





























ALLERGEN CARD

| Recipe | Allergens | | | | | | | | | | | | | |
|--|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| Chicken And Vegetable Korma (136 kcal,569 kJ) | | | | | | | | | | | | | | |

INGREDIENTS: Tricolore Lentil Mix ; Red Lentils Green Lentils Brown Lentils. Water. Chicken Diced Breast & Thigh ; Chicken. Coconut_milk ; Coconut Extract Water Thickener(Carboxymethyl Cellulose) Emulsifier(Polysorbate 60). Chickpeas In Water ; Chick Peas Water Antioxidant, Ascorbic Acid. Diced Carrots ; Carrot (Origin Eu). Onion ; Cooking Onions. Cauliflower. Rapeseed Oil ; Antifoam E900. Madras Curry Powder ; Coriander (40%) Turmeric (22%) Rice Flour Fenugreek (5%) Ginger Salt(Salt Anticaking Agent(Sodium Ferrocyanide)) Cumin Black Pepper Paprika Colour(Paprika Extract) Nutmeg Fennel.Agent(Sodium Ferrocyanide)) Cumin Black Pepper Paprika Colour(Paprika Extract) Nutmeg Fennel. Vegetable Bouillion ; 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. Tomato Paste ; Tomatoes Citric Acid. Garlic Herbs 250g ; Garlic (100%). Ginger; Root Ginger. Cornflour ; Maize Starch. Ground Turmeric.

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 |
| 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) Flavourings Colours (Beta-Carotene) Vitamins A D. Vegetable Bouillion ; 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.

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

ALLERGEN CARD

| 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%).

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

ALLERGEN CARD

| Recipe | Allergens | | | | | | | | | | | | | |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| 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).

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