ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Roast Turkey (61 kcal,255 kJ)														

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

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**

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Roasted Vegetable And Cranberry Slice (166 kcal,695 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 Brown Medium ; 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, Antidoxidant (Rosemary Extract), Colour (Plain Caramel), Flavouring, Herb. Rapeseed Oil ; Antifoam E900. Diced Garlic 250g ; Garlic. Parsley; Curley Leaf Parsley, Curly Parsley.

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Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
ROAST POTATOES PRI (82 kcal,343 kJ)														

INGREDIENTS: Potato ; Potatoes. Rapeseed Oil ; Antifoam E900.

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Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Festive Pig in a Pud (88 kcal,368 kJ)		✓ Wheat		✓			✓						✓	✓

INGREDIENTS: 2" Fully Baked Yorkshire Puddings ; **(Wheat)** Flour(**(Wheat)** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), **(Egg)** White, Water, Rapeseed Oil, Whole **(Egg)**, Skimmed **(Milk)** Powder, Salt. 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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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Sage Stuffing (35 kcal,146 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**.														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/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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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Christmas Yule Log (71 kcal,297 kJ)		✓ Wheat		✓			✓							

INGREDIENTS: Free Range Medium **(Egg)** ; **(Egg)** (100%), . Fairtrade Caster Sugar ; Cane Sugar. Water. Self Raising Flour ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates). 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). Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum). Fairtrade Icing Sugar 1kg ; Sugar (97%), Maize Starch.

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