





























# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CPUA MULLER HEALTHY BALANCE IND YOGHURT (59 kcal,248 kJ)							✓							

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?.

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

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HOUMOUS AND VEGETABLE WRAP (420 kcal,1756 kJ)		✓ Wheat										✓		















INGREDIENTS: Houmous Dip ; Cooked Chickpeas (46%)(Chickpeas Water) Rapeseed Oil Water (**Sesame Seed**) Paste (14%) Salt Garlic Powder Acidity Regulator(Citric Acid) Preservative(Potassium Sorbate). Bran Wrap ; S 10 Inch 50/50 Wrap (72) 4x18 (**Wheat**). Carrot ; Carrot (100%).















**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

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
SALAD PEPPERS PRI														
INGREDIENTS: Mixed Pepper; Mixed Peppers Mixed Pepper. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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APPLES PACKED LUNCH														
INGREDIENTS: Red Apple ; Apples. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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Recipe	Allergens													
														
TUNA PASTA AND SWEETCORN SALAD GF (619 kcal,2588 kJ)				✓	✓	MC							MC	✓

INGREDIENTS: Gluten Free Penne Rigate ; Corn Flour (50 4%) Brown Rice Flour (22%) Rice Flour (21.4%) Potato Starch Quinoa Flour (3%) Stabiliser, E471 Mono And Diglycerides Of Fatty Acids. Tuna Chunks In Brine ; Tuna **(Fish)** Water Salt. Mixed Pepper ; Mixed Peppers. 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**

May Also Contain Lupin Soybeans.

Recipe	Allergens													
														
TUNA SWEETCORN BAGUETTE SMALL PRI		✓ Wheat		✓	✓									

INGREDIENTS: Big Foot White Deli Sub Roll ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Vegetable Oils (Palm Oil Rapeseed Oil) Yeast Semolina **(Wheat)** Glucose Salt Emulsifiers (Mono-And Di-Glycerides Of Fatty Acids Sodium Stearoyl-2-Lactylate) Flour Treatment Agent (Ascorbic Acid). 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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- Adults need around 2000 kcal a day