





























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 CARROT PRI														
INGREDIENTS: Carrot ; Carrot (100%). Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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YOGHURT FRUBE PRI (41 kcal, 171 kJ)							✓							
INGREDIENTS: Frubes Strawberry Peach & Red Berry ; Skimmed (Milk) Sugar 7.1% Cream (Milk) Skimmed (Milk) Powder Modified Manioc And Maize Starch Calcium Citrate Natural Flavourings Stabiliser, Guar Gum Acid, Citric Acid Preservative, Potassium Sorbate Lactic Cultures (Milk) Vitamin D. 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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CPUD MOROCCAN BALL & LETTUCE SALSA WRAP GF														

INGREDIENTS: Soft Corn Tortilla. Moroccan Style Vegetable Ball 19g ; Rehydrated Pea Protein Rapeseed Oil Diced Onions Diced Carrots Seasoning (Onion Powder Tomato Powder Garlic Powder Ground Cumin Ground Coriander Ground Cinnamon Ground Cardomom Ground Fennel Chilli Powder Ground Bay) Diced Red Pepper Apple Juice Concentrate Date Syrup Potato Starch Methylcellulose Fine Sea Salt Pumpkin Powder Beetroot Powder Citrus Fibre Apple Extract. Salsa Sauce ; Tomatoes (41%) Water Onions (8%) Red Peppers (8%) Concentrated Tomato Puree (7%) Spirit Vinegar Sugar Modifiedmaize Starch Green Jalapeno Peppers Salt Garlic Puree Red Chillies Coriander Dried Chillies. Catering Salad Mix ; Escarole Pain Du Secre Radicchio Endive Red Multileaf Rocket Spinach Baby Red.

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CPUD EGG MAYO SANDWICH		MC Barley ✓ Wheat		✓					✓			MC	✓	

INGREDIENTS: 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). (**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.















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May Also Contain Sesame Barley.

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CPUD MOROCCAN BALL & LETTUCE SALSA WRAP		✓ Wheat												

INGREDIENTS: Moroccan Style Vegetable Ball 19g ; Rehydrated Pea Protein Rapeseed Oil Diced Onions Diced Carrots Seasoning (Onion Powder Tomato Powder Garlic Powder Ground Cumin Ground Coriander Ground Cinnamon Ground Cardomom Ground Fennel Chilli Powder Ground Bay) Diced Red Pepper Apple Juice Concentrate Date Syrup Potato Starch Methylcellulose Fine Sea Salt Pumpkin Powder Beetroot Powder Citrus Fibre Apple Extract. Flour Tortilla ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Palm Oil Rapeseed Oil Raising Agents(Sodium Carbonates Diphosphates Malic Acid) Sugar Salt. Salsa Sauce ; Tomatoes (41%) Water Onions (8%) Red Peppers (8%) Concentrated Tomato Puree (7%) Spirit Vinegar Sugar Modifiedmaize Starch Green Jalapeno Peppers Salt Garlic Puree Red Chillies Coriander Dried Chillies. Iceberg Lettuce.

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APPLES PACKED LUNCH														

INGREDIENTS: Red Apple ; Apples.

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