





























# ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CYG BANANA MARBLE SPONGE FB		✓ Wheat		✓			✓							
<p>INGREDIENTS: Banana Marble Sponge Cake 50% Fruit ; <b>(Wheat)</b> Flour (With Calcium, Iron, Niacin, Thiamine), Pear, Sugar, Banana, Apple, Vegetable Oil(Rapeseed, Coconut, Palm), Whole <b>(Egg)</b> Powder, Cocoa Powder, Whey Solids <b>(Milk)</b>, Salt, Emulsifier (E475), Raising Agents (E500, E450), Modified Maize Starch, <b>(Wheat)</b> Gluten, Stabiliser (E415), Lemon Juice (Potassium Metabisulphite ), Citric Acid, Flavourings, Colours (E160a), Potassium Sorbate (E202, E282).</p> <p><b>Allergen advice</b> For allergens, including Cereals containing Gluten, see ingredients in <b>bold</b>.</p>														

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Sweetcorn Pri (38 kcal,159 kJ)														
<p>INGREDIENTS: Sweetcorn ; Sweetcorn 100%.</p> <p><b>Allergen advice</b> For allergens, including Cereals containing Gluten, see ingredients in <b>bold</b>.</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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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Macaroni Cheese (395 kcal, 1653 kJ)		✓ Wheat					✓						✓	

INGREDIENTS: Macaroni Cheese ; Macaroni (Water, Durum (**Wheat**) Flour), 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), Cheddar Cheese (Cheddar Cheese (**Milk**), Anti-Caking Agent-Potato Starch).

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Wholegrain & White Rice (133 kcal, 556 kJ)														















INGREDIENTS: Basmati Rice. Long Grain Brown Rice.

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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 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.

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Steam Chicken Tikka Masala (179 kcal,749 kJ)														















INGREDIENTS: Chicken Tikka Masala ; Kids Tikka Sauce (Coconut\_milk (Coconut, Water), Water, Onion Puree (Onion, Canola Oil), Tomato, Diced Onion, Tomato Puree, Rapeseed Oil, Cornflour, Coriander, Sugar, Garlic Puree, Ginger Puree, Vegetable Stock (Concentrated Vegetable Juice (Onion, Carrot, Leek), Water, Salt, Dextrose, Yeast Extract, Maltodextrin, Cornstarch, Rapeseed Oil, Herbs And Spice Oils (Pepper, Nutmeg, Thyme, Laurel, Parsley Seeds, Tarrogan, Asa Foetida, Garlic), Paprika, Cumin, Turmeric, Fenugreek, Nutmeg), Diced Chicken (Chicken Breast, Salt).

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CPUD CARROTS BABY (18 kcal,75 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
INGREDIENTS: Baby Carrots.														
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- Adults need around 2000 kcal a day