ALLERGEN CARD

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
FALAFEL AND SALAD WRAP CPUD (267 kcal,1117 kJ)		✓ Wheat												

INGREDIENTS: 10" Fully Baked Flour Tortillas ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator(Malic Acid), Salt. Falafel ; Rehydrated Chickpeas (66%)(Water, Chickpeas), Water, Onion (8%), Rapeseed Oil, Potato Flake(Dried Potato, Emulsifier(Mono- And Di-Glycerides Of Fatty Acids)), Garlic Puree(Water, Garlic), Salt, Raising Agent(Sodium Bicarbonate), Cumin Powder, Coriander Powder, Concentrated Lemon Juice, Parsley, White Pepper. Catering Salad Mix ; Escarole, Pain Du Secre, Radicchio, Endive, Red Multileaf, Rocket, Spinach, Baby Red.

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
CPUA MULLER HEALTHY BALANCE IND YOGHURT (59 kcal,247 kJ)							✓							

INGREDIENTS: Selection Of Muller Mixed Healthy Balance Yoghurts 110g ; Peach: Yogurt **(Milk)**, Water, Sugar, Peach Puree (5%), Corn Flour, Naturalflavourings, Culture: Bifidobacterium, Bb-12. Strawberry: Yogurt **(Milk)**, Water, Sugar, Strawberry Puree (5%), Corn Flour, Natural Flavourings, Beetroot Juice Concentrate, Culture: Bifidobacterium, Bb-12.

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
FALAFEL AND SALAD WRAP CPUD GF (315 kcal,1318 kJ)														
INGREDIENTS: 30cm Soft Corn Tortillas ; Corn - Usa, Water - Ireland, Salt - Uk, Dietary Fibre - Eu, Acidity Regulator # Calcium Hydroxide - Usa. Falafel ; Rehydrated Chickpeas (66%)(Water, Chickpeas), Water, Onion (8%), Rapeseed Oil, Potato Flake(Dried Potato, Emulsifier(Mono- And Di-Glycerides Of Fatty Acids)), Garlic Puree(Water, Garlic), Salt, Raising Agent(Sodium Bicarbonate), Cumin Powder, Coriander Powder, Concentrated Lemon Juice, Parsley, White Pepper. Catering Salad Mix ; Escarole, Pain Du Secre, Radicchio, Endive, Red Multileaf, Rocket, Spinach, Baby Red. **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
PEAR PACKED LUNCH PRI (45 kcal,188 kJ)														
INGREDIENTS: Pear ; Pears. **Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**.														

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- **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
Grimsby Turkey Sandwich PRI (280 kcal,1172 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). Wafer Thin Turkey Breast ; Turkey (83%), Water, Potato Starch, Salt, Dextrose, Stabilisers (E451). 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.

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

INGREDIENTS: Cucumber ; Cucumber (100%).

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