

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Bun-Less Burger Box (329 kcal,1377 kJ)	✓			✓			✓							✓
Beetroot & Feta Burger V2 (334 kcal,1397 kJ)		✓ Wheat					✓					MC		
Herby Tomato Pasta (415 kcal,1736 kJ)		✓ Wheat					✓							

Allergen and Nutrition Advice:

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- Adults need around 2000 kcal a day

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Chipotle Wedges Half Portion (59 kcal,247 kJ)														

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Sweet Thai Chilli Chicken Noodles (404 kcal,1690 kJ)		✓ Wheat		✓									✓	
Vegetarian Pho (381 kcal,1594 kJ)		✓ Wheat		✓									✓	

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Peas (54 kcal,226 kJ)														

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Gravy (10 kcal,42 kJ)														
Roast Potatoes (125 kcal,523 kJ)														
Quorn Roast Sec (61 kcal,255 kJ)				✓			✓							
Roasted Honey Glazed Ham (145 kcal,607 kJ)														

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Yakisoba Soya Noodles (388 kcal,1623 kJ)		✓ Wheat		✓									✓	
Margherita Pizza PinWheel (142 kcal,594 kJ)		✓ Wheat					✓							
Traditional Beef Lasagne (310 kcal,1297 kJ)		✓ Wheat		MC			✓		MC				MC	

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Salad Sweetcorn (64 kcal,268 kJ)														

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Southern Fried Chicken Goujon (231 kcal,967 kJ)	✓	✓ Wheat												
Beany Vegetable Burger (265 kcal,1109 kJ)	✓	✓ Wheat		✓			✓					MC		

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

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