





























ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
PEAR PACKED LUNCH PRI														
INGREDIENTS: Pear ; Pears. 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 D02/Sulphites
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. 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 D02/Sulphites
CYG BANANA AND APPLE MUFFIN FB		✓ Wheat		✓			✓							✓

INGREDIENTS: Banana & Apple Muffin. Pear Juice **(Wheat)** Flour (With Calcium Iron Niacin Thiamine) Sweetener (Maltitol) Bananas Vegetable Oil (Rapeseed Palm) Apple Bulking Agent (Polydextrose) Whey Solids **(Milk)** Raising Agents (E450 E500) Dried **(Egg)** White Salt Stabiliser (E415 Xanthan Gum) Flavourings Sugar Whole **(Egg)** Powder Emulsifiers (E481 E471 E475) Modified Starch (Maize) Anti-Foaming Agent (E900) Preservatives (Potassium Sorbate (E202 E282); **(Sodium Metabisulphite)**) Citric Acid **(Wheat)** Gluten Colour (E160a Algal Carotenes).

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 D02/Sulphites
EGG MAYO & CRESS SANDWICH (311 kcal,1300 kJ)		MC Barley ✓ Wheat		✓			✓		✓			MC	✓	

INGREDIENTS: **(Egg)** Mayonnaise Savoury Filling ; Hard Boiled **(Egg)** (71%) Water Rapeseed Oil Cornflour **(Egg)** Yolk Powder Spirit Vinegar Sugar Dijon **(Mustard)** (Water **(Mustard)** Seed Spirit Vinegar Salt) White Wine Vinegar Salt White Pepper. Sliced Wholemeal Bread ; 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). Cress ; **(Mustard)** Cress. 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.

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 D02/Sulphites
SALAD CUCUMBER PRI														

INGREDIENTS: Cucumber ; Cucumber (100%).

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 D02/Sulphites
CPUH CHEESE & TOMATO WRAP		✓ Wheat					✓							

INGREDIENTS: Flour Tortilla ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Palm Oil Rapeseed Oil Raising Agents(Sodium Carbonates Diphosphates Malic Acid) Sugar Salt. Mild Grated Cheddar Cheese ; White Mild Cheddar Cheese **(Milk)** Anti-Caking Agent Potato Starch. Tomato ; Tomatoes. Iceberg Lettuce.

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