















ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Lemon Roasted Chicken Food For Life (97 kcal,406 kJ)														















INGREDIENTS: Chicken Thigh B/Less Skinless 2.5kg ; Chicken. Lemon; Lemons. Rapeseed Oil ; Antifoam E900. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.

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

Allergen and Nutrition Advice:

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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

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BBQ Quorn Roast (45 kcal, 188 kJ)				✓			✓							









INGREDIENTS: Quorn Roast ; Mycoprotein (63%) Rehydrated Free Range **(Egg)** White **(Milk)** Proteins Natural Flavourings Pea Fibre. 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.







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ROAST POTATOES PRI (178 kcal,744 kJ)														
INGREDIENTS: Potato ; Potatoes. Rapeseed Oil ; Antifoam E900. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Gravy (24 kcal,101 kJ)														
INGREDIENTS: Water. Premium Instant Gravy ; Maltodextrin Potato Starch Flavouring Salt Yeast Extract Colour (Caramel) Rapeseed Oil. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Carrots (9 kcal, 38 kJ)														

INGREDIENTS: Carrot ; Carrot (100%).

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Cabbage Pri (7 kcal, 29 kJ)														















INGREDIENTS: Shredded Savoy Cabbage.

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Strawberry Shortbread Mousse (133 kcal, 556 kJ)		✓ Wheat					✓							

INGREDIENTS: Wibble Jelly Strawberry. Water. Vegan And Low Sugar Strawberry Jelly Crystals ; Sweeteners (Erythritol Steviol Glycosides From Stevia) Fruit Sugar Acidity Regulators (Potassium Citrate Citric Acid) Gelling Agent (Carrageenan) Natural Strawberry Flavouring Colour (Beetroot Red Beta Carotene). Water. Shortbread Biscuit. 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) Flavourings Colours (Beta-Carotene) Vitamins A D. Fairtrade Caster Sugar . Cane Sugar. Vanilla Essence 500ml ; Water Monopropylene Glycol Colour (Caramel E150a) Flavourings. Strawberry Mousse Mix ; Skimmed **(Milk)** Powder Sugar Dried Glucose Syrup Modified Starch Palm Oil Emulsifiers (Lactic Esters Of Mono- And Diglycerides Of Fatty Acids) **(Milk)** Proteins Gelling Agents (Sodium Phosphate) Natural Strawberry Flavouring Natural Colour (Beetroot Red) Stabiliser (Calcium Carbonate).

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Wibble Jelly Strawberry (10 kcal, 42 kJ)														












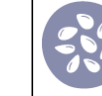


INGREDIENTS: Water. Vegan And Low Sugar Strawberry Jelly Crystals ; Sweeteners (Erythritol Steviol Glycosides From Stevia) Fruit Sugar Acidity Regulators (Potassium Citrate Citric Acid) Gelling Agent (Carrageenan) Natural Strawberry Flavouring Colour (Beetroot Red Beta Carotene).

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Shortbread Biscuit (150 kcal, 628 kJ)		✓ Wheat												
<p>INGREDIENTS: 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) Flavourings Colours (Beta-Carotene) Vitamins A D. Fairtrade Caster Sugar ; Cane Sugar. Vanilla Essence 500ml ; Water Monopropylene Glycol Colour (Caramel E150a) Flavourings.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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