















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
HOMEMADE BREAD BEST OF BOTH (139 kcal,582 kJ)		✓ Wheat												















INGREDIENTS: Water. Wholemeal Bread/Roll Mix ; Wholemeal **(Wheat)** Flour, Dried Yeast, **(Wheat)** Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Chickpea Flour, Rapeseed Oil, Dextrose, Flour Treatment Agent-Ascorbic Acid. White Bread/Roll/Pizza Mix ; **(Wheat)** Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Dried Yeast, Salt, Rapeseed Oil, ChickpeafLOUR, Emulsifier E472, Dextrose, Flour Treatment Agent-Ascorbic Acid.

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- Adults need around 2000 kcal a day

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YOGHURT (100 kcal,418 kJ)							✓							















INGREDIENTS: Low Fat Smooth Strawberry Yogurt ; Low Fat Yogurt (**Milk**), Sugar, Strawberry Seedless Puree (3.9%), Modified Waxy Maize Starch, Natural Flavour, Citric Acid E330, Preservative: Potassium Sorbate, Sweetener: Aspartame.

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JACKET POTATO WITH BAKED BEANS PRIMARY (162 kcal,678 kJ)														















INGREDIENTS: Baking Potato. No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract.















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CHEESE AND TOMATO PIZZA (134 kcal,561 kJ)		✓ Wheat					✓							
INGREDIENTS: Wholemeal Cheese & Tomato Pizza 11 ; Pizza Base, Wholemeal ( <b>Wheat</b> ) Flour, ( <b>Wheat</b> ) Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping, Mozzarella Cheese ( <b>Milk</b> ), (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic]. Source Of Fibre.														
<b>Allergen advice</b> For allergens, including Cereals containing Gluten, see ingredients in <b>bold</b> .														















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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Sweetcorn Pri (31 kcal,130 kJ)														
INGREDIENTS: Sweetcorn ; Sweetcorn 100%.														
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Garden Peas PRI (27 kcal, 113 kJ)														
INGREDIENTS: Iqf Peas And Petit Pois. <b>Allergen advice</b> For allergens, including Cereals containing Gluten, see ingredients in <b>bold</b> .														

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POTATO WEDGES 1/2 PORTION PRI (35 kcal, 146 kJ)														
INGREDIENTS: Baking Potato. <b>Allergen advice</b> For allergens, including Cereals containing Gluten, see ingredients in <b>bold</b> .														


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Chickpea and Vegetable Tikka Masala and Rice (188 kcal, 787 kJ)														
<p>INGREDIENTS: Chickpea &amp; Vegetable Tikka Masala With Rice ; Brown Rice (Water, Brown Rice), Chickpeas (Chickpeas, Water, Antioxidant-E300), Kids Tikka Sauce (Coconut_milk (Coconut, Water), Water, Onion Puree (Onion, Canola Oil), Tomato, Diced Onion, Tomato Puree, Rapeseed Oil, Cornflour, Coriander, Sugar, Garlic Puree, Ginger Puree, Vegetable Stock (Concentrated Vegetable Juice (Onion, Carrot, Leek), Water, Salt, Dextrose, Yeast Extract, Maltodextrin, Cornstarch, Rapeseed Oil, Herbs And Spice Oils (Pepper, Nutmeg, Thyme, Laurel, Parsley Seeds, Tarrogon, Asa Foetida, Garlic), Paprika, Cumin, Turmeric, Fenugreek, Nutmeg), Tarka Dhal (Water, Tomatoes, Red Lentils, Rapeseed Oil, Chickpeas, Onion, Ginger Puree, Garlic Puree, Lemon Juice, Red Chilli, Ground Cumin, Ground Coriander, Ground Turmeric, Salt, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Lovage, Turmeric, Pepper, Garlic, Mace, Nutmeg), Spice Extract), Coriander, Ground Black Pepper), Cauliflower, Spinach, Butternut Squash.</p> <p><b>Allergen advice</b> For allergens, including Cereals containing Gluten, see ingredients in <b>bold</b>.</p>														

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- Adults need around 2000 kcal a day















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HAM SANDWICH PRIMARY (246 kcal, 1029 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
<p>INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal (<b>Wheat</b>) Flour, Water, Salt, (<b>Wheat</b>) 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), (<b>Soya</b>) Flour, Spirit Vinegar, Flour Treatment Agent(Ascorbic Acid). Ham ; Pork (70%), Water, Salt, Potato Starch, Dextrose, Stabilisers (E407, E450, E451), Antioxidant (E301), Preservative (E250). Buttery Spread ; Rapeseed Oil, Palm Oil, Water, Reconstituted (<b>Buttermilk</b>) 3%, Salt (1.5%), Emulsifier: Mono And Di Glyceride Of Fatty Acids. Stabiliser: Sodium Alginate. Preservative: Potassium Sorbate. Vitamin A &amp; D, Flavouring, Colour: Carotenes. Flavouring - Natural Colour - Natural.</p> <p><b>Allergen advice</b> For allergens, including Cereals containing Gluten, see ingredients in <b>bold</b></p> <p>May Also Contain Sesame, Barley.</p>														

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CHEESE SANDWICH PRIMARY (315 kcal, 1318 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	

INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; 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). Grated Mature 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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May Also Contain Sesame, Barley.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Crudite Pot (11 kcal, 46 kJ)														

INGREDIENTS: Carrot ; Carrot (100%). Cucumber ; Cucumber (100%). Cherry Tomatoes.















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APPLES PACKED LUNCH (53 kcal, 222 kJ)														
<p>INGREDIENTS: Apple.</p> <p><b>Allergen advice</b> For allergens, including Cereals containing Gluten, see ingredients in <b>bold</b>.</p>														

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CHOCOLATE AND BLACKCURRANT SPONGE (156 kcal, 653 kJ)		✓ Wheat		✓			✓							

INGREDIENTS: Chocolate & Blackcurrant Cake Slice ; Pear Juice, **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamine), Sugar, Bulking Agent (Polydextrose), Whole **(Egg)** Powder, Humectant (Sorbitol), Modified Starch (Maize), **(Wheat)** Starch, **(Wheat)** Fibre, Dextrose, Dried **(Egg)** White, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Emulsifier (E471, E475, E322), Salt, Stabiliser (Xanthan Gum), Enzyme, Whey Solids **(Milk)**, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Vegetable Oils (Palm, Rapeseed), **(Wheat)** Gluten, Flavourings, Colour (Algal Carotenes, E171, Beetroot Extract (E162)), Antifoaming Agent (E900), Water, Blackcurrants, Cocoa Powder, Glucose Syrup, Cornflour, Gelling Agent (E406, E410), Preservatives (E202), Acidity Regulator (E330), Blackcurrant Puree, Lemon Juice Concentrate, Preservatives (E202, E282), Citric Acid.

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- Adults need around 2000 kcal a day