















ALLERGEN CARD

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















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 ChickpeafLOUR 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

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
YOGHURT (100 kcal,418 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.														
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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
BANANA PACKED LUNCH (97 kcal,406 kJ)														
INGREDIENTS: Banana; Bananas Banana.														
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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
APPLES PACKED LUNCH (43 kcal, 180 kJ)														
INGREDIENTS: Apple.														
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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
MANDARIN PACKED LUNCH (13 kcal, 54 kJ)														
INGREDIENTS: Orange Easy Peeler ; Easy Peelers.														
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Jacket Potato with Baked Beans (172 kcal,720 kJ)														
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.														
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 D02/Sulphites
Jacket Potato with Tuna (188 kcal,787 kJ)				✓	✓									
INGREDIENTS: Baking Potato. Tuna Chunks ; Tuna Chunks (Fish) 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.														
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Jacket Potato With Cheesy Coleslaw (252 kcal, 1054 kJ)				✓			✓							
<p>INGREDIENTS: Baking Potato. Grated Mature Cheese ; White Mild Cheddar Cheese (Milk) Anti-Caking Agent Potato Starch. Coleslaw Mix ; White Cabbage Carrot. 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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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
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. 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%.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket Potato with BBQ Beans (172 kcal,720 kJ)														

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. American Bbq Style Seasoning ; Demerara Sugar Smoked Paprika Sugar Tomato Powder Salt Cumin Garlic Powder Yeast Extracts Modified Tapioca Starch Black Pepper Coriander Chilli Flakes Green Bell Peppers Smoked Maltodextrin Silicon Dioxide (Anti-Caking Agent) Citric Acid Rapeseed Oil.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tomato Pasta (263 kcal,1100 kJ)		✓ Wheat					✓							















INGREDIENTS: Pasta Fusilli ; Whole Durum (**Wheat**) Flour. Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice Citric Acid. Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Grated Mature Cheese ; White Mild Cheddar Cheese (**Milk**) Anti-Caking Agent Potato Starch.

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Chartwells Tomato Sauce (41 kcal, 172 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
<p>INGREDIENTS: Chopped Tomatoes ; Tomato Juice Citric Acid. Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes Citric Acid. Fairtrade Caster Sugar ; Cane Sugar. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CHEESE AND TOMATO PIZZA (177 kcal,741 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		MC			✓							

INGREDIENTS: Pizza Base ; **(Wheat)** Flour (**(Wheat)** Flour Calcium Carbonate Folic Acid Iron Niacin Thiamin) Water Rapeseed Oil **(Wheat)** Fibre Yeast Sugar Salt Deactivated Yeast. Grated Mozzarella ; Mozzarella Cheese **(Milk)** Anti Caking Agent Potato Starch. Spiced Pizza Sauce ; Tomato Salt Sunflower Oil Sugar Oregano Basil Black Pepper Garlic Powder Citric Acid.

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

May Also Contain Eggs Barley Oats Rye Spelt.

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
POTATO WEDGES 1/2 PORTION (44 kcal,184 kJ)														















INGREDIENTS: Baking Potato.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tex Mex Vegetable Fajita (287 kcal, 1201 kJ)		✓ Wheat					✓							

INGREDIENTS: 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. Red Kidneys In Water ; Red Kidney Beans Water Firming Agent, Calcium Chloride. Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice Citric Acid. Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Carrot ; Carrot (100%). Mixed Pepper; Mixed Peppers Mixed Pepper. 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. Rapeseed Oil ; Antifoam E900.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chartwells Tomato Sauce (41 kcal, 172 kJ)														















INGREDIENTS: Chopped Tomatoes ; Tomato Juice Citric Acid. Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes Citric Acid. Fairtrade Caster Sugar ; Cane Sugar. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.

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Wholegrain & White Rice (121 kcal,506 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
<p>INGREDIENTS: Long Grain Brown Rice. Long Grain Rice ; Long Grain Rice (100%).</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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Beef Burger (117 kcal,490 kJ)		MC Barley MC Oats MC Rye ✓ Wheat										MC	✓	
<p>INGREDIENTS: 4in Floured Bap; (Wheat) Flour (With Calcium Iron Niacin Thiamin) Water Sugar Yeast Vegetable Oils (Palm Rapeseed) Salt Emulsifiers (E472e E471) Preservative (E282) Flour Treatment Agent (E300) 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) Protien 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). Iceberg Lettuce. Texan Style Bbq Sauce 2.15l ; Concentrated Tomato Puree Glucose-Fructose Syrup Spirit Vinegar Molasses Sugar Modified Cornflour Salt Smoke Flavouring Spices Onion Powder Flavourings Preservative-Potassium Sorbate Garlic Powder.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Sesame Barley Oats Rye.</p>														

