

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket Potato with Baked Beans														
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. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Jacket Potato with Cheese							✓							
INGREDIENTS: Baking Potato. 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% Mozzarella Cheese (Milk) Cheddar Cheese (Milk) Anti-Caking Potato Starch. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Jacket Potato with Tuna				✓	✓									
INGREDIENTS: Baking Potato. Tuna Chunks ; Tuna Chunks (Fish) Water Salt. Light Mayonnaise ; Water Rapeseed Oil 25% Spirit Vinegar Modified Starch Pasteurised (Egg) 3.5 % Sugar Salt Pasteurised (Egg) Yolk 1% Thickener (Xanthan Gum) Lemon Juice Concentrate Preservative (Potassium Sorbate) Antioxidant (Calcium Disodium Edta) Acid (Malic Acid) Natural Flavour. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.														

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CHEESE AND TOMATO PIZZA FFL RAW SAUCE		MC Barley MC Oats MC Rye MC Spelt  Wheat												

INGREDIENTS: Unsauced Pizza Slab With Fibre *12 ; Fortified **(Wheat)** Flour (**(Wheat)** Flour Calcium Carbonate Folic Acid Iron Niacin Thiamin) Water **(Wheat)** Fiber Rapeseed Oil Yeast Caster Sugar Salt Deactivated Yeast. Chopped Tomatoes ; Tomato Juice Citric Acid. Grated Mozzarella; Mozzarella Cheese **(Milk)** Anti Caking Agent Potato Starch Cheddar Cheese **(Milk)** Anti-Caking Potato Starch. Tomato Paste ; Tomatoes Citric Acid. Diced Garlic 250g ; Garlic. Oregano ; Dried Oregano. Black Pepper.

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May Also Contain Barley Oats Rye Spelt.

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Creamy Garlic Pasta		✓ Wheat					✓							

INGREDIENTS: Penne Pasta ; Durum **(Wheat)** Semolina. Water. Philadelphia Cheese ; Full Fat Soft Cheese **(Milk)** Salt Stabiliser (Locust Bean Gum) Acid (Citric Acid). Onion Brown Medium ; Onions. Diced Garlic 250g ; Garlic. 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. Rapeseed Oil ; Antifoam E900. Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.

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Tomato Pasta		✓ Wheat					✓							

INGREDIENTS: Pasta Fusilli ; Whole Durum (**Wheat**) Flour. Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice Citric Acid. Onion Brown Medium. Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Diced Garlic 250g. Garlic. Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. 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% Mozzarella Cheese (**Milk**) Cheddar Cheese (**Milk**) Anti-Caking Potato Starch.

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Chartwells Tomato Sauce														

INGREDIENTS: Chopped Tomatoes ; Tomato Juice Citric Acid. Onion Brown Medium ; Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes Citric Acid. Fairtrade Caster Sugar ; Cane Sugar. Diced Garlic 250g ; Garlic. Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.

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Pasta Salad		✓ Wheat												
INGREDIENTS: Pasta Fusilli ; Whole Durum (Wheat) Flour. Mixed Pepper; Mixed Peppers Mixed Pepper. Rapeseed Oil ; Antifoam E900. Parsley ; Curly Parsley. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Sweetcorn Pri														
INGREDIENTS: Sweetcorn ; Sweetcorn 100%. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Chartwells Mixed Salad														
INGREDIENTS: Iceberg Lettuce. Tomato ; Tomatoes. Cucumber. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.														

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Lemon Cookies		✓ Wheat												
INGREDIENTS: Self Raising Flour ; (Wheat) Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Sodium Bicarbonate Monocalcium Phosphates). 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. Golden Syrup ; Partially Inverted Refiners Syrup. Lemon; Lemons. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.														

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YOGHURT							✓							
INGREDIENTS: Low Fat Smooth Strawberry Yogurt ; Low Fat Yogurt (Milk) Sugar Strawberry Seedless Puree (3.9%) Modified Waxy Maize Starch Natural Flavour Citric Acid E330 Preservative, Potassium Sorbate Sweetener, Aspartame. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.														

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MILK DRINK IN A CUP							✓							
INGREDIENTS: Semi Skimmed (Milk) . Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														
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Homemade Best Of Both		✓ 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. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Natural Yoghurt							✓							
INGREDIENTS: Low Fat Natural Yoghurt ; Skimmed (Milk) Skimmed (Milk) Powder Cultures. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Fresh Fruit Slices														
INGREDIENTS: Apple. Orange; Medium Oranges. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Watermelon														
INGREDIENTS: Large Watermelon. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Honeydew Melon Portion														
INGREDIENTS: Honeydew Melon. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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SALAD LETTUCE PRI														
INGREDIENTS: Iceberg Lettuce. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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SALAD CUCUMBER PRI														
INGREDIENTS: Cucumber. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Salad Tomato														
INGREDIENTS: Tomato ; Tomatoes. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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SALAD CARROT PRI														
INGREDIENTS: Carrot ; Carrot (100%). Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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SALAD SWEETCORN PRI														
INGREDIENTS: Sweetcorn ; Sweetcorn 100%. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.														

