# ALLERGEN CARD

| Recipe | Allergens | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur DO2/Sulphites |
| Margherita Pitta Pizza FFL (249 kcal,1042 kJ) | | ✓ Wheat | | | | | ✓ | | | | | | MC | |
| Green Pea Pesto Pasta (480 kcal,2008 kJ) | | ✓ Wheat | | | | | ✓ | | | | | | ✓ | |
| Creamy Garlic Pasta (216 kcal,904 kJ) | | ✓ Wheat | | | | | ✓ | | | | | | | |
| Pork Meat Ball Sub (291 kcal,1218 kJ) | | ✓ Wheat | | | | | ✓ | | | | | MC | ✓ | ✓ |
| Pork Sausage Bites (121 kcal,506 kJ) | | ✓ Wheat | | | | | | | | | | | ✓ | ✓ |
| Herby Diced Potatoes (88 kcal,368 kJ) | | | | | | | | | | | | | | |
| Roast Gammon (73 kcal,305 kJ) | | | | | | | | | | | | | | |
| Quorn Roast (45 kcal,188 kJ) | | | | ✓ | | | ✓ | | | | | | | |
| Mashed Potatoes (93 kcal,389 kJ) | | | | | | | | | | | | | | |
| ROAST POTATOES PRI (82 kcal,343 kJ) | | | | | | | | | | | | | | |
| Honey Roast Gammon Pitta (149 kcal,623 kJ) | | ✓ Wheat | | | | | MC | | | | | | MC | |
| Sage Stuffing (35 kcal,146 kJ) | | ✓ Wheat | | | | | | | | | | | | |
| Gravy (10 kcal,42 kJ) | | | | | | | | | | | | | | |
| Traditional Beef Lasagne FFL (295 kcal,1234 kJ) | | ✓ Wheat | | MC | | | ✓ | | MC | | | | MC | |
| Garlic Dough Balls (59 kcal,247 kJ) | | ✓ Wheat | | | | | | | | | | | | |

**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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| Chicken Tikka Masala (125 kcal,523 kJ) | | | | | | | | | | | | | | |
| Rice 1/2 Wholegrain (205 kcal,858 kJ) | | | | | | | | | | | | | | |
| Fish Fingers (146 kcal,611 kJ) | | ✓ Wheat | | | ✓ | | | | | | | | | |
| Southern Fried Chicken Goujon (175 kcal,732 kJ) | ✓ | ✓ Wheat | | | | | | | | | | | | |
| Chips Pri (104 kcal,435 kJ) | | | | | | | | | | | | | | |

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