

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Mac and Cheese Burger (366 kcal,1531 kJ)		✓ Wheat					✓					MC		
Cajun Wedges SEC (165 kcal,690 kJ)														
Mash Pot SEC (189 kcal,791 kJ)														
SAUSAGE PORK (236 kcal,987 kJ)		✓ Wheat											✓	✓
Gravy (10 kcal,42 kJ)														
Chicken Korma (126 kcal,527 kJ)														
Burmese Biryani (436 kcal,1824 kJ)														
Rice 1/2 Wholegrain (194 kcal,812 kJ)														
Turmeric Bread (90 kcal,377 kJ)		✓ Wheat												
Roast Pork Loin - 'Sauce and Stuffing' (193 kcal,808 kJ)		✓ Wheat												
Roast Potatoes (125 kcal,523 kJ)														
Quorn Roast Sec (61 kcal,255 kJ)				✓			✓							
Chilli Con Carne (130 kcal,544 kJ)														
Vegetarian Sausage Mash (372 kcal,1556 kJ)		✓ Wheat												
Southern Fried Chicken Goujon (231 kcal,967 kJ)	✓	✓ 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

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tennessee Crispy Chicken Burger (317 kcal, 1326 kJ)	✓	✓ Wheat										<b>MC</b>		
Chips (173 kcal, 724 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