

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Mixed Fruit Pot (33 kcal,138 kJ)														
Pork Sausage and Cheese Muffin Melt (370 kcal,1548 kJ)		✓ Wheat					✓					MC	✓	✓
Pizza Baguette (263 kcal,1100 kJ)		MC Barley ✓ Wheat					✓					MC		
Meatless Feast Pizza Baguette (295 kcal,1234 kJ)		MC Barley ✓ Wheat					✓					MC		
Bacon Roll (241 kcal,1008 kJ)		✓ Wheat											✓	
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		MC			MC							
Sweet Waffle (248 kcal,1038 kJ)		✓ Wheat		✓			MC						✓	
Bagel Cheese & Tomato Pizza (259 kcal,1084 kJ)		✓ Barley ✓ Rye ✓ Wheat					✓					MC		
Toasted Crumpets (140 kcal,586 kJ)		MC Spelt ✓ Wheat												
Toast 50 50 (223 kcal,933 kJ)		MC Barley ✓ Wheat										MC	✓	
Lemon and Garlic Chicken Wings (89 kcal,372 kJ)														
BBQ Chicken Wings (118 kcal,494 kJ)														

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- Adults need around 2000 kcal a day

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Spicy Piri Piri Chicken Wings (122 kcal,510 kJ)														
BBQ Chicken Bagel (267 kcal,1117 kJ)		✓ Barley ✓ Rye ✓ Wheat					✓					MC	✓	
Ham and Cheese Pitta Pocket (184 kcal,770 kJ)		✓ Wheat					✓						MC	
Cinnamon Pretzel (294 kcal,1230 kJ)		✓ Barley ✓ Wheat					MC					MC	MC	
Cheesy BBQ Pretzel Melt (373 kcal,1561 kJ)		✓ Barley ✓ Wheat					✓					MC	✓	
Chocolate and Coconut Pretzel (369 kcal,1544 kJ)		✓ Barley ✓ Wheat					✓					MC	MC	✓

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Wholemeal Loaf (142 kcal,594 kJ)		✓ Wheat												
BASIC WHITE BREAD RECIPE SEC (162 kcal,678 kJ)		✓ Wheat												

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Jacket with Baked Beans (274 kcal,1146 kJ)														
Tuna Mayonnaise Jacket Potato (336 kcal,1406 kJ)				✓	✓									
Jacket Potato with Cheese (418 kcal,1749 kJ)							✓							

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Herby Tomato Pasta (415 kcal,1736 kJ)		✓ Wheat					✓							
Mac and Cheese (472 kcal,1975 kJ)		✓ Wheat					✓							
Arrabiatta Pasta (390 kcal,1632 kJ)		✓ Wheat					✓							
Pasta King Firecracker Chicken Torino Sec (90 kcal,377 kJ)														
Pasta King Sweet Chilli Chicken Sec (349 kcal,1460 kJ)														
Pasta King Zingy Peppers Sec (53 kcal,222 kJ)														✓
Trattoria 14 Margherita Stone Bake Pizza (285 kcal,1192 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		MC			✓							
Trattoria Veggie Hot One Stone Bake Pizza (298 kcal,1247 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		MC			✓							

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Trattoria Hawaiian Stone Bake Pizza (311 kcal,1301 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		MC			✓							
TRATTORIA 14 BBQ CHIX STONE BAKED PIZZA (322 kcal,1347 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		MC			✓							
Cheese and Onion Slice (269 kcal,1125 kJ)		✓ Wheat					✓							
Lemon and Garlic Chicken Wings (89 kcal,372 kJ)														
Love Joes Mexican Chicken Burrito SEC (297 kcal,1243 kJ)		✓ Wheat												

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Cheese Panini (394 kcal, 1648 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Cheese and Tomato Sauce Panini (429 kcal, 1795 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							

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Mash Pot SEC (189 kcal,791 kJ)														
SAUSAGE PORK (236 kcal,987 kJ)		✓ Wheat											✓	✓
Yellow Vegetable Curry (249 kcal,1042 kJ)														

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Rice 1/2 Wholegrain (229 kcal,958 kJ)														
Salad Sweetcorn (64 kcal,268 kJ)														

