






























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






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Vegetarian Cottage Pie (175 kcal,732 kJ)														
INGREDIENTS: Tricolore Lentil Mix ; Red Lentils Green Lentils Brown Lentils. Potato ; Potatoes. Water. Diced Carrots ; Carrot (Origin Eu). No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Onion ; Cooking Onions. 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. Tomato Paste ; Tomatoes Citric Acid. Premium Instant Gravy ; Maltodextrin Potato Starch Flavouring Salt Yeast Extract Colour (Caramel) Rapeseed Oil. Rapeseed Oil ; Antifoam E900. 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. <b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b> .														

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

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

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Chocolate Mousse							✓							

INGREDIENTS: Water. Chocolate Mousse Mix ; Skimmed (**Milk**) Powder Sugar Dried Glucose Syrup Modified Starch Fat Reduced Cocoa Powder Palm Oil Emulsifiers (Lactic Esters Of Mono- And Diglycerides Of Fatty Acids) (**Milk**) Proteins Gelling Agents (Sodium Phosphate) Natural Chocolate Flavouring Stabiliser (Calcium Carbonate) Natural Colour (Caramel).

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