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Beany Vegetable Burger (134 kcal,561 kJ)	✓	MC Barley MC Oats MC Rye ✓ Wheat		✓			✓					MC		
<p>INGREDIENTS: 4in Floured Bap; (Wheat) Flour (With Calcium Iron Niacin Thiamin) Water Sugar Yeast Vegetable Oils (Palm Rapeseed) Salt Emulsifiers (E472e E471) Preservative (E282) Flour Treatment Agent (E300) 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). Riverdene Butter Beans Water ; Butter Beans Water Antioxidant, Ascorbic Acid. Carrot ; Carrots. Sweetcorn ; Sweetcorn 100%. Onion ; Cooking Onions. Iceberg Lettuce. 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. Grated Mature Cheese ; White Mild Cheddar Cheese (Milk) Anti-Caking Agent Potato 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. 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. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Sesame Barley Oats Rye.</p>														

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Roast Gammon (101 kcal, 423 kJ)														
<p>INGREDIENTS: British Unsmoked Half Gammon Joint ; Pork Water Salt Stabiliser (Pentasodium Triphosphate) Antioxidant (Sodium Ascorbate) Preservatives (Sodium Nitrite Potassium Nitrate). Rowse Clear Honey Tub ; Honey.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														















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BBQ Quorn Roast (45 kcal, 188 kJ)				✓			✓							
<p>INGREDIENTS: Quorn Roast ; Mycoprotein (63%) Rehydrated Free Range (Egg) White (Milk) Proteins Natural Flavourings Pea Fibre. American Bbq Style Seasoning ; Demerara Sugar Smoked Paprika Sugar Tomato Powder Salt Cumin Garlic Powder Yeast Extracts Modified Tapioca Starch Black Pepper Coriander Chilli Flakes Green Bell Peppers Smoked Maltodextrin Silicon Dioxide (Anti-Caking Agent) Citric Acid Rapeseed Oil.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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Chicken And Vegetable Korma (136 kcal,569 kJ)														
<p>INGREDIENTS: Tricolore Lentil Mix ; Red Lentils Green Lentils Brown Lentils. Water. Chicken Diced Breast & Thigh ; Chicken. Coconut_milk ; Coconut Extract Water Thickenner(Carboxymethyl Cellulose) Emulsifier(Polysorbate 60). Chickpeas In Water ; Chick Peas Water Antioxidant, Ascorbic Acid. Diced Carrots ; Carrot (Origin Eu). Onion ; Cooking Onions. Cauliflower. Rapeseed Oil ; Antifoam E900. Madras Curry Powder ; Coriander (40%) Turmeric (22%) Rice Flour Fenugreek (5%) Ginger Salt(Salt Anticaking Agent(Sodium Ferrocyanide)) Cumin Black Pepper Paprika Colour(Paprika Extract) Nutmeg Fennel.Agent(Sodium Ferrocyanide)) Cumin Black Pepper Paprika Colour(Paprika Extract) Nutmeg Fennel. 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. Tomato Paste ; Tomatoes Citric Acid. Garlic Herbs 250g ; Garlic (100%). Ginger; Root Ginger. Cornflour ; Maize Starch. Ground Turmeric.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														















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MACARONI CHEESE FOOD FOR LIFE (342 kcal,1431 kJ)		✓ Wheat					✓							
<p>INGREDIENTS: Macaroni ; Durum (Wheat) Semolina. Semi Skimmed (Milk) 2.27l ; Semi Skimmed (Milk). 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%. Plain Flour ; (Wheat) Flour (With Calcium Iron Niacin Thiamin). 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. 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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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- **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 D02/Sulphites
Quorn Dippers Pri (110 kcal,460 kJ)		✓ Wheat												
<p>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.</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
Fish Fingers (146 kcal,611 kJ)		✓ Wheat			✓									
<p>INGREDIENTS: Omega 3 Breaded 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.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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
Carrots (9 kcal, 38 kJ)														

INGREDIENTS: Carrot ; Carrot (100%).

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
Sweetcorn Pri (32 kcal, 134 kJ)														















INGREDIENTS: Sweetcorn ; Sweetcorn 100%.

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

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
Garden Peas PRI (27 kcal, 113 kJ)														

INGREDIENTS: Garden Peas Value ; Garden Peas.

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
Green Beans PRI (11 kcal, 46 kJ)														















INGREDIENTS: Whole Fine Green Beans.

