ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
Half Portion Cheese and Tomato Sauce Panini (235 kcal,983 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Half Portion Cheese Panini (228 kcal,954 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Tuna Mayo Sandwich PRI (257 kcal,1075 kJ)		MC Barley ✓ Wheat		✓	✓								✓	
Egg Mayonnaise Sandwich (287 kcal,1201 kJ)		MC Barley ✓ Wheat		✓									✓	
HAM SANDWICH FFL PRIMARY (277 kcal,1159 kJ)		MC Barley ✓ Wheat											✓	
CHEESE SANDWICH PRIMARY (315 kcal,1318 kJ)		MC Barley ✓ 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**