





























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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SALAD PEPPERS PRI														















INGREDIENTS: Mixed Pepper; Mixed Peppers Mixed Pepper.

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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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BBQ Chicken Wrap PRI (312 kcal, 1304 kJ)		✓ Wheat		✓										

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). Iceberg Lettuce. Bbq Sauce ; Concentrated Tomato Puree Glucose-Fructose Syrup Spirit Vinegar Molasses Sugar Modified Starch Salt Smoke Flavouring Spices Onion Powder Flavourings Preservative (Potassium Sorbate) Garlic Powder.

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CPUD GF SALMON & CUCUMBER ROLL				✓	✓									















INGREDIENTS: Cucumber ; Cucumber (100%). Seeded Gluten Free Brown Seeded Brown Roll ; Gluten Free Brown Seeded Rolls. Diced Pink Salmon ; Diced Pink Salmon Fillets (Oncorhynchus Gorbuscha) (**Fish**). Light Mayonnaise ; Water Rapeseed Oil 25% Spirit Vinegar Modified Starch Pasteurised (**Egg**) 3.5 % Sugar Salt Pasteurised (**Egg**) Yolk 1% Thickener (Xanthan Gum) Lemon Juice Concentrate Preservative (Potassium Sorbate) Antioxidant (Calcium Disodium Edta) Acid (Malic Acid) Natural Flavour.

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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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APPLES PACKED LUNCH														

INGREDIENTS: Red Apple ; Apples.

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