





























ALLERGEN CARD

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 BAKED BEANS PRIMARY (162 kcal,678 kJ)														

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.

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

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Pineapple Sponge (7 kcal,29 kJ)		✓ Wheat		✓			✓							















INGREDIENTS: Pineapple Cake ; Pineapple Pieces (26.4%), Pear Juice (16.7%), **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamine), Sugar, Vegetable Oils (Rapeseed, Palm), Apple (6.0%), Golden Syrup, Whole **(Egg)** Powder, Whey Solids **(Milk)**, Modified Maize Starch, **(Wheat)** Gluten, Emulsifier (E475), Raising Agent (E500, E450), Preservatives (E202, E282), Acidity Regulator (E330), Stabiliser (E415), Colours (E160a), Salt, Flavouring, Antifoaming Agent (E900).

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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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Vegetarian Balls in Tomato Sauce & Rice (280 kcal, 1172 kJ)														

INGREDIENTS: Vegetarian Balls In Tomato Sauce ; Kids Tomato Sauce (Tomato, Water, Tomato Paste, Rapeseed Oil, Onion, Sundried Tomato Paste (Re-Hydrated Sundried Tomatoes (Sundried Tomatoes, Water, Salt), Rapeseed Oil, Wine Vinegar, Sugar, Salt), Modified Waxy Maize Starch, Garlic Puree, Basil, Sugar, Lemon Juice, Bouillon (Salt, Maltodextrin (Potato), Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Natural Lovage Extract), Oregano, Black Pepper), Plant Balls (Apple Extract, Apple Juice Concentrate, Beetroot Powder, Citrus Fibre, Date Syrup, Diced White Onion, Salt, Lemon Juice, Methylcellulose, Natural Flavouring, Potassium Chloride, Potato Starch, Pumpkin Powder, Rapeseed Oil, Rehydrated Pea Protein, Seasoning (Chilli Powder, Garlic Powder, Bay, Black Pepper, Fennel, Mace, Majoram, Rosemary, Onion Powder, Porcini Powder, Tomato Powder, Yeast Extract), Peppers. Rice ; White Rice (Water, White Rice).

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Sweetcorn Pri (38 kcal, 159 kJ)														















INGREDIENTS: Sweetcorn ; Sweetcorn 100%.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Beef Pasta Bolognese (247 kcal, 1033 kJ)		✓ Wheat												
<p>INGREDIENTS: Beef Pasta Bolognese ; Bolognese Sauce (Beef, Water, Tomato, Onion, Tomato Paste, Beef Stock (Concentrated Beef Broth (Water, Beefextract), Yeast Extract, Glucose, Salt, Flavouring, Maltodextrin), Garlic Puree, Cornflour, Sugar, Basil, Parsley, Ground Black Pepper, Chives, Thyme, Oregano), Pasta (Water, Durum (Wheat) Flour).</p>														
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- Adults need around 2000 kcal a day