

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
YOGHURT (66 kcal,276 kJ)							✓							
INGREDIENTS: Low Fat Smooth Strawberry Yogurt ; Low Fat Yogurt (Milk), Sugar, Strawberry Seedless Puree (3.9%), Modified Waxy Maize Starch, Natural Flavour, Citric Acid E330, Preservative: Potassium Sorbate, Sweetener: Aspartame. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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Simplicity Muller Healthy Balanced Individual Yoghurt (88 kcal,368 kJ)							✓							
INGREDIENTS: Selection Of Muller Mixed Healthy Balance Yoghurts 110g ; Peach: Yogurt (Milk), Water, Sugar, Peach Puree (5%), Corn Flour, Naturalflavourings, 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 .														

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- Adults need around 2000 kcal a day

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Watermelon (11 kcal, 46 kJ)														

INGREDIENTS: Large Watermelon.

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APPLES PACKED LUNCH (43 kcal, 180 kJ)														

INGREDIENTS: Apple.

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ORANGE PACKED LUNCH (26 kcal, 109 kJ)														
<p>INGREDIENTS: Orange Easy Peeler ; Easy Peelers.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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Jacket Potato with Baked Beans (172 kcal,720 kJ)														
<p>INGREDIENTS: Baking Potato. No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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Jacket Potato with Cheese (261 kcal,1092 kJ)							✓							
<p>INGREDIENTS: Baking Potato. Grated Mature Cheese ; White Mild Cheddar Cheese (Milk), Anti-Caking Agent Potato Starch.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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Jacket Potato With Tuna Mayonnaise (201 kcal,841 kJ)				✓	✓									
<p>INGREDIENTS: Baking Potato. Tuna Chunks ; (Fish) Tuna, Water, Salt. Light Mayonnaise ; Water, Rapeseed Oil 25%, Spirit Vinegar, Modified Starch, Pasteurised (Egg) 3.5 %, Sugar, Salt, Pasteurised (Egg) Yolk 1%, Thickener (Xanthan Gum), Lemon Juice Concentrate, Preservative (Potassium Sorbate), Antioxidant (Calcium Disodium Edta), Acid (Malic Acid), Natural Flavour.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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CYG Jacket Potato With Salmon And Tuna				✓	✓									
<p>INGREDIENTS: Baking Potato. Pink Salmon ; Pink Salmon (Fish), Salt. Tuna Chunks ; (Fish) Tuna, Water, Salt. Sweetcorn ; Sweetcorn 100%. Light Mayonnaise ; Water, Rapeseed Oil 25%, Spirit Vinegar, Modified Starch, Pasteurised (Egg) 3.5 %, Sugar, Salt, Pasteurised (Egg) Yolk 1%, Thickener (Xanthan Gum), Lemon Juice Concentrate, Preservative (Potassium Sorbate), Antioxidant (Calcium Disodium Edta), Acid (Malic Acid), Natural Flavour.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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Italian Chicken (176 kcal, 736 kJ)							✓							
<p>INGREDIENTS: Italian Chicken ; Diced Chicken (Chicken Breast, Salt), Kids Tomato Sauce (Tomatoes, Water, Tomato Paste, Diced Tomatoes, Rapeseed Oil, Onion, Red Wine Vinegar, Sugar, Cornflour, Garlic Puree, Basil, Oregano, Black Pepper), Mozzarella Cheese (Mozzarella Cheese (Milk), Anti-Caking Agent-Potato Starch), Mixed Peppers.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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Macaroni Cheese (300 kcal, 1255 kJ)		✓ Wheat					✓						✓	
<p>INGREDIENTS: Macaroni Cheese ; Macaroni (Water, Durum (Wheat) Flour), Bechamel Sauce (Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb], Skimmed (Milk), Vegetable Oil (Palm), Modified Starch, Butter (Milk), Whey Protein Concentrate (Milk), Salt, Emulsifier-(Soya) Lecithin), Cheddar Cheese (Cheddar Cheese (Milk), Anti-Caking Agent-Potato Starch).</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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Battered Chicken Bites (143 kcal,598 kJ)	✓	✓ Wheat												

