

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 Pork Sausages Farm Assured 16s														✓

INGREDIENTS: Catering 16s Gluten Free 160 Per Case ; Pork(72%) Water Crumb(Rice Flour Dextrose Vegetable Fibre Salt Emulsifier E471 Natural Caramel Colouring Spices) Pea Starch Salt Dextrose Spices Emulsifier Sodium Diphosphate(E450) Spices Flavouring Preparation (Spice & Herb Extracts) Yeast Extract Preservative(**E223**)(**Sulphur Dioxide**) Antioxidant(E300).

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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Sweet Potato And Lentil Curry														

INGREDIENTS: Red Lentils. Sweet Potato; Potatoes. Water. Garden Peas Value ; Garden Peas. Coconut_milk ; Coconut Extract Water Thickener(Carboxymethyl Cellulose) Emulsifier(Polysorbate 60). Carrot ; Carrot (100%). Onion Brown Medium ; Onions. Rapeseed Oil ; Antifoam E900. 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. Ginger; Root Ginger. Ground Turmeric. Madras Curry Powder ; Coriander (40%) Turmeric (22%) Rice Flour Fenugreek (5%) Ginger Salt(Salt Anticaking Agent(Sodium Ferrocyanide)) Cumin Black Pepper Paprika Colour(Paprika Extract) Nutmeg Fennel.Agent(Sodium Ferrocyanide)) Cumin Black Pepper Paprika Colour(Paprika Extract) Nutmeg Fennel.

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Mashed Potatoes														
INGREDIENTS: Potato ; Potatoes. 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. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Creations Mash Potato														
INGREDIENTS: Water. Vegan Mash Potato Mix ; Dried Potato Salt Colour (Curcumin) Antioxidant (Rosemary Extract). Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Wholegrain & White Rice														
INGREDIENTS: Easy Cook Wholegrain Rice; Whole Grain Easy Cook Rice. Easy Cook Long Grain Rice; Easy Cook Rice Parboiled Long Grain Rice (100%). Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Gravy														
INGREDIENTS: Water. Premium Instant Gravy ; Maltodextrin Potato Starch Flavouring Salt Yeast Extract Colour (Caramel) Rapeseed Oil. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Carrots														
INGREDIENTS: Carrot ; Carrot (100%). 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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Apple Crumble		MC Barley ✓ Oats ✓ Wheat												

INGREDIENTS: Solid Pack Apples ; Water Acidity Regulator (Citric Acid) Antioxidant (Ascorbic Acid). Plain Flour ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin). Wholemeal Flour ; Wholemeal **(Wheat)** Flour. 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. **(Oat)** flakes ; **(Oats)**.

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May Also Contain Barley.

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Traditional Custard							✓							

INGREDIENTS: Semi Skimmed **(Milk)**. Custard Powder ; Maize Starch Colour(Annatto) Flavouring. Fairtrade Caster Sugar ; Cane Sugar.

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