































# 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>														


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- Adults need around 2000 kcal a day















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Meatless Feast Cheesey Pizza (207 kcal,866 kJ)		<b>MC</b> Barley <b>MC</b> Oats <b>MC</b> Rye <b>MC</b> Spelt  Wheat		<b>MC</b>										
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. Grated Mozzarella ; Mozzarella Cheese <b>(Milk)</b> Anti Caking Agent Potato Starch. 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. Plant Balls 17g ; Rehydrated Pea Protein Rapeseed Oil Diced Onions Seasoning (Onion Powder Yeast Extract Fine Sea Salt Tomatopowder Garlic Powder Natural Flavouring Porcini Powder Potassium Chloride Ground Fennel Smoked Paprika Ground Black Pepper Ground Marjoram Ground Thyme Ground Cardamom Chill Powder Ground Bay) Potato Starch Methylcellulose Apple Juice Concentrate Date Syrup Apple Extract Lemon Juice Citrus Fibre Beetroot Powder Pumpkin Powder.														
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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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Tomato Pasta (263 kcal,1100 kJ)		✓ Wheat					✓							
INGREDIENTS: Pasta Fusilli ; Whole Durum ( <b>Wheat</b> ) 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 ( <b>Milk</b> ) Anti-Caking Agent Potato Starch.														
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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%.														
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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.														
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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.														
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Pasta Salad (118 kcal,494 kJ)		✓ Wheat												















INGREDIENTS: Pasta Fusilli ; Whole Durum (**Wheat**) Flour. Sweetcorn ; Sweetcorn 100%. Mixed Pepper; Mixed Peppers Mixed Pepper. Cucumber. Spring Onion ; Spring Onions. Lemon; Lemons. Rapeseed Oil ; Antifoam E900.

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Custard Shortbread (116 kcal,485 kJ)		✓ Wheat												

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. Custard Powder ; Maize Starch Colour(Annatto) Flavouring.

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