





























ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Mashed Potato Ready Made Frozen														

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

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

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CYG Apricot Shortbread		✓ Wheat					✓							✓















INGREDIENTS: Apricot Shortbread ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamine), Vegetable Oils (Rapeseed, Palm), Water, Salt, Emulsifier (E471, E475), Colours (E160b, E100), Flavouring, Caster Sugar, Rice Flour, Unsalted Butter (**Milk**), Dried Apricot Pieces (**Sulphur Dioxide**), Salt, Raising Agent (E450, E500).

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

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















ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pork Sausages cooked (184 kcal, 770 kJ)		MC Spelt ✓ Wheat												

INGREDIENTS: Cooked Pork Sausages ; Pork (48%), Water, Pork Rind, Rusk [**(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Salt, **(Wheat)** Starch, Dextrose, Emulsifier (Sodium Tripolyphosphate), Herbs (Sage, Parsley), Flavourings (Spice Extracts, Herb Extracts), Rubbed Parsley, **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Iron Niacin, Thiamin), Dried Onion, Yeast Extract, Filled Into Beef Collagen Casings.

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

May Also Contain Spelt.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Garden Peas PRI (39 kcal, 163 kJ)														















INGREDIENTS: Garden Pea.

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

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

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Mild Bean Chilli and Rice (113 kcal,473 kJ)														

INGREDIENTS: Mild Bean Chilli & Wholegrain Rice ; Brown Rice (Water, Brown Rice), Baked Beans (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener-Steviol Glycosides, Herb Extract), Three Bean Chilli (Water, Tomato, Onion, Red Kidney Beans, Borlotti Beans, Butter Beans (Sulphites*), Tomato Puree, Green Pepper, Sweet Potato, Rapeseed Oil, Sugar, Red Pepper, Modified Maize Starch, Cumin Seeds, Ground Coriander, Garlic Puree, Coriander, Smoked Water, Salt, Chilli Powder, Black Pepper). *Sulphites <10ppm.

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

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**.

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