INGREDIENTS: Battered Chicken Bites ; Battered Chicken (Chicken Breast, Batter [Water, **(Wheat)** Flour, Rice Flour, Salt, Maize Starch, Raising Agent-E450i, E500ii, Colour-E160c, Yeast Extract, Sugar, Dextrose, Spice Extract], Palm Oil, Marinade [Water, Tapioca Starch, Salt], Breadcrumb [**(Wheat)** Flour, Rice Flour, Salt, Maize Starch, Raising Agents-E450i, E500ii, Colour-E160c, Yeast Extract, Sugar, Dextrose, Spice Extract], Predust [**(Wheat)** Flour, Maize Starch].,Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup), Spirit Vinegar, Sugar, Salt, Spice And Herb Extracts (Contain **(Celery)**), Sweetener (Steviol Glycosides), Spice.

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Roast Turkey (50 kcal,209 kJ)														

INGREDIENTS: Thick Cut Roast Turkey Breast ; Salt, Dextrose, Stabilisers (Diphosphates, Triphosphates), Smoke Flavouring.

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Chicken Korma & Rice							✓							
<p>INGREDIENTS: Chicken And Vegetable Korma With Rice ; Rice (Water, White Rice), Korma Sauce (Water, Desiccated Coconut, Onion, Coconut Cream [Coconut Extract, Water], Skimmed (Milk) Powder, Single Cream (Milk), Low Fat Yoghurt (Milk), Rapeseed Oil, Sugar, Modified Maize Starch, Tomato Paste, Tomato, Ginger, Vegetable Stock [Water, Onion Juice Concentrate, Salt, Dextrose, Yeast Extract, Potato Maltodextrin, Carrot Juice Concentrate, Canola Oil, Maize Starch, Leek Juice Concentrate, Spice Extracts [Black Pepper, Nutmeg, Garlic, Onion], Herb Extracts [Tarragon, Bay, Thyme, Parsley]], Garlic Puree, Coriander, Bouillon [Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Onion Powder, Parsnip Powder, Parsley Flakes, Rapeseed Oil, Lovage Extract, Lovage Powder, Ground Turmeric, White Pepper, Garlic Powder, Ground Mace, Ground Nutmeg], Ground Turmeric, Ground Cumin, Ground Coriander, Ground Cardamon, Black Pepper), Chicken (Chicken Breast, Salt), Chick Peas (Chick Peas, Water, Antioxidant-E330), Peas.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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Pork Sausages cooked (184 kcal, 770 kJ)		✓ Wheat												
<p>INGREDIENTS: Cooked Pork Sausages ; Pork (48%), Water, Pork Rind, Rusk [(Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt], (Wheat) Starch, Salt, Dextrose, Emulsifier (Sodium Tripolyphosphate), Parsley, Spice & Herb Extracts (Nutmeg, Mace, Pepper, Coriander, Basil), Sage, Dehydrated Onion.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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Fish Fingers (146 kcal,611 kJ)		✓ Wheat			✓									

INGREDIENTS: Omega 3 Breded Msc Whitefish Finger ; Minced White **(Fish) (Fish)** (58%), **(Wheat) Flour((Wheat) Flour**, Calcium Carbonates, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Yeast, Salt, Colours(Paprika Extract, Curcumin), Turmeric.

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Vegetarian Pasta Bolognese (323 kcal,1351 kJ)		✓ Wheat											✓	

INGREDIENTS: Vegetarian Pasta Bolognese ; Kids Tomato Sauce (Tomatoes, Water, Tomato Paste, Diced Tomatoes, Rapeseed Oil, Onion, Red Wine Vinegar, Sugar, Cornflour, Garlic Puree, Basil, Oregano, Black Pepper), Pasta (Water, Durum **(Wheat) Flour**), Vegan Mince (Rehydrated Textured **(Soya) Protein**, Seasoning (Colour-E150a, Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator-E330, White Pepper)).

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Chicken & Tomato Pasta		✓ Wheat					✓						✓	

INGREDIENTS: Creamy Chicken And Vegetable Pasta ; Pasta (Water, Durum (**Wheat**) Flour), Tomato Sauce (Tomatoes, Water, Tomato Paste, Diced Tomatoes, Rapeseed Oil, Onion, Red Wine Vinegar, Sugar, Cornflour, Garlic Puree, Basil, Oregano, Black Pepper), Chicken (Chicken Breast, Salt), Bechamel Sauce (Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb], Skimmed (**Milk**), Vegetable Oil (Palm), Modified Starch-E1442, Butter (**Milk**), Whey Protein Concentrate (**Milk**), Salt, Emulsifier- (**Soya**) Lecithin), Broccoli.

