















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 (**Wheat**) Flour, (**Wheat**) Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping, Mozzarella Cheese (**Milk**), (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic]. Source Of Fibre.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cauliflower Macaroni Cheese (396 kcal,1657 kJ)		✓ Wheat					✓						✓	















INGREDIENTS: Cauliflower Macaroni Cheese ; Macaroni (Water, Durum (**Wheat**) Flour), Bechamel Sauce (Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb], Skimmed (**Milk**), Vegetable Oil (Palm), Modified Starch, Butter (**Milk**), Whey Protein Concentrate (**Milk**), Salt, Emulsifier-(**Soya**) Lecithin), Cheddar Cheese (Cheddar Cheese (**Milk**), Anti-Caking Agent-Potato Starch), Cauliflower.















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- Adults need around 2000 kcal a day

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
POTATO WEDGES 1/2 PORTION PRI (35 kcal, 146 kJ)														
INGREDIENTS: Baking Potato.														
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Carrots (12 kcal, 50 kJ)														
INGREDIENTS: Carrot ; Carrot (100%).														
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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Garden Peas PRI (27 kcal, 113 kJ)														
<p>INGREDIENTS: Iqf Peas And Petit Pois.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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HAM SANDWICH PRIMARY (246 kcal, 1029 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
<p>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). Ham ; Pork (70%), Water, Salt, Potato Starch, Dextrose, Stabilisers (E407, E450, E451), Antioxidant (E301), Preservative (E250). 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.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold</p> <p>May Also Contain Sesame, Barley.</p>														

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- Adults need around 2000 kcal a day















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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CHEESE SANDWICH PRIMARY (315 kcal, 1318 kJ)		MC Barley ✓ Wheat					✓					MC	✓	

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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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>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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- Adults need around 2000 kcal a day

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Mandarin & Lemon Spnge (92 kcal,385 kJ)		✓ Wheat		✓			✓							✓

INGREDIENTS: Mandarin & Lemon Sponge Cake ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamine), Water, Sugar, Vegetable Oils (Rapeseed, Palm Oil, Palm Fat, Palm Stearine, Coconut Oil), Antifoaming Agent (E900), Mandarin Oranges, Glucose Syrup, Glucose- Fructose Syrup, Concentrated Lemon Juice, **(Egg)** Powder, **(Wheat)** Starch, Modified **(Wheat)** Starch, Gelling Agent E440, Lemon Oil, Acidity Regulators E330, E331c, Colours (E161, E100, E160a) Whole **(Egg)** Powder, Flavourings, Whey Solids **(Milk)**, Lemon Juice (Metabisulphite **(E224)**), Salt, Emulsifier (E475), Raising Agents (E500, E541), Modified Starch, **(Wheat)** Gluten, Stabiliser (E415).

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- Adults need around 2000 kcal a day