ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Spicy Tomato Pasta Bake (277 kcal,1159 kJ)		✓ Wheat					✓							
CHEESE AND TOMATO PIZZA FFL WHOLEMEAL RAW SAUCE (219 kcal,916 kJ)		✓ Wheat					✓							
NUT FREE Pesto Pasta (99 kcal,414 kJ)		✓ Wheat					✓							
Garlic Dough Balls (59 kcal,247 kJ)		✓ Wheat												
Chinese Veggie Rice (199 kcal,833 kJ)		✓ Wheat											✓	
Beef Burger (191 kcal,799 kJ)	✓	✓ Wheat										MC		✓
Herby Diced Potatoes (88 kcal,368 kJ)														
Quorn Roast (45 kcal,188 kJ)				✓			✓							
Roast Pork Loin Pri (75 kcal,314 kJ)														
ROAST POTATOES PRI (82 kcal,343 kJ)														
Yorkshire Pudding 3 inch (58 kcal,243 kJ)		✓ Wheat		✓			✓							
Gravy (10 kcal,42 kJ)														
Chilli Mac and Cheese (369 kcal,1544 kJ)		✓ Wheat					✓							
VEGGIE KORMA PRI (136 kcal,569 kJ)														✓
Southern Fried Chicken Goujon (175 kcal,732 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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Quorn Dippers Pri (110 kcal,460 kJ)		✓ Wheat												
Chips Pri (104 kcal,435 kJ)														

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