





























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 Chocolate Shortbread Finger (205 kcal, 858 kJ)		✓ Wheat												
INGREDIENTS: Chocolate Shortbread Finger ; (Wheat) Flour (Calcium, Iron, Niacin, Thiamine), Water, Sugar, Vegetable Oils (Rapeseed, Palm), Glucosesyrup, Water, Cornflour, Gelling Agent (E406, E410), Preservative (E202), Acidity Regulator (E330), Salt, Sodium Bicarbonate (Baking Soda), Chocolate Flavour, Emulsifier (E475, E322, E471), Colours (E100, E160b, E171), Flavourings.														
Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														















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CYG CARROT CAKE (178 kcal, 745 kJ)		✓ Wheat		✓			✓							
INGREDIENTS: Iced Carrot Cake ; Water, (Wheat) Flour, Sugar, Vegetable Oil, Whole (Egg) Powder, Modified Starch, Dried Carrot, Raising Agent (E500, E450), Dextrose, Salt, Spices, Colours (E150c, E160a), Emulsifier (E481), Whey Solid (Milk) . Topping: Cream Cheese Icing [Sugar, Vegetable Oil (Rapeseed, Palm), Water, Dried Glucose Syrup, Whey Protein Concentrate (Milk) , Creme Fraiche (Milk) , Flavouring, Stabiliser (E406), Citric Acid, Emulsifier (E473), Preservative (E202), Butter, Colour (E160a)].														
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- Adults need around 2000 kcal a day

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Chocolate Orange Brownie		✓ Wheat		✓			✓							
INGREDIENTS: Chocolate Orange Brownie ; Sugar, (Wheat) Flour (With Calcium, Iron, Niacin, Thiamine), Water, Vegetable Oil (Rapeseed, Palm), Orangecurd (4.9%) [Sugar, Water, Glucose Syrup, Vegetable Oil (Palm, Rapeseed), (Wheat) Starch, Dried Whole (Egg) , Modified (Wheat) Starch, Gelling Agent (E440a), Acidity Regulator (E330, E331c), Orange Oil, Salt, Acetic Acid, Colours (E100,E163)], Cocoa Powder (3.4%), Glucose Syrup, Whole (Egg) Powder, Starch, Whey Solids (Milk) , Emulsifier (E471), Raising Agent (E500), Preservative (E202, E282), Acidity Regulator (E330), Salt, Flavouring.														
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APPLES PACKED LUNCH (53 kcal,222 kJ)														
INGREDIENTS: Apple.														
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CYG BERRY MUFFIN (195 kcal,816 kJ)		✓ Wheat		✓			✓							

INGREDIENTS: Berry Muffin ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamine), Sugar, Whole **(Egg)** Powder, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Whey Solids **(Milk)**, Emulsifier (E475), Modified Starch (Maize), Vegetable Oils (Palm, Rapeseed), **(Wheat)** Gluten, Water, Antifoaming Agent (E900), Glucose Fructose Syrup, Raspberry Puree, Sodium Citrates, Pectins, Glycerine (E422), Blueberries, Strawberries, Modified Maize Starch, Salt, Stabiliser (Xanthan Gum), Citric Acid, Potassium Sorbate (E202, E282), Flavourings, Colour (Algal Carotenes, Paprika Extract, Elderberry Extract).

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WATER BOTTLE														















INGREDIENTS: Still Water Bottle 500ml ; Spring Water.















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CYG RASPBERRY SLICE		✓ Wheat		✓			✓							
INGREDIENTS: Raspberry Cake Slice 50% Fruit ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamine), Sugar, Bulking Agent (Polydextrose), Whole (Egg) powder, Humectant (Sorbitol), Modified Starch (Maize), (Wheat) Starch, (Wheat) Fibre, Dextrose, Dried (Egg) White, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Emulsifier (E471), Salt, Stabiliser (Xanthan Gum), Enzyme, Whey Solids (Milk) . Pear Juice (Water, Sugar), Raspberry, Rapeseed Oil, Antifoaming Agent (E900), Apple, Citric Acid, Preservative (E202, E282), Lemon Juice Concentrate, Beetroot, Spice Extract, Natural Raspberry Flavouring.														
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Cherry Tomato (9 kcal, 38 kJ)														
INGREDIENTS: Cherry Tomatoes.														
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Cheese Roll PRI (270 kcal, 1130 kJ)		✓ Wheat					✓						✓	

INGREDIENTS: Fully Baked Soft White Batch Rolls ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Roll Improver(Salt, **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Emulsifier(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids, Mono- And Di-Glycerides Of Fatty Acids), **(Soya)** Flour, Rapeseed Oil, Calcium Sulphate, Flour Treatment Agent(Ascorbic Acid, L- Cysteine Hydrochloride)). 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%. Buttery Spread ; Rapeseed Oil, Palm Oil, Water, Reconstituted **(Buttermilk)** 3%, Salt (1.5%), Emulsifier: Mono And Di Glyceride Of Fatty Acids. Stabiliser: Sodium Alginate. Preservative: Potassium Sorbate. Vitamin A & D, Flavouring, Colour: Carotenes. Flavouring - Natural Colour - Natural.

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CYGN CHOCOLATE COOKIE (205 kcal, 858 kJ)		✓ Wheat		✓			✓							

INGREDIENTS: Chocolate Cookie ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamine), Sugar, Vegetable Oils (Rapeseed, Palm), Water, Cocoa Powder (3.1%) Whole **(Egg)** Powder, Whey Solids **(Milk)**, Dextrose, Raising Agent (E500), Emulsifier (E471, E475), Colours (E100, E160b), Salt, Flavouring.

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