ALLERGEN CARD

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
CHEESE AND TOMATO PIZZA (134 kcal,561 kJ)		✓ Wheat					✓							

INGREDIENTS: Wholemeal Cheese & Tomato Pizza 11 ; Pizza Base Wholemeal **(Wheat)** Flour **(Wheat)** Flour Additives Calcium Carbonate Iron Niacin Thiamin Water Yeast Salt Rapeseed Oil Maize Flour. Pizza Topping Mozzarella Cheese **(Milk)** (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes Additive Citric Acid Water Rapeseed Oil Salt Oregano Garlic]. Source Of Fibre.

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

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
JACKET POTATO WITH TUNA PRIMARY (168 kcal,703 kJ)				✓	✓									

INGREDIENTS: Baking Potato. Tuna Chunks In Brine ; Tuna **(Fish)** Water Salt. Sweetcorn. Lite Mayonnaise ; Water Rapeseed Oil Sugar Spirit Vinegar Stabilisers(Modified Maize Starch Xanthan Gum) **(Egg)** Yolk Powder (1.5%) Salt Acidity Regulators (Acetic Acid Lactic Acid) Preservative(Potassium Sorbate) Colour(Mixed Carotenoids).

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**

ALLERGEN CARD

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
CPUA MULLER HEALTHY BALANCE IND YOGHURT (59 kcal,247 kJ)							✓							

INGREDIENTS: Selection Of M?ller Mixed Healthy Balance Yoghurts 110g ; Peach, Yogurt **(Milk)** Water Sugar Peach Puree (5%) Corn Flour Natural Flavourings Culture, Bifidobacterium Bb-12?. Strawberry, Yogurt **(Milk)** Water Sugar Strawberry Puree (5%) Corn Flour Natural Flavourings Beetroot Juice Concentrate Culture, Bifidobacterium Bb-12?.

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

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Garden Peas PRI (39 kcal,163 kJ)														

INGREDIENTS: Garden Pea.

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ALLERGEN CARD

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Diced Potatoes (77 kcal,322 kJ)														

INGREDIENTS: Diced Potatoes ; Diced Potato.

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

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Butternut Squash & Chickpea Curry with Rice (72 kcal,301 kJ)														

INGREDIENTS: Mild Chickpea & Butternut Squash Curry With Rice ; Mild Chickpea & Butternut Curry (Chickpeas Water Coconut_milk (Coconut Extract Water) Red Peppers Butternut Squash Onion Modified Starch Mango Chutney (Sugar Peeled Mango Slice Sugarcane Vinegar Salt Chilli Powder Ginger Powder Garlic Powder) Garlic Puree Rapeseed Oil Coriander Ground Coriander Lemon Juice Paprika Ground Fenugreek Ground Turmeric Garam Masala (Ground Coriander Ground Cumin Ground Ginger Ground Cassia Ground Black Pepper Ground Cloves) Colour-E160c) Brown Rice (Water Brown Rice).

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