





























# ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket Potato with Baked Beans (172 kcal, 720 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.														
<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
Jacket Potato with Cheese (254 kcal, 1063 kJ)							✓							
INGREDIENTS: Baking Potato. Grated Mature Cheese; White Mild Cheddar Cheese ( <b>Milk</b> ) Anti-Caking Agent Potato Starch. Whole ( <b>Milk</b> ) Cheese Lactic Starter Culture Rennet Salt 14% Fat White Cheese ( <b>Milk</b> ) Cheddar Cheese ( <b>Milk</b> ) Pasteurised Cows ( <b>Milk</b> ) (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%.														
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- Adults need around 2000 kcal a day















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Jacket Potato with Tuna (188 kcal, 787 kJ)				✓	✓									
<p>INGREDIENTS: Baking Potato. Tuna Chunks ; Tuna Chunks <b>(Fish)</b> Water Salt. Light Mayonnaise ; Water Rapeseed Oil 25% Spirit Vinegar Modified Starch Pasteurised <b>(Egg)</b> 3.5 % Sugar Salt Pasteurised <b>(Egg)</b> Yolk 1% Thickener (Xanthan Gum) Lemon Juice Concentrate Preservative (Potassium Sorbate) Antioxidant (Calcium Disodium Edta) Acid (Malic Acid) Natural Flavour.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

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CHEESE AND TOMATO PIZZA FFL RAW SAUCE (461 kcal, 1927 kJ)		<b>MC</b> Barley <b>MC</b> Oats <b>MC</b> Rye <b>MC</b> Spelt ✓ Wheat		<b>MC</b>			✓							

INGREDIENTS: Pizza Base ; **(Wheat)** Flour (**(Wheat)** Flour Calcium Carbonate Folic Acid Iron Niacin Thiamin) Water Rapeseed Oil **(Wheat)** Fibre Yeast Sugar Salt Deactivated Yeast. Chopped Tomatoes ; Tomato Juice Citric Acid. Grated Mozzarella ; Mozzarella Cheese **(Milk)** Anti Caking Agent Potato Starch. Tomato Paste ; Tomatoes Citric Acid. Garlic Herbs 250g ; Garlic (100%). Oregano ; Dried Oregano. Black Pepper.















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

May Also Contain Eggs Barley Oats Rye Spelt.

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BBQ Vegetable Wrap (232 kcal, 971 kJ)		✓ Wheat												















INGREDIENTS: 10" Fully Baked Flour Tortillas ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Palm Oil Palm Stearin Rapeseed Oil Sugar Raising Agent(Sodium Bicarbonate Disodium Diphosphate) Acidity Regulator(Malic Acid) Salt. Red Kidneys In Water ; Red Kidney Beans Water Firming Agent, Calcium Chloride. Chopped Tomatoes ; Tomato Juice Citric Acid. Onion ; Cooking Onions. Mixed Pepper; Mixed Peppers Mixed Pepper. American Bbq Style Seasoning ; Demerara Sugar Smoked Paprika Sugar Tomato Powder Salt Cumin Garlic Powder Yeast Extracts Modified Tapioca Starch Black Pepper Coriander Chilli Flakes Green Bell Peppers Smoked Maltodextrin Silicon Dioxide (Anti-Caking Agent) Citric Acid Rapeseed Oil. Rapeseed Oil ; Antifoam E900.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tomato Pasta (263 kcal, 1100 kJ)		✓ Wheat					✓							

INGREDIENTS: Pasta Fusilli ; Whole Durum (**Wheat**) Flour. Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice Citric Acid. Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Grated Mature Cheese ; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato Starch.

**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
Chartwells Tomato Sauce (41 kcal, 172 kJ)														















INGREDIENTS: Chopped Tomatoes ; Tomato Juice Citric Acid. Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes Citric Acid. Fairtrade Caster Sugar ; Cane Sugar. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.















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POTATO WEDGES 1/2 PORTION (106 kcal,442 kJ)														
INGREDIENTS: Baking Potato. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wholegrain & White Rice (121 kcal,506 kJ)														
INGREDIENTS: Long Grain Brown Rice. Long Grain Rice ; Long Grain Rice (100%). <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
Homemade Best Of Both (119 kcal, 498 kJ)		✓ Wheat												
<p>INGREDIENTS: Water. Wholemeal Bread/Roll Mix ; Wholemeal <b>(Wheat)</b> Flour Dried Yeast <b>(Wheat)</b> Flour (With Calcium Carbonate Iron Niacin Thiamin) Salt Chickpea Flour Rapeseed Oil Dextrose Flour Treatment Agent-Ascorbic Acid. White Bread/Roll/Pizza Mix ; <b>(Wheat)</b> Flour (With Calcium Carbonate Iron Niacin Thiamin) Dried Yeast Salt Rapeseed Oil ChickpeafLOUR Emulsifier E472 Dextrose Flour Treatment Agent-Ascorbic Acid.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

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Mixed Salad (17 kcal,71 kJ)														

INGREDIENTS: Iceberg Lettuce. Cucumber. Tomato ; Tomatoes. Carrot ; Carrot (100%). Sweetcorn ; Sweetcorn 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
SALAD SWEETCORN PRI (32 kcal,134 kJ)														















INGREDIENTS: Sweetcorn ; Sweetcorn 100%.

