

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Mash Pot SEC (189 kcal,791 kJ)														
SAUSAGE PORK (236 kcal,987 kJ)		✓ Wheat											✓	✓
Yellow Vegetable Curry (249 kcal,1042 kJ)														

Allergen and Nutrition Advice:

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

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Jerk Chicken Burger (284 kcal,1188 kJ)		✓ Wheat		✓								MC		
Blackeyed Bean Burger (259 kcal,1084 kJ)		✓ Wheat										MC		

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Garlic and Herb Wedges Half Portion (87 kcal,364 kJ)														

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Roast Pork Loin - 'Sauce and Stuffing' (193 kcal,808 kJ)		✓ Wheat												
Gravy (10 kcal,42 kJ)														
Roast Potatoes (125 kcal,523 kJ)														
Quorn Roast Sec (61 kcal,255 kJ)				✓			✓							

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Chilli Con Carne (130 kcal,544 kJ)														
Open Cajun Vegetable Fajita (521 kcal,2180 kJ)		✓ Wheat												

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Southern Fried Chicken Goujon (231 kcal,967 kJ)	✓	✓ Wheat												
BBQ Quorn Bites (146 kcal,611 kJ)		✓ Wheat											✓	

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Chips (173 kcal,724 kJ)														
Baked Beans (57 kcal,238 kJ)														
Peas (54 kcal,226 kJ)														

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