

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CHICKEN AND SWEETCORN WRAP PRI (359 kcal,1501 kJ)		✓ Wheat		✓										
<p>INGREDIENTS: Bran Wrap ; S 10 Inch 50/50 Wrap (72) 4x18 (Wheat). Chicken Thigh ; Chicken. 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). Sweetcorn.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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Cyg Chocolate Shortbread Finger		✓ Wheat												
<p>INGREDIENTS: Chocolate Shortbread Finger ; (Wheat) Flour (Calcium Iron Niacin Thiamine) Water Sugar Vegetable Oils (Rapeseed Palm) Glucosesyrup Water Cornflour Gelling Agent (E406 E410) Preservative (E202) Acidity Regulator (E330) Salt Sodium Bicarbonate (Baking Soda) Chocolate Flavour Emulsifier (E475 E322 E471) Colours (E100 E160b E171) Flavourings.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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

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CPUH CHEESE & TOMATO WRAP GF							✓							

INGREDIENTS: Soft Corn Tortilla. Mild Grated Cheddar Cheese ; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato Starch. Tomato ; Tomatoes. Iceberg Lettuce.

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SALAD CARROT PRI														

INGREDIENTS: Carrot ; Carrot (100%).

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APPLES PACKED LUNCH														

INGREDIENTS: Red Apple ; Apples.

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CPUD RICE & FALAFEL SALAD														

INGREDIENTS: Falafel ; Chickpeas (57%) (Chickpeas Gram Flour) Onion (16%) Brown Rice Flour (13%) Rapeseed Oil Parsley Salt Cumin Coriander Concentrated Lemon Juice Black Pepper Garlic Powder Chilli Powder. Long Grain Rice. Diced Peppers 2.5kg ; Red Green Yellow Peppers. Chopped Tomatoes ; Tomato Juice Citric Acid. Chickpeas In Brine ; Chickpeas Water Salt.

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