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SD Plain Jacket Potato (106 kcal, 444 kJ)														

INGREDIENTS: Jacket Potatoes ; Potato.

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Baked Beans PRI (35 kcal, 146 kJ)														

INGREDIENTS: No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract.

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Chickpea and Vegetable Tikka Masala and Rice (188 kcal, 787 kJ)														

INGREDIENTS: Chickpea & Vegetable Tikka Masala With Rice ; Brown Rice (Water, Brown Rice), Chickpeas (Chickpeas, Water, Antioxidant-E300), Kids Tikka Sauce (Coconut_milk (Coconut, Water), Water, Onion Puree (Onion, Canola Oil), Tomato, Diced Onion, Tomato Puree, Rapeseed Oil, Cornflour, Coriander, Sugar, Garlic Puree, Ginger Puree, Vegetable Stock (Concentrated Vegetable Juice (Onion, Carrot, Leek), Water, Salt, Dextrose, Yeast Extract, Maltodextrin, Cornstarch, Rapeseed Oil, Herbs And Spice Oils (Pepper, Nutmeg, Thyme, Laurel, Parsley Seeds, Tarrogon, Asa Foetida, Garlic), Paprika, Cumin, Turmeric, Fenugreek, Nutmeg), Tarka Dhal (Water, Tomatoes, Red Lentils, Rapeseed Oil, Chickpeas, Onion, Ginger Puree, Garlic Puree, Lemon Juice, Red Chilli, Ground Cumin, Ground Coriander, Ground Turmeric, Salt, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Lovage, Turmeric, Pepper, Garlic, Mace, Nutmeg), Spice Extract), Coriander, Ground Black Pepper), Cauliflower, Spinach, Butternut Squash.

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Simplicity Rice (131 kcal, 548 kJ)														

INGREDIENTS: Long Grain Rice ; Cooked Long Grain White Rice (Water, White Rice).

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BBQ Chicken And Rice (252 kcal, 1054 kJ)		✓ Barley ✓ Wheat											✓	

INGREDIENTS: Rice ; White Rice (Water, White Rice). Bbq Chicken ; Chicken (Chicken Breast, Modified Tapioca Starch, D-Xylose, Acidity Regulators (Sodium Carbonate, Sodium Citrate), Salt, Fully Refined **(Soybean)**_oil.), Tomato Sauce (Tomatoes, Water, Tomato Paste, Diced Tomatoes, Rapeseed Oil, Onion, Red Wine Vinegar, Sugar, Cornflour, Garlic Puree, Basil, Oregano, Black Pepper.), Bbq Sauce (Water, Tomato Paste, Dark Brown Soft Sugar, **(Barley)** Malt Vinegar, Sugar, **(Soy)** Sauce (Water, **(Soy)** Extract (Water, **(Soybeans)**, Salt, **(Wheat)**), Salt, Glucose, **(Barley)** Malt Vinegar, Spirit Vinegar), Modified Maize Starch, Spirit Vinegar, Colour (E150a), Garlic Powder, Onion Powder, Smoked Water, Ground Cloves).

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Quorn Roast (45 kcal, 188 kJ)				✓			✓							

INGREDIENTS: Quorn Roast ; Mycoprotein (63%), Rehydrated Free Range **(Egg)** White, **(Milk)** Proteins, Natural Flavourings, Pea Fibre.

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Simplicity Roast Potatoes (137 kcal, 573 kJ)														

INGREDIENTS: Roasting Potatoes ; Potato, Palm Oil.

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CYG Roast Potatoes														

INGREDIENTS: Roast Potatoes ; Roast Potatoes (Potato, Rapeseed Oil).

