

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Double Beefburger (396 kcal,1657 kJ)		✓ Wheat					✓					MC	✓	
Spicy Baked Wedges Half Portion (80 kcal,335 kJ)														
Cheese and Bean Toastie (416 kcal,1741 kJ)		MC Barley ✓ Wheat					✓						✓	
Mince Beef Pie (404 kcal,1690 kJ)		✓ Wheat												
Rice 1/2 Wholegrain (194 kcal,812 kJ)														
Mixed Bean Chilli with Crunchy Tortilla (148 kcal,619 kJ)		✓ Wheat												
Roasted Honey Glazed Ham (145 kcal,607 kJ)														
Quorn Roast Sec (61 kcal,255 kJ)				✓			✓							
Roast Potatoes (125 kcal,523 kJ)														
Gravy (10 kcal,42 kJ)														
Traditional Beef Lasagne (309 kcal,1293 kJ)		✓ Wheat		MC			✓		MC				MC	
Vegetarian Lasagne (297 kcal,1243 kJ)		✓ Wheat		MC			✓		MC				MC	
Margherita Pizza PinWheel (142 kcal,594 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

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Chips (173 kcal,724 kJ)														
Brazilian Black Bean Stew (103 kcal,431 kJ)		<b>MC</b> Wheat												
BBQ Quorn Bites (146 kcal,611 kJ)		✓ Wheat											✓	

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