





























ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
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.

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

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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).

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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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JACKET POTATO WITH CHEESE PRIMARY (234 kcal,979 kJ)							✓							

INGREDIENTS: Baking Potato. Grated Mature Cheese; White Mild Cheddar Cheese (**Milk**), Anti-Caking Agent Potato Starch. Wholemilk, Cheese Lactic Starter Culture, Rennet, Salt, 14% Fat White Cheese (**Milk**), Cheddar Cheese (**Milk**)Pasteurised Cows (**Milk**) (98.06%), Salts (Contains Anti Caking Agent E535)1.9%, Non Animal Rennet(Sodium Benzoate Free)0.02%, Starter Culture 0.02%, Potato Starch- Anti Caking Agent 1-2%.

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Quorn Dippers Pri (110 kcal,460 kJ)		✓ Wheat												















INGREDIENTS: Vegan Dippers ; Mycoprotein (55%), Water, (**Wheat**) Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, (**Wheat**) Gluten, Maize Flour, Stabiliser: Carrageenan. (**Wheat**) Starch, Raising Agents: Ammonium Carbonate. Diphosphates, Sodium Bicarbonate, Dextrose, Durum (**Wheat**) Semolina, Turmeric Extract.

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Garden Peas PRI (39 kcal, 163 kJ)														

INGREDIENTS: Garden Pea.

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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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