

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 Turkey Pri (62 kcal,259 kJ)														

INGREDIENTS: Turkey Breast Skin On 2.2-2.8kg ; 100% Turkey.

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Pork Sausage Bites		✓ 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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- Adults need around 2000 kcal a day

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Roasted Vegetable And Cranberry Slice (163 kcal,682 kJ)		✓ Wheat												

INGREDIENTS: Chickpeas In Water ; Chick Peas, Water, Antioxidant: Ascorbic Acid. Puff Pastry Sheets ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate). Butternut Squash; Butternut Sqaush. Water. Onion ; Cooking Onions. Potato ; Potatoes. Cranberry Sauce ; Sugar, Cranberries (35%), Water, Gelling Agent (Pectin), Acidity Regulator (Trisodium Citrate), Preservative (Potassium Sorbate). Carrot ; Carrot (100%). Sage & Onion Stuffing ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Salt, Vegetable Oil (Palm Oil, Sunflower Oil), Dried Onion (2.2%), Sage (1%), Parsley, Raising Agent (Ammonium Hydrogen Carbonate), Yeast, Sage Extract. Vegetable Bouillion ; Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Onion Powder, Spices (Lovage, Turmeric, Black Pepper), Carrot Powder, Garlic Powder, Rapeseed Oil, Antioxidant (Rosemary Extract), Colour (Plain Caramel), Flavouring, Herb. Rapeseed Oil ; Antifoam E900. Garlic Herbs 250g ; Garlic (100%). Parsley; Curley Leaf Parsley, Curly Parsley.

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Veggie Sausages (89 kcal,372 kJ)		✓ Wheat												

INGREDIENTS: Quorn Vegan Sausage ; Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [**(Wheat)** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], **(Wheat)** Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: Sodium Alginate.

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Carrots (9 kcal,38 kJ)														
INGREDIENTS: Carrot ; Carrot (100%). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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Broccoli (14 kcal,59 kJ)														
INGREDIENTS: Broccoli. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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SAGEY STUFFING (37 kcal, 155 kJ)		✓ Wheat												
INGREDIENTS: Water. Sage & Onion Stuffing ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin), Salt, Vegetable Oil (Palm Oil, Sunflower Oil), Dried Onion (2.2%), Sage (1%), Parsley, Raising Agent (Ammonium Hydrogen Carbonate), Yeast, Sage Extract. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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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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Vanilla Christmas Shortbread (153 kcal, 640 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. Fairtrade Icing Sugar 1kg; Sugar (97%), Maize Starch, Cane Sugar (97%). Dr Oetker Professional Sugar Strands ; Sugar, Modified Maize Starch, Vegetable Oil (Coconut), Colouring Foods (Concentrates From Spirulina, Safflower, Lemon, Sweet Potato, Radish), Glucose Syrup, Anti-Caking Agent (Talc), Colour (Copper Complexes Of Chlorophylls And Chlorophyllins). Water. Vanilla Essence 500ml ; Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.

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