ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Red Pepper Nut Free Pesto Spaghetti (251 kcal,1050 kJ)		✓ Wheat					✓							
CHEESE AND TOMATO PIZZA (177 kcal,741 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat					✓							
NUT FREE Pesto Pasta (99 kcal,414 kJ)		✓ Wheat					✓							
Cheese and Tomato Quiche (237 kcal,992 kJ)		✓ Wheat		✓			✓							
Sausage Rolls (246 kcal,1029 kJ)		✓ Barley ✓ 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)														
Yorkshire Pudding 3 inch (58 kcal,243 kJ)		✓ Wheat		✓			✓							
Gravy (10 kcal,42 kJ)														
Macaroni Cheese (257 kcal,1075 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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Beef Bolognese (126 kcal,527 kJ)														
Pasta Wholemeal (156 kcal,653 kJ)		✓ Wheat												
Chicken Parmo (169 kcal,707 kJ)	✓	✓ Wheat					✓							
Quorn Dippers Pri (110 kcal,460 kJ)		✓ Wheat												
Chips Pri (104 kcal,435 kJ)														

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