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Cheese & Tomato Pasta (343 kcal, 1435 kJ)		✓ Wheat					✓						✓	

INGREDIENTS: Cheese & Tomato Pasta ; Pasta (Water, Durum (**Wheat**) Flour), Kids Tomato Sauce (Tomatoes, Water, Tomato Paste, Diced Tomatoes, Rapeseed Oil, Onion, Red Wine Vinegar, Sugar, Cornflour, Garlic Puree, Basil, Oregano, Black Pepper), Bechamel Sauce (Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb], Skimmed (**Milk**), Vegetable Oil (Palm), Modified Starch, Butter (**Milk**), Whey Protein Concentrate (**Milk**), Salt, Emulsifier-(**Soya**) Lecithin), Mozzarella Cheese (Mozzarella Cheese (**Milk**), Anti-Caking Agent-Potato Starch), Cheddar Cheese (Cheddar Cheese (**Milk**), Anti-Caking Agent-Potato Starch).

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Allergen and Nutrition Advice:

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- 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 D02/Sulphites
Roast Chicken (81 kcal,339 kJ)														

INGREDIENTS: Steam Cooked Chicken Breast Fillets ; Chicken Breast (98%), Maize Starch, Salt, Dextrose, Sugar, Stabilizer (Sodium Tripolyphosphate).

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 D02/Sulphites
Burger in a Bun PRI (242 kcal,1013 kJ)	✓	✓ Wheat										MC	✓	

INGREDIENTS: Unseeded Bap ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Sugar, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids, Mono- And Di-Glycerides Of Fatty Acids), Flour Treatment Agents(Ascorbic Acid, L-Cysteine Hydrochloride). Red Tractor Beef Burger ; Beef (80%), Textured **(Soya)** Protein, Onions, Rusk (**(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Seasoning (Pea Fibre, Stabiliser (E451(I)), Salt, Rusk (**(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Onion, Dextrose, Pepper, Flavouring (**(Soya)**, Antioxidant (E301)), Dextrose, Stabiliser (E451). Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup), Spirit Vinegar, Sugar, Salt, Spice And Herb Extracts (Contain **(Celery)**), Sweetener (Steviol Glycosides), Spice.

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

May Also Contain Sesame.

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- 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 D02/Sulphites
Veggie Sausages (89 kcal,372 kJ)		✓ Wheat												

INGREDIENTS: Quorn Vegan Sausage ; Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [(**Wheat**) Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], (**Wheat**) Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: Sodium Alginate.

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 D02/Sulphites
Minced Beef & Pasta in a Bolognese Sauce (200 kcal,837 kJ)		✓ Wheat												

INGREDIENTS: Beef Pasta Bolognese ; Bolognese Sauce (Beef, Water, Tomato, Onion, Tomato Paste, Beef Stock (Concentrated Beef Broth (Water, Beef Extract), Yeast Extract, Glucose, Salt, Flavouring, Maltodextrin), Garlic Puree, Cornflour, Sugar, Basil, Parsley, Ground Black Pepper, Chives, Thyme, Oregano), Pasta (Water, Durum (**Wheat**) Flour), Cooked Lentils (Green Lentils, Water).

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- 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 D02/Sulphites
Quorn Burger (189 kcal,791 kJ)	✓	✓ Barley ✓ Wheat		✓			✓					MC		

INGREDIENTS: Quorn Burger 50g ; Mycoprotein (44%), Rehydrated Free Range (**Egg**) White, Textured (**Wheat**) Protein, [(**Wheat**) Flour ((**Wheat**) Flour, Calcium Chloride, Iron, Niacin & Thiamine), Colour: Plain Caramel, Stabiliser: Sodium Alginate], Onion, (**Milk**) Proteins, Flavouring (Contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate, Roasted (**Barley**) Malt Extract. Unseeded Bap ; (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin), Water, Sugar, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids, Mono- And Di-Glycerides Of Fatty Acids), Flour Treatment Agents(Ascorbic Acid, L-Cysteine Hydrochloride). Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup), Spirit Vinegar, Sugar, Salt, Spice And Herb Extracts (Contain (**Celery**)), Sweetener (Steviol Glycosides), Spice.

