












































# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CPUA SEASONAL FRUIT														
Ingredients: Orange Small 15KG, Apple Red Premium 18KG, Banana Fairtrade 17KG														















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CPUH BABY CARROT														
Ingredients: Carrots Baby Cut 14/18 2.5KG														















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CPUH JACKET POTATOES WITH BAKED BEANS														
Ingredients: Potato Baking 80s 15KG, Beans Baked NAS Vegan Heinz 2.62KG, Spread Sunflower Dish Brakes														

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- **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

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CPUH BROWN RICE														
Ingredients: Lid Foil Good2Go, Foil Deep Good2Go, Water Cold 1L, Bay Leaves Brakes 50g, Rice Long Grain Brown Veetee 5KG														

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CPUH 3 BEAN CHILLI		<ul style="list-style-type: none"> <li>✓ Barley</li> <li>✓ Kamut</li> <li>✓ Oats</li> <li>✓ Rye</li> <li>✓ Spelt</li> <li>✓ Wheat</li> </ul>												✓
Ingredients: Puree Garlic Chefs Speciality 1KG ( <b>Sulphur D02/Sulphites</b> ), Beans Kidney Red In Water 2.5KG, Lid Foil Good2Go, Foil Deep Good2Go, Salad Five Bean St Nicholas 800g, Tomatoes Chopped Canned Riverdene 2.5KG, Paste Tomato 800g, Oil Rapeseed Extended Life B/B 20L, Veg Onion Diced 2.5KG, Spice Chilli Powder Hot Brakes 500g, Spices Cumin Ground Brakes 450g ( <b>Barley, Kamut, Oats, Rye, Spelt, Wheat</b> ), Coriander Ground Brakes 450g ( <b>Barley, Kamut, Oats, Rye, Spelt, Wheat</b> )														

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CPUH CHICKEN MAKHANI CURRY		<ul style="list-style-type: none"> <li>✓ Barley</li> <li>✓ Kamut</li> <li>✓ Oats</li> <li>✓ Rye</li> <li>✓ Spelt</li> <li>✓ Wheat</li> </ul>					✓		✓					✓
Ingredients: Spice Cinnamon Ground Brakes 450g, Puree Garlic Chefs Speciality 1KG ( <b>Sulphur D02/Sulphites</b> ), Lid Foil Good2Go, Chicken Thigh Diced RT 2.5KG, Foil Deep Good2Go, Spice Ginger Ground Brakes 450g, Herb Bunched Coriander BB 100g, Tomatoes Chopped Canned Riverdene 2.5KG, Paste Tomato 800g, Spices Paprika Pepper Brakes 500g, Spices Garam Masala Powder Brakes 450g, Coriander Ground Brakes 450g ( <b>Barley, Kamut, Oats, Rye, Spelt, Wheat</b> ), Oil Rapeseed Extended Life B/B 20L, Veg Onion Diced 2.5KG, Yoghurt Natural Low Fat Catering 4.6L ( <b>Milk</b> ), Paste Korma Chefs Speciality 1.1KG ( <b>Mustard</b> )														

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