





























ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CPUA Roast Turkey (37 kcal, 155 kJ)														

INGREDIENTS: Turkey Log ; Turkey, Salt, Brown Sugar, Stabilisers (E450, E451), Pepper.

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

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Cheese & Vegetable Bake (199 kcal, 833 kJ)							✓						✓	















INGREDIENTS: Cheese & Vegetable Bake ; Potatoes, Bechamel Sauce (Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb], Skimmed (**Milk**), Vegetable Oil (Palm), Modified Starch, Butter (**Milk**), Whey Protein Concentrate (**Milk**), Salt, Emulsifier-(**Soya**) Lecithin), Cheddar Cheese (Cheddar Cheese (**Milk**), Potato Starch), Carrots, Peas, Sweetcorn.















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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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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jammy Jack Flapjack (138 kcal, 577 kJ)		✓ Oats												
<p>INGREDIENTS: Jammy Jack ; Rolled (Oats) (Gluten), Vegetable Oils (Rapeseed, Sunflower, Palm), Golden Syrup, Sugar, Strawberries, Glucose Syrup- Fructose Syrup, Raisins, Blueberries, Water, Dates, Gelling Agent (Pectins), Citric Acid, Rice Flour, Dried Apricot, Apple Flakes, Potassium Sorbate, Salt, Colours (E163, E160a, E100, E160b), Flavourings, Acid Regulator (E330, E331c), Emulsifier (E475).</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CPUD MIXED VEG (119 kcal, 498 kJ)														
<p>INGREDIENTS: Garden Pea. Mixed Vegetables ; Carrot (55%), Peas (22%), Green Beans (15%), Sweetcorn (4%), Broad Beans (4%).</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
JACKET POTATO WITH SALMON PRI (186 kcal,778 kJ)				✓	✓									

INGREDIENTS: Baking Potato. Pink Salmon ; Pink Salmon (**Fish**), Salt. Lite Mayonnaise ; Water, Rapeseed Oil, Sugar, Spirit Vinegar, Stabilisers(Modified Maize Starch, Xanthan Gum), (**Egg**) Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Gluten Free Gravy (10 kcal,42 kJ)														















INGREDIENTS: Water. Gravy Rfs Gf ; Maltodextrin, Potato Starch, Flavourings, Cornflour, Salt, Colour (Ammonia Caramel), Onion Powder, Acidity Regulator(Citric Acid).

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ALLERGEN CARD

Recipe	Allergens													
														
Mashed Potato Ready Made Frozen	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
INGREDIENTS: Mashed Potato ; Potato (95%), Rapeseed Oil, Sg Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavouring.														
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- Adults need around 2000 kcal a day