

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 (478 kcal, 1999 kJ)		MC Barley MC Oats MC Rye MC Spelt  Wheat												

INGREDIENTS: Unsauces 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. 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.

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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Red Pepper Nut Free Pesto Spaghetti (246 kcal, 1029 kJ)		✓ Wheat					✓							

INGREDIENTS: Spaghetti ; Durum (**Wheat**) Semolina. Water. 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%. Mixed Pepper ; Mixed Peppers. Dell'ami Nut Free Green Pesto ; Basil Paste (Basil (59%) Sunflower Oil Salt Antioxidant [Ascorbic Acid (E300)]) Sunflower Oil Grated Vegetarian Hard Cheese (Pasteurised Cows (**Milk**) Salt Microbial Rennet Culture) Garlic Puree. Tomato Paste ; Tomatoes Citric Acid. 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.

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Pasta Salad (177 kcal,741 kJ)		✓ Wheat												

INGREDIENTS: Pasta Fusilli ; Whole Durum (**Wheat**) Flour. Mixed Pepper; Mixed Peppers Mixed Pepper. Rapeseed Oil ; Antifoam E900. Parsley ; Curly Parsley.

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Durham Oatie Cookie		MC Barley ✓ Oats ✓ 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. **(Oat)**flakes ; **(Oats)**. Golden Syrup ; Partially Inverted Refiners Syrup.

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May Also Contain Barley.

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Fresh Fruit Slices (14 kcal,59 kJ)														

INGREDIENTS: Apple. Orange; Medium Oranges.

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