





























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 AND TOMATO PIZZA (134 kcal,561 kJ)		✓ Wheat					✓							

INGREDIENTS: Wholemeal Cheese & Tomato Pizza 11 ; Pizza Base, Wholemeal (**Wheat**) Flour, (**Wheat**) Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping, Mozzarella Cheese (**Milk**), (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic]. Source Of Fibre.

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

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Chickpea and Vegetable Tikka Masala and Rice (188 kcal,787 kJ)														















INGREDIENTS: Chickpea & Vegetable Tikka Masala With Rice ; Rice (Rice, Water), Chickpeas (Chickpeas, Water, Antioxidant-E300), Kids Tikka Sauce (Coconut_milk (Coconut, Water), Water, Onion Puree (Onion, Canola Oil), Tomato, Diced Onion, Tomato Puree, Rapeseed Oil, Cornflour, Coriander, Sugar, Garlic Puree, Ginger Puree, Vegetable Stock (Concentrated Vegetable Juice (Onion, Carrot, Leek), Water, Salt, Dextrose, Yeast Extract, Maltodextrin, Cornstarch, Rapeseed Oil, Herbs And Spice Oils (Pepper, Nutmeg, Thyme, Laurel, Parsley Seeds, Tarrogan, Asa Foetida, Garlic), Paprika, Cumin, Turmeric, Fenugreek, Nutmeg), Tarka Dhal (Water, Tomatoes, Red Lentils, Rapeseed Oil, Chickpeas, Onion, Ginger Puree, Garlic Puree, Lemon Juice, Red Chilli, Ground Cumin, Ground Coriander, Ground Turmeric, Salt, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Lovage, Turmeric, Pepper, Garlic, Mace, Nutmeg), Spice Extract), Coriander, Ground Black Pepper), Cauliflower, Spinach, Butternut Squash.















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Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day

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CPUA MULLER HEALTHY BALANCE IND YOGHURT (59 kcal,247 kJ)							✓							
INGREDIENTS: Selection Of Muller Mixed Healthy Balance Yoghurts 110g ; Peach: Yogurt (Milk), Water, Sugar, Peach Puree (5%), Corn Flour, Naturalfavourings, Culture: Bifidobacterium, Bb-12. Strawberry: Yogurt (Milk), Water, Sugar, Strawberry Puree (5%), Corn Flour, Natural Flavourings, Beetroot Juice Concentrate, Culture: Bifidobacterium, Bb-12. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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Sweetcorn Pri (38 kcal,159 kJ)														
INGREDIENTS: Sweetcorn ; Sweetcorn 100%. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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Garden Peas PRI (39 kcal,163 kJ)														

INGREDIENTS: Garden Pea.

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JACKET POTATO WITH CHEESE PRIMARY (234 kcal,979 kJ)							✓							

INGREDIENTS: Baking Potato. Grated Mature Cheese; White Mild Cheddar Cheese (**Milk**), Anti-Caking Agent Potato Starch. Wholemilk, 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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