ALLERGEN CARD

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
CHEESE AND TOMATO PIZZA (134 kcal,561 kJ)		✓ Wheat					✓							
INGREDIENTS: Wholemeal Cheese & Tomato Pizza 11 ; Pizza Base, Wholemeal **(Wheat)** Flour, **(Wheat)** Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping, Mozzarella Cheese **(Milk)**, (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic]. Source Of Fibre. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.													

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
SD GF Cheese Roll (291 kcal,1218 kJ)							✓							
INGREDIENTS: Gluten Free And Vegan White Roll ; Water, Tapioca Starch, Rice Flour, Rapeseed Oil, Potato Flakes, Psyllium Fibre, Humectant: Glycerine, Sugar, Stabiliser, Hydroxypropyl Methyl Cellulose, Yeast, Maize Flour, Salt, Fermented Rice Flour. Grated Mature Cheese ; White Mild Cheddar Cheese **(Milk)**, Anti-Caking Agent Potato Starch. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.													

Allergen and Nutrition 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**
- **Adults need around 2000 kcal a day**

ALLERGEN CARD

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
APPLES PACKED LUNCH (53 kcal,222 kJ)														

INGREDIENTS: Apple.

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

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
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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ALLERGEN CARD

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Cherry Tomato (9 kcal,38 kJ)														

INGREDIENTS: Cherry Tomatoes.

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Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
CHEESE SANDWICH PRIMARY (315 kcal,1318 kJ)		MC Barley ✓ Wheat					✓					MC	✓	

INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal **(Wheat)** Flour, Water, Salt, **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Palm Oil, Yeast, Emulsifiers (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids, Mono- And Di-Glycerides Of Fatty Acids), Preservative (Calcium Propionate), **(Soya)** Flour, Spirit Vinegar, Flour Treatment Agent(Ascorbic Acid). 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 Agaent 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.

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

May Also Contain Sesame, Barley.

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- **Adults need around 2000 kcal a day**