





























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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CPUD TUNA CUCUMBER SANDWICH	✓	✓ Barley ✓ Wheat	✓	✓	✓		✓		✓			✓	✓	















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). Reduced Calorie Tuna Mayonnaise 1kg ; Tuna (60%) [Tuna (**Fish**) Water Salt] Mayonnaise (38%) [Water Rapeseed Oil Spirit Vinegar Cornflour Sugar (**Egg**) Powder Salt Lemon Juice Concentrate Preservative (Potassium Sorbate) Stabiliser (Xanthan Gum)] Cornflour (**Crustaceans**) (**Sesame**) (**Soybeans**) (**Celery**) (**Milk**) (**Mustard**) (**Wheat**) (**Barley**).















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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CPUH CHEESE & TOMATO WRAP		✓ Wheat					✓							
<p>INGREDIENTS: Flour Tortilla ; (Wheat) Flour (With Calcium Iron Niacin Thiamin) Water Palm Oil Rapeseed Oil Raising Agents(Sodium Carbonates Diphosphates Malic Acid) Sugar Salt. Mild Grated Cheddar Cheese ; White Mild Cheddar Cheese (Milk) Anti-Caking Agent Potato Starch. Tomato ; Tomatoes. Iceberg Lettuce.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														















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CPUD Egg Sandwich GF				✓					✓					
<p>INGREDIENTS: Gluten Free White Loaf ; Water Corn Starch Potato Starch Tapioca Starch White Rice Flour Rapeseed Oil Humectant(Glycerol) Psyllium Husk (Mustard) Thickening Agents (Xanthan Gum Cellulose Hydroxypropyl Methylcellulose Agar Agar Carboxy Methylcellulose) Buckwheat Flour Yeast Emulsifier(Mono & Diglycerides Of Fatty Acids) Sugar Rice Bran Apple Juice Concentrate Pea Protein Sourdough (Fermented Quinoa Rice And Maize Flour) Bamboo Fibre Salt Cultured Dextrose Anticaking Agent(Calcium Sulphate<10ppm) Acids (Citric Acid Malic Acid Tartaric Acid) 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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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SALAD PEPPERS PRI														
INGREDIENTS: Mixed Pepper; Mixed Peppers Mixed Pepper. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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APPLES PACKED LUNCH														
INGREDIENTS: Red Apple ; Apples. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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