

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Lemon Roasted Chicken Food For Life (97 kcal,406 kJ)														

INGREDIENTS: Chicken Thigh B/Less Skinless 2.5kg ; Chicken. Lemon; Lemons. Rapeseed Oil ; Antifoam E900. Diced Garlic 250g ; Garlic. Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.

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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Sweet Potato Chickpea and Herb Roast (113 kcal, 473 kJ)		✓ Wheat												

INGREDIENTS: Chickpeas In Water ; Chick Peas Water Antioxidant, Ascorbic Acid. Sweet Potato; Potatoes. Carrot ; Carrot (100%). Onion Brown Medium ; Onions. Breadcrumbs Uncoloured ; Breadcrumbs(**(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Yeast Salt). Water. Sage & Onion Stuffing ; (**(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Salt Vegetable Oil (Palm Oil Sunflower Oil) Dried Onion (2.2%) Sage (1%) Parsley Raising Agent (Ammonium Hydrogen Carbonate) Yeast Sage Extract. Rapeseed Oil ; Antifoam E900. Vegetable Bouillon ; 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. Diced Garlic 250g ; Garlic.

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ROAST POTATOES PRI (197 kcal,823 kJ)														
INGREDIENTS: Potato ; Potatoes. Rapeseed Oil ; Antifoam E900. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Gravy (24 kcal,101 kJ)														
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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Sage Stuffing (35 kcal, 146 kJ)		✓ Wheat												
INGREDIENTS: Water. Sage & Onion Stuffing ; (Wheat) Flour (With Calcium Iron Niacin Thiamin) Salt Vegetable Oil (Palm Oil Sunflower Oil) Dried Onion (2.2%) Sage (1%) Parsley Raising Agent (Ammonium Hydrogen Carbonate) Yeast Sage Extract. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.														

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Wibble Jelly Strawberry (10 kcal,42 kJ)														
INGREDIENTS: Water. Vegan And Low Sugar Strawberry Jelly Crystals ; Sweeteners (Erythritol Steviol Glycosides From Stevia) Fruit Sugar Acidity Regulators (Potassium Citrate Citric Acid) Gelling Agent (Carrageenan) Natural Strawberry Flavouring Colour (Beetroot Red Beta Carotene). Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Fresh Fruit Slices (14 kcal,59 kJ)														
INGREDIENTS: Apple. Orange; Medium Oranges. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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