

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Sausage Rolls (246 kcal, 1029 kJ)		✓ Barley ✓ Wheat												✓

INGREDIENTS: Pork Sausagemeat ; Pork (42%) Water **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Pork Rind Salt **(Barley)** Flour Dextrose Stabilisers (Tetrasodium Diphosphate Disodium Diphosphate) Raising Agent (Ammonium Carbonate) Preservative **(Sodium Metabisulphite)** Antioxidant (Ascorbic Acid) Sage Spice Extracts (Capsicum Nutmeg Pepper Pimento) Herb Extracts (Sage Thyme). Puff Pastry Sheets ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Margarine(Palm Oil Water Rapeseed Oil Salt) Water Preservative(Potassium Sorbate).

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
- Adults need around 2000 kcal a day

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Cheesy Bean Burrito (351 kcal, 1469 kJ)		✓ Wheat					✓							

INGREDIENTS: Easy Cook Wholegrain Rice; Whole Grain Easy Cook Rice. 10" Fully Baked Flour Tortillas ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Palm Oil Palm Stearin Rapeseed Oil Sugar Raising Agent(Sodium Bicarbonate Disodium Diphosphate) Acidity Regulator(Malic Acid) Salt. 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. Green Lentils. No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Red Kidneys In Water ; Red Kidney Beans Water Firming Agent, Calcium Chloride. Mixed Pepper ; Mixed Peppers. 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%. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper.

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Chartwells Tomato Sauce (41 kcal, 172 kJ)														

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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Herby Diced Potatoes (88 kcal,368 kJ)														
INGREDIENTS: Baking Potato. Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Wholegrain & White Rice (128 kcal,536 kJ)														
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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Chocolate Sponge (185 kcal,774 kJ)		✓ 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. Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Fairtrade Caster Sugar ; Cane Sugar. Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum).

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Chocolate Custard (93 kcal,389 kJ)							✓							

INGREDIENTS: Semi Skimmed **(Milk)**. Custard Powder ; Maize Starch Colour(Annatto) Flavouring. Fairtrade Caster Sugar ; Cane Sugar. Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum).

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