





























# 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 SAVOURY VEGEMINCE BOLOGNAISE (89 kcal,372 kJ)		✓ Barley		✓										

INGREDIENTS: Quorn Mince. Mycoprotein (88%), Rehydrated Free Range **(Egg)** White, Pea Fibre, Natural Caramelised Sugar. Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **(Barley)** Malt Extract. Red Lentils. Chopped Tomatoes ; Tomato Juice, Citric Acid. Onion ; Onions. Water. Diced Carrots. Garden Pea. Tomato Paste ; Tomatoes. Gravy Rfs Gf ; Maltodextrin, Potato Starch, Flavourings, Cornflour, Salt, Colour (Ammonia Caramel), Onion Powder, Acidity Regulator(Citric Acid). Garlic Puree ; Garlic (98%), Acidity Regulator: Citric Acid. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory.

**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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## Allergen and Nutrition Advice:















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- **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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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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CPU Quornburger with Bap		✓ Barley ✓ Wheat		✓			✓					<b>MC</b>		

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). Quorn Burger 50g ; Mycoprotein (44%), Rehydrated Free Range **(Egg)** White, Textured **(Wheat)** Protein, [**(Wheat)** Flour (**(Wheat)** Flour, Calcium Chloride, Iron, Niacin & Thiamine), Colour: Plain Caramel, Stabiliser: Sodium Alginate], Onion, **(Milk)** Proteins, Flavouring (Contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate, Roasted **(Barley)** Malt Extract.















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May Also Contain Sesame.

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Mashed Potato Ready Made Frozen														

INGREDIENTS: Mashed Potato ; Potato (95%), Rapeseed Oil, Sg Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavouring.

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Fish Finger with Tomato Ketchup (118 kcal, 494 kJ)		✓ Wheat			✓									

INGREDIENTS: Omega 3 Breaded Msc Whitefish Finger ; Minced White **(Fish) (Fish)** (58%), **(Wheat) Flour((Wheat) Flour**, Calcium Carbonates, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Yeast, Salt, Colours(Paprika Extract, Curcumin), Turmeric.

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