





























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)														
<p>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.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														















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Vegetarian Pasta Bolognese (323 kcal,1351 kJ)		✓ Wheat											✓	
<p>INGREDIENTS: Vegetarian Pasta Bolognese ; 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), Pasta (Water, Durum (Wheat) Flour), Vegan Mince (Rehydrated Textured (Soya) Protein, Seasoning (Colour-E150a, Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator-E330, White Pepper)).</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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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Jammy Jack Flapjack (138 kcal,577 kJ)		✓ Oats												
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). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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CPUD CARROTS BABY (18 kcal,75 kJ)														
INGREDIENTS: Baby Carrots. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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Herby Dice Potatoes Pri (98 kcal,410 kJ)		✓ Wheat												

INGREDIENTS: Seasoned Herby Potato Dice ; Potato (88%), Sunflower Oil, **(Wheat)** Flour, Salt, Modified Potato Starch, Herbs (Parsley, Oregano), Spices (Chilli Pepper, Paprika, Cayenne Pepper, Cumin, Black Pepper, Turmeric), Onion Powder, Garlic Powder, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Dextrose, Yeast Extract, Paprika Extract, Natural Black Pepper Flavouring.

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Beef Burger & Bun (299 kcal,1251 kJ)	✓	✓ Wheat		✓								MC	✓	

INGREDIENTS: 4" Unseeded Burger Bun ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Sugar, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids, Mono- And Di-Glycerides Of Fatty Acids), Flour Treatment Agents(Ascorbic Acid, L-Cysteine Hydrochloride). Flame Cooked 2oz Burger ; Beef (85%), Beef Fat, Textured **(Soya)** Protein, Dextrose, **(Wheat)** Gluten, **(Wheat)** Flour (With Calcium Carbonate,Iron, Niacin, Thiamin), Salt, Stabiliser: Triphosphates **(Egg)** White Powder, Onion Powder, Yeast Extract, Flavouring. Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup), Spirit Vinegar, Sugar, Salt, Spice And Herb Extracts (Contain **(Celery)**), Sweetener (Steviol Glycosides), Spice.

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May Also Contain Sesame.

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