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

May Also Contain Sesame.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Vegetarian Balls in Tomato sauce (146 kcal,611 kJ)														

INGREDIENTS: Vegetarian Balls In Tomato Sauce ; Kids Tomato Sauce (Tomatoes, Water, Tomato Paste, Diced Tomatoes, Rapeseed Oil, Onion, Red Wine Vinegar, Sugar, Cornflour, Garlic Puree, Basil, Oregano, Black Pepper), Plant Balls (Apple Extract, Apple Juice Concentrate, Beetroot Powder, Citrus Fibre, Date Syrup, Diced White Onion, Salt, Lemon Juice, Methylcellulose, Natural Flavouring, Potassium Chloride, Potato Starch, Pumpkin Powder, Rapeseed Oil, Rehydrated Pea Protein, Seasoning (Chilli Powder, Garlic Powder, Bay, Black Pepper, Fennel, Mace, Majoram, Rosemary, Onion Powder, Porcini Powder, Tomato Powder, Yeast Extract), Peppers.

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- 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 D02/Sulphites
CHEESE AND TOMATO PIZZA (202 kcal,845 kJ)		✓ Wheat					✓							
<p>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.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Battered Fish (133 kcal,556 kJ)		✓ Wheat			✓									
<p>INGREDIENTS: Battered Msc Pollock Portions ; Pollock (Theregra Chalcogramma) (Fish) (50%), Fortified (Wheat) Flour ((Wheat) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Maize Flour, Salt, Raising Agents: Sodium Phosphates, Sodium Carbonate, Palm Fat.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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- 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 D02/Sulphites
Simplicity Roast Gammon (78 kcal,326 kJ)														

INGREDIENTS: Honey Roast Ham ; Pork, Salt, Honey, Dextrose, Stabilisers (E450, E451), Antioxidant (E301). Preservative (E250). Made With 100g Ofraw Pork Per 100g Of Finished Product. Water.

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 D02/Sulphites
Quorn Dippers Pri (110 kcal,460 kJ)		✓ Wheat												

INGREDIENTS: Vegan Dippers ; Mycoprotein (61%), Water, **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Pea Fibre, Natural Flavouring, Durum **(Wheat)** Semolina, Potato Protein, Pea Protein, **(Wheat)** Gluten, Maize Flour, **(Wheat)** Starch, Dextrose, Raising Agents: Disodium Bicarbonate, Sodium Bicarbonate, Salt, Turmeric Extract.

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- 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 D02/Sulphites
Veggie No Carne And Rice (162 kcal,678 kJ)													✓	✓

INGREDIENTS: Vegetarian Chilli No Carne With Rice ; Brown Rice (Water, Brown Rice.), Three Bean Chilli (Water, Tomato, Onion, Red Kidney Beans, Borlotti Beans, Butter Beans, Tomato Puree, Green Pepper, Sweet Potato, Rapeseed Oil, Modified Maize Starch, Sugar, Red Pepper, Cumin Seeds, Ground Coriander, Garlic Puree, Coriander, Smoked Water, Salt, Chilli Powder, Black Pepper.), Tomato Sauce (Tomatoes, Water, Tomato Paste, Diced Tomatoes, Rapeseed Oil, Onion, Red Wine Vinegar, Sugar, Cornflour, Garlic Puree, Basil, Oregano, Black Pepper.), Katerveg Meat Free Vegan Mince (Rehydrated Textured **(Soya)** Protein, Seasoning [Colour (E150a), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper.], Baked Beans (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavourings, Spice Extracts, Sweetener-E960, Herb Extract). **(Sulphur Do2)/(Sulphite)s)**.

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 D02/Sulphites
Cheese & Onion Pasty (225 kcal,941 kJ)		✓ Wheat					✓							

INGREDIENTS: Cheese & Onion Pasties ; Puff Pastry, **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- And Di-Glycerides Of Fatty Acids).Filling, Water, Onion (7%), Vegetarian Cheddar Cheese **(Milk)** (5%) [Contains Colour (Annatto Norbixin)], Dried Potato (4%), **(Milk)** Proteins, Onion Powder, Stabiliser (Hydroxypropyl Methyl Cellulose), Salt, Potato Starch, White Pepper.Glaze, Water, Dextrose, Colours (Carotenes, Paprika Extract).

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- 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 D02/Sulphites
BROCCOLI FLORET FROZEN (17 kcal,71 kJ)														

INGREDIENTS: Broccoli Florets ; Broccoli.

