





























# 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%).														
<b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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CYG RASPBERRY SLICE		✓ Wheat		✓			✓							
INGREDIENTS: Raspberry Cake Slice 50% Fruit ; <b>(Wheat)</b> Flour (With Calcium Iron Niacin Thiamine) Sugar Bulking Agent (Polydextrose) Whole <b>(Egg)</b> powder Humectant (Sorbitol) Modified Starch (Maize) <b>(Wheat)</b> Starch <b>(Wheat)</b> Fibre Dextrose Dried <b>(Egg)</b> White Raising Agents (Disodium Diphosphate Sodium Bicarbonate) Emulsifier (E471) Salt Stabiliser (Xanthan Gum) Enzyme Whey Solids <b>(Milk)</b> . Pear Juice (Water Sugar) Raspberry Rapeseed Oil Antifoaming Agent (E900) Apple Citric Acid Preservative (E202 E282) Lemon Juice Concentrate Beetroot Spice Extract Natural Raspberry Flavouring.														
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## Allergen and Nutrition Advice:















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- **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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Ham Lettuce Tomato Roll PRI (247 kcal, 1033 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). Ham ; Pork (70%) Water Salt Potato Starch Dextrose Stabilisers (E407 E450 E451) Antioxidant (E301) Preservative (E250). Tomato ; Tomatoes. 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. 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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CPUD EGG MAYO SANDWICH		<b>MC</b> Barley ✓ Wheat		✓					✓			<b>MC</b>	✓	

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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CPUH CHEESE & TOMATO WRAP GF							✓							

INGREDIENTS: Soft Corn Tortilla. Mild Grated Cheddar Cheese ; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato Starch. Tomato ; Tomatoes. Iceberg Lettuce.

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APPLES PACKED LUNCH														

INGREDIENTS: Red Apple ; Apples.

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