

ALLERGEN CARD

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

Allergen advice For allergens including Cereals containing Gluten see ingredients in **bold**

May Also Contain Barley Oats Rye Spelt.

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Spicy Tomato Pasta Bake		✓ 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. Mixed Pepper ; Mixed Peppers. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli (8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper.

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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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Mixed Salad														
INGREDIENTS: Iceberg Lettuce. Cucumber. Tomato ; Tomatoes. Carrot ; Carrot (100%). Sweetcorn ; Sweetcorn 100%. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Garlic Dough Balls		✓ Wheat												
INGREDIENTS: Water. 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. 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. 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. Diced Garlic 250g ; Garlic. Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.														

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Chocolate 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. Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum).

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