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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
Baked Beans PRI (35 kcal, 146 kJ)														
<p>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.</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
ROAST POTATOES PRI (74 kcal,310 kJ)														

INGREDIENTS: Potato ; Potatoes. Rapeseed Oil ; Antifoam E900.

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
Gravy (10 kcal,42 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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- 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 Dioxide/Sulphites
Chips Pri (104 kcal, 435 kJ)														
<p>INGREDIENTS: Oven Fries ; Potatoes Sunflower Oil Dextrose.</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
Apple and Golden Syrup Sponge (128 kcal,536 kJ)		✓ Wheat		✓										

INGREDIENTS: Solid Pack Apples ; Water Acidity Regulator (Citric Acid) Antioxidant (Ascorbic Acid). 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. Self Raising Flour ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Sodium Bicarbonate Monocalcium Phosphates). Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Fairtrade Caster Sugar ; Cane Sugar. Golden Syrup ; Partially Inverted Refiners Syrup. Baking Powder ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Disodium Diphosphate Sodium Hydrogen Carbonate).

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
Custard Milk Powder (82 kcal,343 kJ)							✓							















INGREDIENTS: Water. **(Milk)** Powder Half Fat 2kg ; Skimmed **(Milk)** Powder (44%) Vegetable Oils (Coconut And Palm) Lactose **(Milk)** Whey Powder **(Milk)** Dried Glucose Syrup **(Milk)** Protein Acidity Regulator E340b Emulsifier E471 Vitamin D. Custard Powder ; Maize Starch Colour(Annatto) Flavouring. Fairtrade Caster Sugar ; Cane Sugar.















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
Sticky Oaty Slice (178 kcal, 745 kJ)		MC Barley ✓ Oats MC Wheat												
<p>INGREDIENTS: (Oat)flakes ; (Oats). 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. Golden Syrup ; Partially Inverted Refiners Syrup. Fyffes Premium X5 Banana Pack ; Banana. Chopped Date ; Dates (97%) Rice Flour. Water. Fairtrade Light Brown Soft Sugar ; Cane Sugar.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Barley Wheat.</p>														

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Caramel Mousse (70 kcal, 293 kJ)							✓							
<p>INGREDIENTS: Water. Caramel Mousse Mix ; Skimmed (Milk) Powder Sugar Dried Glucose Syrup Modified Starch Palm Oil Emulsifiers (Lactic Esters Of Mono- And Diglycerides Of Fatty Acids) (Milk) Proteins Gelling Agents (Sodium Phosphate) Natural Colour (Caramel Annatto) Natural Caramel Flavouring Stabiliser (Calcium Carbonate).</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
Butter Bean Brownie (112 kcal,469 kJ)		✓ Wheat		✓										

INGREDIENTS: Fairtrade Caster Sugar ; Cane Sugar. 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. Carrot ; Carrot (100%). Riverdene Butter Beans Water ; Butter Beans Water Antioxidant, Ascorbic Acid. Free Range Pasteurised Whole **(Egg)** ; Hen **(Egg)**. Self Raising Flour ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Sodium Bicarbonate Monocalcium Phosphates). Beetroot ; Beetroot (100%). Cocoa Powder ; Fat Reduced Cocoa Powder (Cocoa Butter 10% Minimum). Baking Powder ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Disodium Diphosphate Sodium Hydrogen Carbonate). Vanilla Essence 500ml ; Water Monopropylene Glycol Colour (Caramel E150a) Flavourings.

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
ICE CREAM BOX STRAWBERRY PRI (115 kcal,481 kJ)							✓							















INGREDIENTS: Strawberry Flavour Ice Cream Soft Scoop ; Water **(Buttermilk)** Powder Sugar Dextrose Palm Oil Whey Powder **(Milk)** Emulsifier (Mono- And Di-Glycerides Of Fatty Acids) Stabilisers (Locust Bean Gum Guar Gum) Flavouring Colours (Beetroot Red Annatto Norbixin Curcumin).

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
Salad Tomato (6 kcal, 25 kJ)														

INGREDIENTS: Tomato ; Tomatoes.

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
SALAD CARROT PRI (13 kcal, 54 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
SALAD LETTUCE PRI (4 kcal, 17 kJ)														

INGREDIENTS: Iceberg Lettuce.

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
SALAD SWEETCORN PRI (32 kcal, 134 kJ)														















INGREDIENTS: Sweetcorn ; Sweetcorn 100%.

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													
														
SALAD CUCUMBER PRI (5 kcal, 21 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
<p>INGREDIENTS: Cucumber.</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