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Carrots (9 kcal,38 kJ)														

INGREDIENTS: Carrot ; Carrot (100%).

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- 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 D02/Sulphites
Sweetcorn Pri (32 kcal, 134 kJ)														

INGREDIENTS: Sweetcorn ; Sweetcorn 100%.

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Garden Peas PRI (27 kcal, 113 kJ)														

INGREDIENTS: Garden Peas Value ; Garden Peas.

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- 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 D02/Sulphites
Mashed Potato (110 kcal, 460 kJ)														

INGREDIENTS: Mashed Potato ; Potato (95%), Rapeseed Oil, Sg Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavouring.

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 D02/Sulphites
Chips Pri (104 kcal, 435 kJ)														

INGREDIENTS: Oven Fries ; Potatoes, Sunflower Oil, Dextrose.

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- 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 D02/Sulphites
Veggie Cowboy Pasta (989 kcal,4138 kJ)		✓ Barley ✓ Wheat		✓			✓							

INGREDIENTS: Cowboy Pasta ; Tomato Sauce (Tomatoes, Water, Tomato Paste, Diced Tomatoes, Rapeseed Oil, Onion, Red Wine Vinegar, Sugar, Cornflour, Garlic Puree, Basil, Oregano, Black Pepper.), Pasta (Water, Durum **(Wheat)** Flour.), Quorn Cocktail Sausage (Mycoprotein, Textured **(Wheat)** Protein (**(Wheat)** Flour, Stabiliser, Sodium Alginate), Rehydrated Free Range **(Egg)** White, Rapeseed Oil, Onion, Rusk (**(Wheat)** Flour, Salt), Seasoning (Dextrose, Yeast Extract, **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Spice Extracts (Coriander, Pepper, Nutmeg), Salt, Rapeseed Oil, Antioxidant, Ascorbic Acid), Casing (Stabiliser, Sodium Alginate, Cellulose, Modified Starch), Natural Flavouring, **(Milk)** Proteins, Firming Agents, Calcium Chloride, Calcium Acetate, Roasted **(Barley)** Malt Extract), Baked Beans (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavourings, Spice Extracts, Sweetener-E960, Herb Extract).

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 D02/Sulphites
Veggie Fingers (111 kcal,464 kJ)		✓ Wheat												

INGREDIENTS: Vegetable Fingers ; Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (**(Wheat)** Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, **(Wheat)** Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.

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- 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 D02/Sulphites
Herby Dice Potatoes Pri (81 kcal, 339 kJ)		✓ Wheat												
<p>INGREDIENTS: Seasoned Herby Potato Dice ; Potato (88%), Sunflower Oil, (Wheat) Flour, Salt, Modified Potato Starch, Herbs (Parsley, Oregano), Spices (Chilli Pepper, Paprika, Cayenne Pepper, Cumin, Black Pepper, Turmeric), Onion Powder, Garlic Powder, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Dextrose, Yeast Extract, Paprika Extract, Natural Black Pepper Flavouring.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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- 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 D02/Sulphites
Gravy GF (14 kcal,59 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**.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wholemeal Bread (87 kcal,364 kJ)		MC Barley ✓ Wheat										MC	✓	

INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal (**Wheat**) Flour, Water, Salt, (**Wheat**) Flour (With Calcium, Iron, Niacin, Thiamin), Palm Oil, Yeast, Emulsifiers (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids, Mono- And Di-Glycerides Of Fatty Acids), Preservative (Calcium Propionate), (**Soya**) Flour, Spirit Vinegar, Flour Treatment Agent(Ascorbic Acid).

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

May Also Contain Sesame, Barley.

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- 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 D02/Sulphites
CHEESE SANDWICH PRIMARY (315 kcal, 1318 kJ)		MC Barley ✓ Wheat					✓					MC	✓	

INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal **(Wheat)** Flour, Water, Salt, **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Palm Oil, Yeast, Emulsifiers (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids, Mono- And Di-Glycerides Of Fatty Acids), Preservative (Calcium Propionate), **(Soya)** Flour, Spirit Vinegar, Flour Treatment Agent(Ascorbic Acid). 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%. Summer County Soft Spread ; Vegetable Oils In Varying Proportions (55%)(Rapeseed, Palm, Sunflower), Water, Salt (1,4%), Preservative (Potassium Sorbate), Emulsifier (Mono And Diglycerides Of Fatty Acids), Acid (Citric Acid), Flavours, Vitamins (A And D), Colours (Carotenes).

