





























ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Roast Beef (55 kcal,230 kJ)														

INGREDIENTS: Sliced Beef ; Beef Silverside, Pea Protein, Salt, Stabilisers (E450, E451). Water.

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

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JACKET POTATO WITH TUNA PRIMARY (167 kcal,699 kJ)				✓	✓									















INGREDIENTS: Baking Potato. Tuna Chunks ; **(Fish)** Tuna, Water, Salt. Sweetcorn ; Sweetcorn 100%. Lite Mayonnaise ; Water, Rapeseed Oil, Sugar, Spirit Vinegar, Stabilisers(Modified Maize Starch, Xanthan Gum), **(Egg)** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).

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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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CPUD MIXED VEG (119 kcal,498 kJ)														

INGREDIENTS: Garden Pea. Mixed Vegetables ; Carrot (55%), Peas (22%), Green Beans (15%), Sweetcorn (4%), Broad Beans (4%).

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Quorn Sausage in Gravy (59 kcal,247 kJ)		✓ Wheat												















INGREDIENTS: Quorn Sausage In Gravy ; Demi Glace (Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Lovage, Sunflower Oil], Modified Starch, Tomato Puree, Colour-E150c, Natural Flavouring), Quorn Sausage (Water, Mycoprotein#, Textured Pea Protein (Pea Protein, Pea Extract), Rusk [**(Wheat)** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], **(Wheat)** Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener-E461, Stabiliser-E401).

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Gluten Free Gravy (10 kcal,42 kJ)														

INGREDIENTS: Water. Gravy Rfs Gf ; Maltodextrin, Potato Starch, Flavourings, Cornflour, Salt, Colour (Ammonia Caramel), Onion Powder, Acidity Regulator(Citric Acid).

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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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Pineapple Sponge (7 kcal, 29 kJ)		✓ Wheat		✓			✓							
<p>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).</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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