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Cheese Sandwich on White (384 kcal,1607 kJ)		MC Barley ✓ Wheat					✓						✓	
Ham Salad Sandwich Brown (302 kcal,1264 kJ)		MC Barley ✓ Wheat										MC	✓	
TUNA MAYONNAISE SANDWICH WHITE (300 kcal,1255 kJ)		MC Barley ✓ Wheat		✓	✓								✓	
Ham Salad Sandwich White (321 kcal,1343 kJ)		MC Barley ✓ Wheat											✓	
Vegan Cheese Sandwich White (343 kcal,1435 kJ)		MC Barley ✓ Wheat											✓	
BLT Sandwich on White (370 kcal,1548 kJ)		MC Barley ✓ Wheat		✓									✓	
Cheese Baguette White (539 kcal,2255 kJ)		MC Barley ✓ Wheat					✓					MC		
Tuna and Cucumber Baguette on White (511 kcal,2138 kJ)		MC Barley ✓ Wheat		✓	✓							MC		
Chicken Salad Baguette White FFL (482 kcal,2017 kJ)		MC Barley ✓ Wheat		✓								MC		
Vegan Cheese and Pickle Baguette (538 kcal,2251 kJ)		✓ Barley ✓ Wheat										MC		✓
BBQ Chicken Wrap (363 kcal,1519 kJ)		✓ Wheat		✓										

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Chicken Tikka Wrap (320 kcal,1339 kJ)		✓ Wheat					✓							
Chicken Ranch Wrap (347 kcal,1452 kJ)		✓ Wheat		✓			✓							
Crunchy Pepper and Houmous Wrap (404 kcal,1690 kJ)		✓ Wheat										✓		

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BLT Baguette on White (478 kcal,2000 kJ)		MC Barley ✓ Wheat		✓								MC		

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Smashed Cookie (185 kcal,774 kJ)		✓ Oats ✓ Wheat		✓			✓						MC	
Sweet Waffle (248 kcal,1038 kJ)		✓ Wheat		✓			MC						✓	
Golden Syrup and Oat Cookies SEC (263 kcal,1100 kJ)		MC Barley ✓ Oats ✓ Wheat												
Chocolate Cookie (204 kcal,854 kJ)		✓ Wheat		✓			✓						MC	
Lemon Oat Raisin Cookie (184 kcal,770 kJ)		✓ Oats ✓ Wheat		✓			✓						MC	
Raspberry Yoghurt Flapjack Muffin (162 kcal,678 kJ)		✓ Wheat		✓			✓							
Chocolate Brownie (179 kcal,749 kJ)		✓ Wheat		✓										
Vanilla and Raspberry Blondie (230 kcal,962 kJ)		✓ Wheat		✓										
Chocolate Fudge Brownie (256 kcal,1071 kJ)		✓ Wheat		✓			MC						MC	
Shortbread (185 kcal,774 kJ)		✓ Wheat												
Joes Flapjack Traybake (182 kcal,761 kJ)		MC Barley ✓ Oats MC Wheat												

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Joes Fruity Flapjack Traybake (142 kcal,594 kJ)		MC Barley ✓ Oats MC Wheat												
Chocolate Crunch Biscuit (187 kcal,782 kJ)		MC Barley ✓ Oats ✓ Wheat												
Gingerbread Shortbread (185 kcal,774 kJ)		✓ Wheat												
Chocolate Butterscotch Crispie (128 kcal,536 kJ)		✓ Barley					✓							
Chocolate Toffee Shortbread (253 kcal,1059 kJ)		✓ Wheat					✓							
Banoffee Pie (146 kcal,611 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Strawberry Mousse Shortcake (268 kcal,1121 kJ)		✓ Wheat					✓							
Caramel Apple Crumble (120 kcal,502 kJ)		MC Barley ✓ Oats ✓ Wheat					✓							
Mixed Fruit Pot (33 kcal,138 kJ)														
Pineapple Pot (33 kcal,138 kJ)														

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Melon Pot (18 kcal,75 kJ)														
Pineapple Upside Down Pudding (204 kcal,854 kJ)		✓ Wheat		✓										
Apple Cinnamon Twice Baked Crumble (209 kcal,874 kJ)		MC Barley ✓ Oats ✓ Wheat												
Orange Glazed Sticky Pudding (190 kcal,795 kJ)		✓ Wheat		✓										
Summer Berry and Peach Oaty Crumble (229 kcal,958 kJ)		MC Barley ✓ Oats ✓ Wheat												
Bread and Butter Pudding (198 kcal,828 kJ)		MC Barley ✓ Wheat		✓			✓						✓	
Custard - Milk powder SEC (111 kcal,464 kJ)							✓							
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (142 kcal,594 kJ)							✓							
Ice Cream Box Strawberry (121 kcal,506 kJ)							✓							
Ice Cream Box Vanilla (117 kcal,490 kJ)							✓							
Wibble Jelly Strawberry (13 kcal,54 kJ)														

