





























ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
APPLES PACKED LUNCH														

INGREDIENTS: Red Apple ; Apples.

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

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CYGN CHOCOLATE COOKIE		✓ Wheat		✓			✓							















INGREDIENTS: Chocolate Cookie ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamine) Sugar Vegetable Oils (Rapeseed Palm) Water Cocoa Powder (3.1%) Whole **(Egg)** Powder Whey Solids **(Milk)** Dextrose Raising Agent (E500) Emulsifier (E471 E475) Colours (E100 E160b) Salt Flavouring.

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 Pasta Salad GF						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. Diced Peppers 2.5kg ; Red Green Yellow Peppers. Maggi Rich And Rustic Tomato Sauce ; Sun Ripened Tomatoes Puree Of Sun Ripened Tomatoes Onion Sunflower Oil Sugar Salt Herbs And Spices (Black Pepper Basil Oregano) Acid (Citric Acid) Firming Agent (Calcium Chloride). Chickpeas In Brine ; Chickpeas Water Salt.

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May Also Contain Lupin Soybeans.

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Cheese Roll PRI (270 kcal, 1131 kJ)		✓ Wheat					✓						✓	















INGREDIENTS: Soft White Batch Rolls ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Yeast Roll Improver(Salt **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Emulsifier(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids Mono- And Di-Glycerides Of Fatty Acids) **(Soya)** Flour Rapeseed Oil Calcium Sulphate Flour Treatment Agent(Ascorbic Acid L-Cysteine Hydrochloride). Mild Grated Cheddar Cheese; White Mild Cheddar Cheese **(Milk)** Anti-Caking Agent Potato Starch. Wholemilk Cheese Lactic Starter Culture Rennet Salt 14% Fat White Cheese **(Milk)** Cheddar Cheese **(Milk)**Pasteurised Cows **(Milk)** (98.06%) Salts (Contains Anti Caking Agent E535)1.9% Non Animal Rennet(Sodium Benzoate Free)0.02% Starter Culture 0.02% Potato Starch- Anti Caking Agent 1-2%. 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.

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- Adults need around 2000 kcal a day

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CHEESE AND TOMATO PIZZA SLAB		✓ Wheat					✓							✓

INGREDIENTS: Wholemeal Cheese & Tomato Pizza ; Fortified **(Wheat)** Flour (34%) (**(Wheat)** Flour Calcium Carbonate Iron Niacin Thiamine) Cheese (21%) [Mozzarella (15%) Cheddar (6%)] **(Milk)** Tomato Sauce (15%) (Water Tomato Powder Stabiliser (Modified Potato Starch) Sugar Salt Dried Oregano Garlic Powder Onion Powder Colour (Paprika Extract) Rapeseed Oil) Water Wholemeal Flour (11%) **(Wheat)** Pre-Mix (**(Wheat)** Flour (**(Wheat)** Flour Calcium Carbonate Niacin Iron Thiamine) Sugar Potassium Chloride Salt Emulsifier (Mono- And Diacetyltartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids) Flour Treatment Agent (Ascorbic Acid)) Rapeseed Oil Yeast **(Sulphur Do2/Sulphites)**.

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Cherry Tomato (7 kcal, 30 kJ)														

INGREDIENTS: Cherry Tomato ; Cherry Tomatoes.

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- Adults need around 2000 kcal a day