

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Fish Fingers		✓ Wheat			✓									

INGREDIENTS: Omega 3 Breaded Msc Whitefish Finger ; Minced White **(Fish) (Fish)** (58%) **(Wheat)** Flour(**(Wheat)** Flour Calcium Carbonates Iron Niacin Thiamin) Rapeseed Oil Water Yeast Salt Colours(Paprika Extract Curcumin) Turmeric.

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

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Quorn Dippers Pri		✓ Wheat												

INGREDIENTS: Vegan Dippers ; Mycoprotein (61%) Water **(Wheat)** Flour **(Wheat)** Flour Calcium Carbonate Iron Niacin Thiamine) Rapeseed Oil Pea Fibre Natural Flavouring Durum **(Wheat)** Semolina Potato Protein Pea Protein **(Wheat)** Gluten Maize Flour **(Wheat)** Starch Dextrose Raising Agents, Disodium Bicarbonate Sodium Bicarbonate Salt Turmeric Extract.

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Chips Pri														
INGREDIENTS: Drink ; Potatoes Sunflower Oil Dextrose. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Baked Beans PRI														
INGREDIENTS: No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Garden Peas PRI														
INGREDIENTS: Garden Peas Value ; Garden Peas. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.														

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Marble Cake		✓ Wheat		✓										

INGREDIENTS: 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. Self Raising Flour ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Sodium Bicarbonate Monocalcium Phosphates). Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Fairtrade Caster Sugar ; Cane Sugar. Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum). Fairtrade Icing Sugar 1kg ; Sugar (97%) Maize Starch. Vanilla Essence 500ml ; Water Monopropylene Glycol Colour (Caramel E150a) Flavours. Water.

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