















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 Pork Sausages Farm Assured 16s														✓















INGREDIENTS: Catering 16s Gluten Free 160 Per Case ; Pork(72%) Water Crumb(Rice Flour Dextrose Vegetable Fibre Salt Emulsifier E471 Natural Caramel Colouring Spices) Pea Starch Salt Dextrose Spices Emulsifier Sodium Diphosphate(E450) Spices Flavouring Preparation (Spice & Herb Extracts) Yeast Extract Preservative(**E223**)(**Sulphur Dioxide**) Antioxidant(E300).

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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MACARONI CHEESE FOOD FOR LIFE (337 kcal, 1410 kJ)		✓ Wheat					✓							















INGREDIENTS: Macaroni ; Durum **(Wheat)** Semolina. Semi Skimmed **(Milk)** 2.27l ; Semi Skimmed **(Milk)**. Grated Mature Cheese; White Mild Cheddar Cheese **(Milk)** Anti-Caking Agent Potato Starch. Whole **(Milk)** 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%. Plain Flour ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin). 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. Vegetable Bouillon ; Salt Potato Starch Maltodextrin Sugar Yeast Extract Onion Powder Spices (Lovage Turmeric Black Pepper) Carrot Powder Garlic Powder Rapeseed Oil Antioxidant (Rosemary Extract) Colour (Plain Caramel) Flavouring Herb.















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Mashed Potatoes (83 kcal,347 kJ)														
INGREDIENTS: Potato ; Potatoes. 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) Flavourings Colours (Beta-Carotene) Vitamins A D.														
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Creations Mash Potato (11 kcal,46 kJ)														
INGREDIENTS: Water. Vegan Mash Potato Mix ; Dried Potato Salt Colour (Curcumin) Antioxidant (Rosemary Extract).														
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Gravy (24 kcal, 101 kJ)														
<p>INGREDIENTS: Water. Premium Instant Gravy ; Maltodextrin Potato Starch Flavouring Salt Yeast Extract Colour (Caramel) Rapeseed Oil.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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

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Sweetcorn Pri (32 kcal,134 kJ)														
INGREDIENTS: Sweetcorn ; Sweetcorn 100%. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Vanilla Slice (188 kcal,787 kJ)		✓ Wheat		✓										

INGREDIENTS: Self Raising Flour ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Sodium Bicarbonate Monocalcium Phosphates). 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) Flavourings Colours (Beta-Carotene) Vitamins A D. Fairtrade Caster Sugar ; Cane Sugar. Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Vanilla Essence 500ml ; Water Monopropylene Glycol Colour (Caramel E150a) Flavourings.

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