Caking Agent Potato Starch. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper.

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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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Vegetarian Cottage Pie (175 kcal,732 kJ)														

INGREDIENTS: Tricolore Lentil Mix ; Red Lentils Green Lentils Brown Lentils. Potato ; Potatoes. Water. Diced Carrots ; Carrot (Origin Eu). No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Onion ; Cooking 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. Tomato Paste ; Tomatoes Citric Acid. Premium Instant Gravy ; Maltodextrin Potato Starch Flavouring Salt Yeast Extract Colour (Caramel) Rapeseed Oil. 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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Traditional Beef Lasagne FFL (271 kcal, 1134 kJ)		✓ Wheat		MC			✓		MC				MC	

INGREDIENTS: Semi Skimmed (**Milk**) 2.271 ; Semi Skimmed (**Milk**), 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. Lasagne ; Durum (**Wheat**) Semolina. Grated Mature Cheese ; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato Starch. 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.

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May Also Contain Eggs Mustard Soybeans.

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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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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Vegetable Lasagne FFL (299 kcal,1251 kJ)		✓ Wheat		MC			✓		MC				MC	

INGREDIENTS: Vegetarian Bolognese. 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. Semi Skimmed (**Milk**) 2.271 ; Semi Skimmed (**Milk**). Lasagne ; Durum (**Wheat**) Semolina. Grated Mature Cheese ; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato Starch. 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.

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

May Also Contain Eggs Mustard Soybeans.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Vegetarian Bolognese (122 kcal,510 kJ)														

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.

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
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>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Battered Fish (133 kcal,556 kJ)		✓ Wheat			✓									
<p>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.</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
Veggie Fingers (41 kcal, 172 kJ)		✓ Wheat												
<p>INGREDIENTS: Vegetable Fingers ; Vegetable Mix (41%) (Sweetcorn Carrot Peas) Water Breadcrumbs ((Wheat) Flour Water Yeast Salt) Rapeseed Oil Dried Potato (Wheat) Flour Salt Onion Powder Starch (Rice Potato) Turmeric.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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- 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.

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
BBQ Potato Wedges (51 kcal,213 kJ)														
INGREDIENTS: Baking Potato. American Bbq Style Seasoning ; Demerara Sugar Smoked Paprika Sugar Tomato Powder Salt Cumin Garlic Powder Yeast Extracts Modified Tapioca Starch Black Pepper Coriander Chillli Flakes Green Bell Peppers Smoked Maltodextrin Silicon Dioxide (Anti-Caking Agent) Citric Acid 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
Garlic Bread Wedge (113 kcal,473 kJ)		✓ Wheat												
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. Garlic Herbs 250g ; Garlic (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
Wholegrain & White Rice (121 kcal,506 kJ)														

INGREDIENTS: Long Grain Brown Rice. Long Grain Rice ; Long Grain Rice (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
Pasta Wholemeal (139 kcal,582 kJ)		✓ Wheat												

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

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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
Gravy (10 kcal, 42 kJ)														

INGREDIENTS: Water. Premium Instant Gravy ; Maltodextrin Potato Starch Flavouring Salt Yeast Extract Colour (Caramel) Rapeseed Oil.

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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		
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.

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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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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Custard Shortbread (116 kcal, 485 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. Fairtrade Caster Sugar ; Cane Sugar. Vanilla Essence 500ml ; Water Monopropylene Glycol Colour (Caramel E150a) Flavourings. Custard Powder ; Maize Starch Colour(Annatto) Flavouring.

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
Watermelon (14 kcal, 59 kJ)														

INGREDIENTS: Large Watermelon.

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
Chocolate Mousse							✓							
<p>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).</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
ICE CREAM BOX VANILLA PRI (112 kcal,469 kJ)							✓							
<p>INGREDIENTS: Vanilla Flavour Ice Cream Soft Scoop ; Water (Buttermilk) Powder Sugar Dextrose Palm Oil Whey Powder (Milk) Emulsifier(Mono- And Di-Glycerides Of Fatty Acids) Flavouring Stabilisers(Locust Bean Gum Guar Gum) Colours(Annatto Curcumin).</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 Oaty Bar (175 kcal, 732 kJ)		MC Barley ✓ Oats MC Wheat												
<p>INGREDIENTS: (Oat)flakes ; (Oats). 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. Golden Syrup ; Partially Inverted Refiners Syrup. Fairtrade Light Brown Soft Sugar ; Cane Sugar. Water. 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> <p>May Also Contain Barley Wheat.</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 .														

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- Adults need around 2000 kcal a day