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

May Also Contain Sesame, Barley.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Homemade Best Of Both (119 kcal, 498 kJ)		✓ Wheat												

INGREDIENTS: Water. 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. White Bread/Roll/Pizza Mix ; **(Wheat)** Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Dried Yeast, Salt, Rapeseed Oil, Chickpea flour, Emulsifier E472, Dextrose, Flour Treatment Agent-Ascorbic Acid.

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

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- 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 D02/Sulphites
Tomato Ketchup (6 kcal, 25 kJ)	✓													
<p>INGREDIENTS: Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup), Spirit Vinegar, Sugar, Salt, Spice And Herb Extracts (Contain (Celery)), Sweetener (Steviol Glycosides), Spice.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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- 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 D02/Sulphites
CYG RASPBERRY SLICE		✓ Wheat		✓			✓						✓	

INGREDIENTS: Raspberry Cake Slice 50% Fruit ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamine), Sugar, Bulking Agent (Polydextrose), Whole **(Egg)** powder, Humectant (Sorbitol), Modified Starch (Maize), **(Wheat)** Starch, **(Wheat)** Fibre, Dextrose, Dried **(Egg)** White, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Emulsifier (E471), Salt, Stabiliser (Xanthan Gum), Enzyme, Whey Solids **(Milk)**. Pear Juice (Water, Sugar), Raspberry, Rapeseed Oil, Antifoaming Agent (E900), Apple, Citric Acid, Preservative (E202, E282), Lemon Juice Concentrate, Beetroot, Spice Extract, Natural Raspberry Flavouring.

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 D02/Sulphites
Crispy Crackle Bar		✓ Barley ✓ Oats ✓ Wheat		MC			✓						MC	

INGREDIENTS: Crispy Crackle Bar ; **(Oats)**, Rice Crispies [Rice Flour, **(Wheat)** Flour (With Calcium , Iron, Niacin, Thiamine), Sugar, Whey Powder **(Milk)**, **(Barley)** Malt Flour (Gluten), Salt, Rapeseed Oil], Vegetable Oils (Rapeseed, Palm), Invert Sugar Syrup, Sugar, Water, Emulsifier (E475), Colours (Curcumin, Annatto Bixin), Flavourings.

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

May Also Contain Eggs, Soybeans.

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- 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 D02/Sulphites
STEAM TOFFEE AND APPLE MUFFIN (157 kcal,657 kJ)		✓ Wheat		✓			✓						✓	✓
<p>INGREDIENTS: Toffee & Apple Muffin 50% Fruit ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamine), Sugar, (Soya) Flour, Whole Liquid (Egg), Strach, Apple, Vegetable Oils (Rapeseed & Palm), Antifoaming Agent (E900), Pear, Whey Powder (Milk), Emulsifier (E471), Salt, Raising Agents (Potassium Bicarbonate, Disosium Diphosphate, Glucano- Delta- Lactone), Modified Starch (Waxy Maize), (Wheat) Gluten, Stabiliser (E415), Flavouring, Colour (Algal Carotenes), Acidity Regulator (Citric Acid, Ascorbic Acid), Preservatives (E202, (Sodium Metabisulphite)), Black Treacle (Invert Sugar Syrup, Molasses), Toffee Flavour.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