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Wibble Jelly Raspberry (13 kcal,54 kJ)														

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Tuna and Sweetcorn Pasta Salad (373 kcal,1561 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (451 kcal,1887 kJ)		✓ Wheat					✓						✓	
Roasted Indian Chickpea Salad (151 kcal,632 kJ)														✓
Greek Salad (109 kcal,456 kJ)							✓							
Chicken and Bacon Pasta Salad (376 kcal,1573 kJ)		✓ Wheat		✓										
Coleslaw (57 kcal,238 kJ)				✓										
Pasta Salad (118 kcal,494 kJ)		✓ Wheat												
Red Slaw (55 kcal,230 kJ)				✓										
Apple Slaw (71 kcal,297 kJ)				✓										

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Wholemeal Loaf (142 kcal,594 kJ)		✓ Wheat												
BASIC WHITE BREAD RECIPE SEC (162 kcal,678 kJ)		✓ Wheat												

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Jacket with Baked Beans (274 kcal,1146 kJ)														
Tuna Mayonnaise Jacket Potato (336 kcal,1406 kJ)				✓	✓									
Jacket Potato with Cheese (418 kcal,1749 kJ)							✓							

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Herby Tomato Pasta (415 kcal,1736 kJ)		✓ Wheat					✓							
Mac and Cheese (472 kcal,1975 kJ)		✓ Wheat					✓							
Arrabiatta Pasta (390 kcal,1632 kJ)		✓ Wheat					✓							
Pasta King Firecracker Chicken Torino Sec (90 kcal,377 kJ)														
Pasta King Sweet Chilli Chicken Sec (349 kcal,1460 kJ)														
Pasta King Zingy Peppers Sec (53 kcal,222 kJ)														✓
Trattoria 14 Margherita Stone Bake Pizza (285 kcal,1192 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		MC			✓							
Trattoria Veggie Hot One Stone Bake Pizza (298 kcal,1247 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		MC			✓							

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Trattoria Hawaiian Stone Bake Pizza (311 kcal,1301 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		MC			✓							
TRATTORIA 14 BBQ CHIX STONE BAKED PIZZA (322 kcal,1347 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		MC			✓							
Cheese and Onion Slice (269 kcal,1125 kJ)		✓ Wheat					✓							
Lemon and Garlic Chicken Wings (89 kcal,372 kJ)														
Love Joes Mexican Chicken Burrito SEC (297 kcal,1243 kJ)		✓ Wheat												

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Cheese Panini (394 kcal,1648 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Cheese and Tomato Sauce Panini (429 kcal,1795 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cheese Sandwich on White (384 kcal,1607 kJ)		MC Barley ✓ Wheat					✓						✓	
Ham Salad Sandwich Brown (302 kcal,1264 kJ)		MC Barley ✓ Wheat										MC	✓	
TUNA MAYONNAISE SANDWICH WHITE (300 kcal,1255 kJ)		MC Barley ✓ Wheat		✓	✓								✓	
Ham Salad Sandwich White (321 kcal,1343 kJ)		MC Barley ✓ Wheat											✓	
Vegan Cheese Sandwich White (343 kcal,1435 kJ)		MC Barley ✓ Wheat											✓	
BLT Sandwich on White (370 kcal,1548 kJ)		MC Barley ✓ Wheat		✓									✓	
Cheese Baguette White (539 kcal,2255 kJ)		MC Barley ✓ Wheat					✓					MC		
Tuna and Cucumber Baguette on White (511 kcal,2138 kJ)		MC Barley ✓ Wheat		✓	✓							MC		
Chicken Salad Baguette White FFL (482 kcal,2017 kJ)		MC Barley ✓ Wheat		✓								MC		
Vegan Cheese and Pickle Baguette (538 kcal,2251 kJ)		✓ Barley ✓ Wheat										MC		✓
BBQ Chicken Wrap (363 kcal,1519 kJ)		✓ Wheat		✓										

