




























ALLERGEN CARD

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

INGREDIENTS: Garden Pea.

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

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CPUA SEASONAL FRUIT														















INGREDIENTS: Banana. Red Apple ; Apples. Orange ; Oranges.

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Allergy Advice:















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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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CPUD PLAIN OMELETTE				✓			✓							

INGREDIENTS: Plain Omelette ; **(Egg)** (56%) **(Milk)** **(Egg)** White (6%) Rapeseed Oil Stabiliser(Xanthan Gum) Salt White Pepper.

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Breaded Pollock Fillet		✓ Wheat			✓									















INGREDIENTS: Msc Breaded Pollock Fillet 80g-110g ; Pollock (Theragra Chalcogramma) **(Fish)** (50%) Breadcrumb (Fortified **(Wheat)** Flour **(Wheat)** Flour Calcium Carbonate Niacin Iron Thiamin) Salt Yeast) Batter (Water Fortified **(Wheat)** Flour **(Wheat)** Flour Calcium Carbonate Niacin Iron Thiamin) Maize Starch Salt) Rapeseed Oil.















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CPUA MULLER HEALTHY BALANCE IND YOGHURT							✓							
<p>INGREDIENTS: Selection Of M?ller Mixed Healthy Balance Yoghurts 110g ; Peach, Yogurt (Milk) Water Sugar Peach Puree (5%) Corn Flour Natural Flavourings Culture, Bifidobacterium Bb-12?. Strawberry, Yogurt (Milk) Water Sugar Strawberry Puree (5%) Corn Flour Natural Flavourings Beetroot Juice Concentrate Culture, Bifidobacterium Bb-12?.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														















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CYG BERRY MUFFIN		✓ Wheat		✓			✓							
<p>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).</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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JACKET POTATO WITH TUNA PRIMARY				✓	✓									
INGREDIENTS: Baking Potatoes ; Potato. Tuna Chunks In Brine ; Tuna (Fish) Water Salt. Sweetcorn. Lite Mayonnaise ; Water Rapeseed Oil Sugar Spirit Vinegar Stabilisers(Modified Maize Starch Xanthan Gum) (Egg) Yolk Powder (1.5%) Salt Acidity Regulators (Acetic Acid Lactic Acid) Preservative(Potassium Sorbate) Colour(Mixed Carotenoids). Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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

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