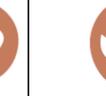
Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ice Cream Vanilla (108 kcal,452 kJ)							✓							
<p>INGREDIENTS: Vanilla Flavour Ice Cream Soft Scoop ; Water, (Buttermilk) Powder, Sugar, Dextrose, Palm Oil, Whey Powder (Milk), Emulsifier(Mono- And Di-Glycerides Of Fatty Acids), Flavouring, Stabilisers(Locust Bean Gum, Guar Gum), Colours(Annatto, Curcumin).</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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- 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 D02/Sulphites
Vanilla Sponge cake (184 kcal,770 kJ)		✓ Wheat		✓			✓						✓	
<p>INGREDIENTS: School Cake ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin), Sugar, Water, Raising Agents (E500, E450, E501ii, E575), Whey Powder (Milk), Emulsifier (E415,E472b,E495,E471,E477), Modified Starch (Waxy Maize), Vegetable Oils (Palm Oil, Rapeseed Oil (E900)), (Wheat) Gluten, Salt, Stabiliser (Xanthan Gum), (Soya) Flour, Whole Liquid (Egg), Glycerine, Dried Chocolate Cake Crumbs [(Wheat) Flour (With Calcium, Iron, Niacin, Thiamine), Water, Rapeseed Oil (E900), Sugar, Fat Reduced Cocoa Powder, Raising Agents (E450i, E501ii, E500ii), Whey Powder (From (Milk)), (Milk) Protein, Dried (Egg) Albumen, Dried Whole (Egg) Powder, Emulsifier (E481, E341i), Colour (E160a), Salt, Dextrose, Stabiliser (E415), Flavourings, Acidifier (E330, E524, E501i), Preservatives (E202)], Calcium Propionate, Potassium Sorbate, Golden Syrup, Citric Acid, Lemon Juice, Icing Sugar, Anticaking Agent (E341iii), Colours (Algal Carotenes), Flavourings.</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wibble Jelly Strawberry (10 kcal,42 kJ)														
<p>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).</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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- 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 D02/Sulphites
CUSTARD POT AMBROSIA (115 kcal, 481 kJ)							✓							

INGREDIENTS: Ambrosia Devon Custard ; Skimmed **(Milk)**, **(Buttermilk)**, Sugar, Modified Starch, Palm Oil, Whey **(Milk)**, Natural Flavouring, Colours (Curcumin, Annatto Norbixin).

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 D02/Sulphites
Chocolate Mousse							✓							

INGREDIENTS: Water. Chocolate Mousse Mix ; Skimmed **(Milk)** Powder, Sugar, Dried Glucose Syrup, Modified Starch, Fat Reduced Cocoa Powder, Palm Oil, Emulsifiers (Lactic Esters Of Mono- And Diglycerides Of Fatty Acids), **(Milk)** Proteins, Gelling Agents (Sodium Phosphate), Natural Chocolate Flavouring, Stabiliser (Calcium Carbonate), Natural Colour (Caramel).

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- 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 D02/Sulphites
Jammy Jack		✓ Oats		MC			MC						MC	✓

INGREDIENTS: Jammy Jack ; **(Oats)**, Vegetable Oils (Rapeseed, Sunflower, Palm), Golden Syrup, Sugar, Glucose Syrup, Strawberry Puree, Raisins, Blueberries, Water, Dates, Gelling Agent (Pectin), Rice Flour, Dried Apricot ((**Sulphur**)dioxide), Dried Apples (**Sodium Metabisulphite**), Salt, Colours (Lutein, Curcumin), Flavourings, Acid Regulator (E330, E331iii), Emulsifier (E475).

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

May Also Contain Eggs, Milk, Soybeans.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
BANANA MARBLE SPONGE FB		✓ Wheat		✓			✓						✓	

INGREDIENTS: Banana Marble Cake ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Sugar, Banana, Apple, Raising Agents (Potassium Bicarbonate, Disodium Diphosphate, Glucano-Delta-Lactone), Whey Powder (**Milk**), Emulsifier (E471, E341i, E475), Modified Starch (Waxy Maize), Vegetable Oils (Palm, Rapeseed (E900)), **(Wheat)** Gluten, Salt, Stabiliser (E415), **(Soya)** Flour, Preservative (E202, E223 (Sodium Metabisulphite), Acidity Regulator (E330), Whole Liquid (**Egg**), Lemon Juice, Water, Glycerine, Fat Reduced Cocoa Powder, Colours (Algal Carotenes), Flavourings, Salt.

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
Custard Mix - Ind Prep (73 kcal,305 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
							✓							
<p>INGREDIENTS: Water, Bird's Reduced Sugar Instant Custard Mix ; Whey Powder (From (Milk)), Modified Maize Starch, Maltodextrin, Sugar, Vegetable Oil (Palm), Sodium Caseinates (Milk), Flavourings, Anti-Caking Agent (Silicon Dioxide), Colour (Annatto).</p> <p>Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.</p>														

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- Adults need around 2000 kcal a day