

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
JACKET POTATO WITH BAKED BEANS PRIMARY														
INGREDIENTS: Baking Potatoes ; Potato. No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener ? Steviol Glycosides Herb Extract.														
<b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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CYGN CHOCOLATE COOKIE		✓ Wheat		✓			✓							
INGREDIENTS: Chocolate Cookie ; <b>(Wheat)</b> Flour (With Calcium Iron Niacin Thiamine) Sugar Vegetable Oils (Rapeseed Palm) Water Cocoa Powder (3.1%) Whole <b>(Egg)</b> Powder Whey Solids <b>(Milk)</b> Dextrose Raising Agent (E500) Emulsifier (E471 E475) Colours (E100 E160b) Salt Flavouring.														
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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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CPUA SEASONAL FRUIT														
INGREDIENTS: Banana. Red Apple ; Apples. Orange ; Oranges. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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Pasta Wholemeal		✓ Wheat												
INGREDIENTS: Wholewheat Fusilli Pasta; Whole ( <b>Wheat</b> ) Flour Water Wholegrain Durum ( <b>Wheat</b> ) Semolina. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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CHEESE AND TOMATO PIZZA SLAB		✓ Wheat					✓							
<p>INGREDIENTS: Wholemeal Cheese &amp; Tomato Pizza Slab ; <b>(Wheat)</b> Flour (36%) (<b>(Wheat)</b> Flour Calcium Carbonate Iron Niacin Thiamine) Cheese (18%) [Mozzarella (13%) Cheddar (5%)] (<b>(Milk)</b> Tomato Sauce (12%) Water Tomato Powder Stabiliser (Modified Potato Starch Sugar Salt Dried Oregano Garlic Powder Onion Powder Colour (Paprika Extract Rapeseed Oil)) Water Wholemeal Flour (12%) (<b>(Wheat)</b> Pre-Mix (<b>(Wheat)</b> Flour (<b>(Wheat)</b> Flour Calcium Carbonate Niacin Iron Thiamine)) Sugar Potassium Chloride Salt Emulsifier (Mono- And Diacetyltartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids Flour Treatment Agent (Ascorbic Acid)) Rapeseed Oil Yeast.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

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CPUD ITALIAN VEGE PASTA		✓ Wheat											MC	
<p>INGREDIENTS: Macaroni ; Water Durum <b>(Wheat)</b> Flour. Red Lentils. Chopped Tomatoes ; Tomato Juice Citric Acid. Ratatouille ; Diced Tomatoes Diced Aubergines Diced Courgettes Sliced Flamed Peppers Sliced Onions. Diced Onion. Maggi Rich And Rustic Tomato Sauce ; Sun Ripened Tomatoes Puree Of Sun Ripened Tomatoes Onion Sunflower Oil Sugar Salt Herbs And Spices (Black Pepper Basil Oregano) Acid (Citric Acid) Firming Agent (Calcium Chloride). Five Bean Salad ; Beans In Variable Proportions (Red Kidney Beans Great Northern Beans Black Turtle Beans Dutch Brown Beans Rose Cocoa Beans) Water Salt Firming Agent (Calcium Chloride. Water. Tomato Paste ; Tomatoes. Cornflour ; Maize Starch.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b></p> <p>May Also Contain Soybeans.</p>														

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Sweetcorn Pri														
INGREDIENTS: Sweetcorn. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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Garden Peas PRI														
INGREDIENTS: Garden Pea. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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