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chicken Tikka Wrap (320 kcal,1339 kJ)		✓ Wheat					✓							
Chicken Ranch Wrap (347 kcal,1452 kJ)		✓ Wheat		✓			✓							
Crunchy Pepper and Houmous Wrap (404 kcal,1690 kJ)		✓ Wheat										✓		

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BLT Baguette on White (478 kcal,2000 kJ)		MC Barley ✓ Wheat		✓								MC		

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Smashed Cookie (185 kcal,774 kJ)		✓ Oats ✓ Wheat		✓			✓						MC	
Sweet Waffle (248 kcal,1038 kJ)		✓ Wheat		✓			MC						✓	
Golden Syrup and Oat Cookies SEC (263 kcal,1100 kJ)		MC Barley ✓ Oats ✓ Wheat												
Chocolate Cookie (204 kcal,854 kJ)		✓ Wheat		✓			✓						MC	
Lemon Oat Raisin Cookie (184 kcal,770 kJ)		✓ Oats ✓ Wheat		✓			✓						MC	
Raspberry Yoghurt Flapjack Muffin (162 kcal,678 kJ)		✓ Wheat		✓			✓							
Chocolate Brownie (179 kcal,749 kJ)		✓ Wheat		✓										
Vanilla and Raspberry Blondie (230 kcal,962 kJ)		✓ Wheat		✓										
Chocolate Fudge Brownie (256 kcal,1071 kJ)		✓ Wheat		✓			MC						MC	
Shortbread (185 kcal,774 kJ)		✓ Wheat												
Joes Flapjack Traybake (182 kcal,761 kJ)		MC Barley ✓ Oats MC Wheat												

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Joes Fruity Flapjack Traybake (142 kcal,594 kJ)		MC Barley ✓ Oats MC Wheat												
Chocolate Crunch Biscuit (187 kcal,782 kJ)		MC Barley ✓ Oats ✓ Wheat												
Gingerbread Shortbread (185 kcal,774 kJ)		✓ Wheat												
Chocolate Butterscotch Crispie (128 kcal,536 kJ)		✓ Barley					✓							
Chocolate Toffee Shortbread (253 kcal,1059 kJ)		✓ Wheat					✓							
Banoffee Pie (146 kcal,611 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Strawberry Mousse Shortcake (268 kcal,1121 kJ)		✓ Wheat					✓							
Caramel Apple Crumble (120 kcal,502 kJ)		MC Barley ✓ Oats ✓ Wheat					✓							
Mixed Fruit Pot (33 kcal,138 kJ)														
Pineapple Pot (33 kcal,138 kJ)														

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Melon Pot (18 kcal,75 kJ)														
Pineapple Upside Down Pudding (204 kcal,854 kJ)		✓ Wheat		✓										
Apple Cinnamon Twice Baked Crumble (209 kcal,874 kJ)		MC Barley ✓ Oats ✓ Wheat												
Orange Glazed Sticky Pudding (190 kcal,795 kJ)		✓ Wheat		✓										
Summer Berry and Peach Oaty Crumble (229 kcal,958 kJ)		MC Barley ✓ Oats ✓ Wheat												
Bread and Butter Pudding (198 kcal,828 kJ)		MC Barley ✓ Wheat		✓			✓						✓	
Custard - Milk powder SEC (111 kcal,464 kJ)							✓							
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (142 kcal,594 kJ)							✓							
Ice Cream Box Strawberry (121 kcal,506 kJ)							✓							
Ice Cream Box Vanilla (117 kcal,490 kJ)							✓							
Wibble Jelly Strawberry (13 kcal,54 kJ)														

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wibble Jelly Raspberry (13 kcal,54 kJ)														

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Sweetcorn Pasta Salad (373 kcal,1561 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (451 kcal,1887 kJ)		✓ Wheat					✓						✓	
Roasted Indian Chickpea Salad (151 kcal,632 kJ)														✓
Greek Salad (109 kcal,456 kJ)							✓							
Chicken and Bacon Pasta Salad (376 kcal,1573 kJ)		✓ Wheat		✓										
Coleslaw (57 kcal,238 kJ)				✓										
Pasta Salad (118 kcal,494 kJ)		✓ Wheat												
Red Slaw (55 kcal,230 kJ)				✓										
Apple Slaw (71 kcal,297 kJ)				✓										

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