





























# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
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>			✓							
<p>INGREDIENTS: Pizza Base ; <b>(Wheat)</b> Flour (<b>(Wheat)</b> Flour Calcium Carbonate Folic Acid Iron Niacin Thiamin) Water Rapeseed Oil <b>(Wheat)</b> Fibre Yeast Sugar Salt Deactivated Yeast. Chopped Tomatoes ; Tomato Juice Citric Acid. Grated Mozzarella ; Mozzarella Cheese <b>(Milk)</b> Anti Caking Agent Potato Starch. Tomato Paste ; Tomatoes Citric Acid. Garlic Herbs 250g ; Garlic (100%). Oregano ; Dried Oregano. Black Pepper.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b></p> <p>May Also Contain Eggs Barley Oats Rye Spelt.</p>														

## Allergen and Nutrition Advice:















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- Adults need around 2000 kcal a day

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Tex Mex Vegetable Fajita (285 kcal, 1192 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. 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. Carrot ; Carrot (100%). Mixed Pepper; Mixed Peppers Mixed Pepper. 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%. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper. 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
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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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.

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

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Jacket Potato with Tuna (188 kcal,787 kJ)				✓	✓									
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. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														


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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
Jacket Potato with Baked Beans (172 kcal, 720 kJ)														
<p>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.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b>.</p>														

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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> .														

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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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Banana Oat Bite (126 kcal, 527 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat												

INGREDIENTS: Fyffes Premium X5 Banana Pack ; Banana. **(Oat)**flakes ; **(Oats)**. Sultanas ; Sultanas (99.5%) Sunflower Oil. 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. Rowse Clear Honey Tub ; Honey. Sunflower Seeds.

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May Also Contain Barley Wheat.

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