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SALAD CUCUMBER PRI (5 kcal,21 kJ)														
INGREDIENTS: Cucumber.														
<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
SALAD CARROT PRI (13 kcal,54 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
Salad Tomato (6 kcal, 25 kJ)														

INGREDIENTS: Tomato ; Tomatoes.

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
SALAD LETTUCE PRI (4 kcal, 17 kJ)														















INGREDIENTS: Iceberg Lettuce.

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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)														
INGREDIENTS: Garden Peas Value ; Garden Peas.														
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Carrots (9 kcal, 38 kJ)														
INGREDIENTS: Carrot ; Carrot (100%).														
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Sweetcorn Pri (32 kcal, 134 kJ)														

INGREDIENTS: Sweetcorn ; Sweetcorn 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
Cabbage Pri (7 kcal, 29 kJ)														














INGREDIENTS: Shredded Savoy Cabbage.















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Green Beans PRI (11 kcal,46 kJ)														
INGREDIENTS: Whole Fine Green Beans. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														















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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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YOGHURT (100 kcal, 418 kJ)							✓							
INGREDIENTS: Low Fat Smooth Strawberry Yogurt ; Low Fat Yogurt ( <b>Milk</b> ) Sugar Strawberry Seedless Puree (3.9%) Modified Waxy Maize Starch Natural Flavour Citric Acid E330 Preservative, Potassium Sorbate Sweetener, Aspartame.														
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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Natural Yoghurt (30 kcal, 126 kJ)							✓							
INGREDIENTS: Low Fat Natural Yogurt ; Skimmed ( <b>Milk</b> ) Skimmed ( <b>Milk</b> ) Powder Cultures.														
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MILK DRINK IN A CUP (70 kcal, 293 kJ)							✓							
INGREDIENTS: Semi Skimmed ( <b>Milk</b> ) 2.271 ; Semi Skimmed ( <b>Milk</b> ). <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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Chocolate Beet Brownie (129 kcal, 540 kJ)		✓ Wheat		✓										















INGREDIENTS: Beetroot ; Beetroot Raw. Fairtrade Caster Sugar ; Cane Sugar. Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm Rapeseed Sunflower In Varying Proportions) Water Emulsifier (Lecithin Mono- And Diglycerides From Fatty Acids) Salt (1.5%) Acidifier (Lactic Acid) Flavours Colours (Beta-Carotene) Vitamins A D. Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Self Raising Flour ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Sodium Bicarbonate Monocalcium Phosphates). Carrot ; Carrot (100%). Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum). Vanilla Essence 500ml ; Water Monopropylene Glycol Colour (Caramel E150a) Flavours. Baking Powder ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Disodium Diphosphate Sodium Hydrogen Carbonate).

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TUNA MAYO BAGUETTE SMALL PRI (231 kcal,967 kJ)		<b>MC</b> Barley ✓ Wheat		✓	✓							<b>MC</b>		

INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Yeast Salt Flour Treatment Agent (Ascorbic Acid). Tuna Chunks ; Tuna Chunks **(Fish)** Water Salt. Light Mayonnaise ; Water Rapeseed Oil 25% Spirit Vinegar Modified Starch Pasteurised **(Egg)** 3.5 % Sugar Salt Pasteurised **(Egg)** Yolk 1% Thickener (Xanthan Gum) Lemon Juice Concentrate Preservative (Potassium Sorbate) Antioxidant (Calcium Disodium Edta) Acid (Malic Acid) Natural Flavour.

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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
HAM BAGUETTE PRI FFL (270 kcal,1130 kJ)		<b>MC</b> Barley ✓ Wheat										<b>MC</b>		

INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Yeast Salt Flour Treatment Agent (Ascorbic Acid). Farm Assured Sliced Ham ; Pork Leg Salt Dextrose Stabilisers (E450 E451) Antioxidant (E301) Preservative (E250). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed Palm Sunflower) Water Salt (1 4%) Preservative (Potassium Sorbate) Emulsifier (Mono And Diglycerides Offatty Acids) Acid (Citric Acid) Flavourings Vitamins (A And D) Colours (Carotenes).















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- **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
IOW Cheese Baguette PRI (310 kcal,1297 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>		
<p>INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; <b>(Wheat)</b> Flour (With Calcium Iron Niacin Thiamin) Water Yeast Salt Flour Treatment Agent (Ascorbic Acid). Cheese Grated Mature Whit ; Cheddar Cheese <b>(Milk)</b>Pasteurised Cows <b>(Milk)</b> (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%. Margarine Dawn/Phase Bloc ; Egetable Oils In Varying Proportions (75%) (Rapeseed Palm Sunflower) Water Salt (1.38%) Emulsifier(Mono And Diglycerides Of Fatty Acids) Acid (Citric Acid) Colour (Carotenes) Vitamin A And D Flavourings.Upfield Is Committed To Sustainable Palm O.</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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