ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur DO2/Sulphites
SALAD BEETROOT PRI (14 kcal,59 kJ)														
SALAD CARROT PRI (13 kcal,54 kJ)														
SALAD LETTUCE PRI (4 kcal,17 kJ)														
SALAD SWEETCORN PRI (32 kcal,134 kJ)														
Salad Tomato (6 kcal,25 kJ)														
SALAD CUCUMBER PRI (5 kcal,21 kJ)														
Fresh Bread FFL GOLD (148 kcal,619 kJ)		MC Barley MC Oats MC Rye ✓ Wheat											MC	
SD TOMATO PASTA PRI (399 kcal,1669 kJ)													MC	
Pasta Wholemeal (139 kcal,582 kJ)		✓ Wheat												
Jacket Potato with Cheese (261 kcal,1092 kJ)							✓							
SD Plain Jacket Potato (106 kcal,444 kJ)														
Jacket Potato with Cheese (261 kcal,1092 kJ)							✓							
Jacket Potato With Vegan Cheese														
Jacket Potato with Tuna (188 kcal,787 kJ)				✓	✓									

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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Jacket Potato with Baked Beans (172 kcal,720 kJ)														

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