















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Fish Fingers (350 kcal,1466 kJ)		✓ Wheat			✓									















INGREDIENTS: Omega 3 Breaded Msc Whitefish Finger ; Minced White **(Fish) (Fish)** (58%) **(Wheat)** Flour(**(Wheat)** Flour Calcium Carbonates Iron Niacin Thiamin) Rapeseed Oil Water Yeast Salt Colours(Paprika Extract Curcumin) Turmeric.

**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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Quorn Dippers Pri (264 kcal,1104 kJ)		✓ Wheat												















INGREDIENTS: Vegan Dippers ; Mycoprotein (61%) Water **(Wheat)** Flour **(Wheat)** Flour Calcium Carbonate Iron Niacin Thiamine) Rapeseed Oil Pea Fibre Natural Flavouring Durum **(Wheat)** Semolina Potato Protein Pea Protein **(Wheat)** Gluten Maize Flour **(Wheat)** Starch Dextrose Raising Agents, Disodium Bicarbonate Sodium Bicarbonate Salt Turmeric Extract.

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Chips Pri (312 kcal,1305 kJ)														















INGREDIENTS: Oven Fries ; Potatoes Sunflower Oil Dextrose.















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Baked Beans PRI (165 kcal, 686 kJ)														
INGREDIENTS: No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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Garden Peas PRI (27 kcal, 113 kJ)														
INGREDIENTS: Garden Peas Value ; Garden Peas. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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ICE CREAM BOX CHOCOLATE PRI (135 kcal,565 kJ)							✓							

INGREDIENTS: Chocolate Flavour Ice Cream ; Water Sugar Palm Oil Dextrose Whey Solids **(Milk)** **(Buttermilk)** Powder Whey Powder **(Milk)** Fat Reduced Cocoa Powder (1.5%)(Fat Reduced Cocoa Powder Acidity Regulator(Sodium Carbonate Potassium Carbonate)) Emulsifier(Mono- And Di-Glycerides Of Fatty Acids) Stabilisers(Locust Bean Gum Guar Gum) Flavouring Colour(Vegetable Carbon).

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