





























# 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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CPUA SEASONAL FRUIT														
INGREDIENTS: Banana. Red Apple ; Apples. Orange ; Oranges.														
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## Allergy 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

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Mashed Potato Ready Made Frozen														

INGREDIENTS: Mashed Potato ; Potato (95%) Rapeseed Oil Sg Palm Oil Salt Emulsifier, E471 White Pepper Flavouring.

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Allegra BBQ Beans Pri														















INGREDIENTS: Red Kidney Beans In Water ; Red Kidney Beans Water. No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Diced Onion. Chopped Tomatoes ; Tomato Juice Citric Acid. Carrot ; Carrot (100%). Bbq Sauce ; Concentrated Tomato Puree Glucose-Fructose Syrup Spirit Vinegar Molasses Sugar Modified Starch Salt Smoke Flavouring Spices Onion Powder Flavourings Preservative (Potassium Sorbate) Garlic Powder. Tomato Paste ; Tomatoes. Rapeseed Oil ; Antifoam E900. Garlic ; Garlic (100%). Vegetable Bouillion ; Salt Potato Starch Maltodextrin Sucrose Yeast Extract Onion Powder Herbs Carrot Powder Dried Garlic Sunflower Oil Spices Colour (Caramel Powder) Antioxidant, Rosemary Extract. Paprika Pepper ; Paprika. Smoked Paprika.

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Macaroni Cheese		✓ Wheat					✓							

INGREDIENTS: Macaroni ; Durum (**Wheat**) Semolina (100%). Water. Mild Grated Cheddar 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%. Bechamel Sauce Mix ; (**Wheat**) Flour (With Calcium Iron Niacin Thiamin) Cornflour Skimmed (**Milk**) Powder Palm Oil Sugar Flavourings Onion Powder Salt Ground White Pepper Ground Bay Ground Nutmeg. Vegetable Bouillion ; Salt Potato Starch Maltodextrin Sucrose Yeast Extract Onion Powder Herbs Carrot Powder Dried Garlic Sunflower Oil Spices Colour (Caramel Powder) Antioxidant, Rosemary Extract.

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YOGHURT							✓							

INGREDIENTS: Low Fat Smooth Strawberry Yogurt ; Low Fat Yogurt (**Milk**) Sugar Strawberry Seedless Puree (3.9%) Modified Waxy Maize Starch Natural Flavour Citric Acid E330 Preservative, Potassium Sorbate Sweetener, Aspartame.

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