





























# 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 & Tomato Pasta (343 kcal, 1435 kJ)		✓ Wheat					✓						✓	

INGREDIENTS: Cheese & Tomato Pasta ; Pasta (Water, Durum (**Wheat**) Flour), 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), Bechamel Sauce (Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb], Skimmed (**Milk**), Vegetable Oil, Modified Starch, Butter (**Milk**), Whey Protein Concentrate (**Milk**), Salt, Emulsifier-(**Soya**) Lecithin), Mozzarella Cheese (Mozzarella Cheese (**Milk**), Anti-Caking Agent-Potato Starch), Cheddar Cheese (Cheddar Cheese (**Milk**), Anti-Caking Agent-Potato Starch).

**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 D02/Sulphites
Chinese Chicken & Egg Rice (327 kcal, 1368 kJ)		✓ Wheat		✓			✓						✓	















INGREDIENTS: Chinese Chicken & Vegetable Rice ; Rice (Brown Rice, Water), Plain Omelette ((**Egg**), (**Milk**), Rapeseed Oil, Salt, Stabiliser-E415, White Pepper), Peas, Carrots, Mixed Peppers, Diced Chicken (Chicken Breast, Salt), Spring Onion, (**Soy**) Sauce (Water, Salt, (**Soybeans**) (**Soya**), (**Wheat**) Flour), Rapeseed Oil (Rapeseed Oil, Antifoaming Agent- E900), Chinese Five Spice (Fennel, Cinnamon (Cassia), Star Anise, Black Pepper, Clove).















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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
CPUA MULLER HEALTHY BALANCE IND YOGHURT (59 kcal,247 kJ)							✓							
<p>INGREDIENTS: Selection Of Muller Mixed Healthy Balance Yoghurts 110g ; Peach: Yogurt (<b>Milk</b>), Water, Sugar, Peach Puree (5%), Corn Flour, Naturalfavourings, Culture: Bifidobacterium, Bb-12. Strawberry: Yogurt (<b>Milk</b>), Water, Sugar, Strawberry Puree (5%), Corn Flour, Natural Flavourings, Beetroot Juice Concentrate, Culture: Bifidobacterium, Bb-12.</p> <p><b>Allergen advice</b> For allergens, including Cereals containing Gluten, see ingredients in <b>bold</b>.</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
JACKET POTATO WITH CHEESE PRIMARY (234 kcal,979 kJ)							✓							
<p>INGREDIENTS: Baking Potato. Grated Mature Cheese; White Mild Cheddar Cheese (<b>Milk</b>), Anti-Caking Agent Potato Starch. Wholemilk, Cheese Lactic Starter Culture, Rennet, Salt, 14% Fat White Cheese (<b>Milk</b>), Cheddar Cheese (<b>Milk</b>)Pasteurised Cows (<b>Milk</b>) (98.06%), Salts (Contains Anti Caking Agaent E535)1.9%, Non Animal Rennet(Sodium Benzoate Free)0.02%, Starter Culture 0.02%, Potato Starch- Anti Caking Agent 1-2%.</p> <p><b>Allergen advice</b> For allergens, including Cereals containing Gluten, see ingredients in <b>bold</b>.</p>														

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Garden Peas PRI (39 kcal, 163 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
INGREDIENTS: Garden Pea.														
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- Adults need around 2000 kcal a day