





























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 Traditional Beef Lasagne PRI FFL (207 kcal,866 kJ)		✓ Wheat		MC			✓		MC				MC	
<p>INGREDIENTS: Semi Skimmed (Milk) 2.27l ; Semi Skimmed (Milk). Lasagne ; Durum (Wheat) Semolina. Beef Mince 85vL Rt Uk 2.5kg ; Beef Meat. Chopped Tomatoes ; Tomato Juice Citric Acid. Cheese Grated Mature Whit ; 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). Tomato Paste ; Tomatoes Citric Acid. Margarine Dawn/Phase Bloc ; Egetable Oils In Varying Proportions (75%) (Rapeseed Palm Sunflower) Water Salt (1.38%) Emulsifier(Mono And Diglycerides Of Fatty Acids) Acid (Citric Acid) Colour (Carotenes) Vitamin A And D Flavourings.Upfield Is Committed To Sustainable Palm O. Rapeseed Oil ; Antifoam E900. Garlic Herbs 250g ; Garlic (100%). Oregano ; Dried Oregano. 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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Eggs Mustard Soybeans.</p>														

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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IOW Vegetable Lasagne FFL V2 (225 kcal,941 kJ)		✓ Wheat		MC			✓		MC				MC	

INGREDIENTS: Lasagne ; Durum (**Wheat**) Semolina. 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. Semi Skimmed (**Milk**) 2.27l ; Semi Skimmed (**Milk**). Cheese Grated Mature Whit ; 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%. Carrot ; Carrot (100%). Mixed Pepper ; Mixed Peppers. Sweetcorn ; Sweetcorn 100%. 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 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**

May Also Contain Eggs Mustard Soybeans.

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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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Garlic Bread Wedge (113 kcal, 473 kJ)		✓ Wheat												















INGREDIENTS: Water. Wholemeal Bread/Roll Mix ; Wholemeal **(Wheat)** Flour Dried Yeast **(Wheat)** Flour (With Calcium Carbonate Iron Niacin Thiamin) Salt Chickpea Flour Rapeseed Oil Dextrose Flour Treatment Agent-Ascorbic Acid. White Bread/Roll/Pizza Mix ; **(Wheat)** Flour (With Calcium Carbonate Iron Niacin Thiamin) Dried Yeast Salt Rapeseed Oil Chickpeaflour Emulsifier E472 Dextrose Flour Treatment Agent-Ascorbic Acid. Garlic Herbs 250g ; Garlic (100%).

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ICE CREAM BOX VANILLA PRI (112 kcal,469 kJ)							✓							

INGREDIENTS: Vanilla Flavour Ice Cream Soft Scoop ; Water **(Buttermilk)** Powder Sugar Dextrose Palm Oil Whey Powder **(Milk)** Emulsifier(Mono- And Di-Glycerides Of Fatty Acids) Flavouring Stabilisers(Locust Bean Gum Guar Gum) Colours(Annatto Curcumin).

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