





























ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
PEAR PACKED LUNCH PRI														
INGREDIENTS: Pear ; Pears. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CPUD GF CHEESE WRAP (375 kcal, 1568 kJ)							✓							
INGREDIENTS: Soft Corn Tortilla. Mild Grated Cheddar Cheese ; White Mild Cheddar Cheese (Milk) Anti-Caking Agent Potato Starch. 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

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CYG BANANA AND APPLE MUFFIN FB		✓ Wheat		✓			✓							✓

INGREDIENTS: Banana & Apple Muffin. Pear Juice (**Wheat**) Flour (With Calcium Iron Niacin Thiamine) Sweetener (Maltitol) Bananas Vegetable Oil (Rapeseed Palm) Apple Bulking Agent (Polydextrose) Whey Solids (**Milk**) Raising Agents (E450 E500) Dried (**Egg**) White Salt Stabiliser (E415 Xanthan Gum) Flavourings Sugar Whole (**Egg**) Powder Emulsifiers (E481 E471 E475) Modified Starch (Maize) Anti-Foaming Agent (E900) Preservatives (Potassium Sorbate (E202 E282); (**Sodium Metabisulphite**)) Citric Acid (**Wheat**) Gluten Colour (E160a Algal Carotenes).

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

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CHICKEN MAYO BAGUETTE SMALL PRI (349 kcal, 1460 kJ)		✓ 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). 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.















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

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CPUD ONION BHAJI'S & RICE S														
<p>INGREDIENTS: Onion Bhaji ; Onion (86%) Gram Flour Cottonseed Oil Rice Flour Salt Green Chilli Garlic Coriander Ginger Garam Masala Powder(Cumin Seed Black Pepper Cinnamon Cardamom Bay Leaf Mace Clove Nutmeg) Red Chilli Powder Lemon Juice Asafoetida Turmeric Powder Raising Agent (Sodium Bicarbonate). Long Grain Rice. Diced Peppers 2.5kg ; Red Green Yellow Peppers. Chickpeas In Brine ; Chickpeas Water Salt.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
SALAD CUCUMBER PRI														
<p>INGREDIENTS: Cucumber ; Cucumber (100%).</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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