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HAM BAGUETTE PRI FFL		MC Barley ✓ Wheat										MC		

INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Yeast Salt Flour Treatment Agent (Ascorbic Acid). Farm Assured Sliced Ham ; Pork Leg Salt Dextrose Stabilisers (E450 E451) Antioxidant (E301) Preservative (E250). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed Palm Sunflower) Water Salt (1 4%) Preservative (Potassium Sorbate) Emulsifier (Mono And Diglycerides Offatty Acids) Acid (Citric Acid) Flavourings Vitamins (A And D) Colours (Carotenes).

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May Also Contain Sesame Barley.

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IOW Tuna Mayo Baguette Small Pri		MC Barley ✓ Wheat		✓	✓							MC		

INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Yeast Salt Flour Treatment Agent (Ascorbic Acid). Tuna Chunks ; Tuna Chunks **(Fish)** Water Salt. Light Mayonnaise ; Water Rapeseed Oil 25% Spirit Vinegar Modified Starch Pasteurised **(Egg)** 3.5 % Sugar Salt Pasteurised **(Egg)** Yolk 1% Thickener (Xanthan Gum) Lemon Juice Concentrate Preservative (Potassium Sorbate) Antioxidant (Calcium Disodium Edta) Acid (Malic Acid) Natural Flavour.

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IOW Cheese Baguette PRI		MC Barley ✓ Wheat					✓					MC		
INGREDIENTS: 10" Part Baked White Sandwich Baguettes ; (Wheat) Flour (With Calcium Iron Niacin Thiamin) Water Yeast Salt Flour Treatment Agent (Ascorbic 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%. 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. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold May Also Contain Sesame Barley.														

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HAM SANDWICH FFL PRIMARY		MC Barley ✓ Wheat											✓	
INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal (Wheat) Flour Water Salt (Wheat) Flour ((Wheat)) Flour Calcium Carbonate Niacin Iron Thiamin) Yeast Palm Oil Emulsifiers (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids Mono- And Diglycerides Of Fatty Acids) Preservative (Calcium Propionate) (Soya) Flour Spirit Vinegar Flour Treatment Agent (Ascorbic Acid). Farm Assured Sliced Ham ; Pork Leg Salt Dextrose Stabilisers (E450 E451) Antioxidant (E301) Preservative (E250). Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed Palm Sunflower) Water Salt (1 4%) Preservative (Potassium Sorbate) Emulsifier (Mono And Diglycerides Offatty Acids) Acid (Citric Acid) Flavourings Vitamins (A And D) Colours (Carotenes). Allergen advice For allergens including Cereals containing Gluten see ingredients in bold May Also Contain Barley.														

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CHEESE SANDWICH PRIMARY		MC Barley ✓ Wheat					✓						✓	
INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal (Wheat) Flour Water Salt (Wheat) Flour ((Wheat) Flour Calcium Carbonate Niacin Iron Thiamin) Yeast Palm Oil Emulsifiers (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids Mono- And Diglycerides Of Fatty Acids) Preservative (Calcium Propionate) (Soya) Flour Spirit Vinegar Flour Treatment Agent (Ascorbic Acid). 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% Mozzarella Cheese (Milk) Cheddar Cheese (Milk) Anti-Caking Potato Starch. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%) (Rapeseed Palm Sunflower) Water Salt (1 4%) Preservative (Potassium Sorbate) Emulsifier (Mono And Diglycerides Of fatty Acids) Acid (Citric Acid) Flavours Vitamins (A And D) Colours (Carotenes). Allergen advice For allergens including Cereals containing Gluten see ingredients in bold May Also Contain Barley.														

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- 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

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna Mayo Sandwich PRI		MC Barley ✓ Wheat		✓	✓								✓	
INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal (Wheat) Flour Water Salt (Wheat) Flour ((Wheat)) Flour Calcium Carbonate Niacin Iron Thiamin) Yeast Palm Oil Emulsifiers (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids Mono- And Diglycerides Of Fatty Acids) Preservative (Calcium Propionate) (Soya) Flour Spirit Vinegar Flour Treatment Agent (Ascorbic Acid). Tuna Chunks ; Tuna Chunks (Fish) Water Salt. Light Mayonnaise ; Water Rapeseed Oil 25% Spirit Vinegar Modified Starch Pasteurised (Egg) 3.5 % Sugar Salt Pasteurised (Egg) Yolk 1% Thickener (Xanthan Gum) Lemon Juice Concentrate Preservative (Potassium Sorbate) Antioxidant (Calcium Disodium Edta) Acid (Malic Acid) Natural Flavour. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold May Also Contain Barley.														

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