

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Roast Chicken (85 kcal,356 kJ)														
Vegetarian Cottage Pie (263 kcal,1100 kJ)		MC Barley MC Kamut MC Spelt MC Wheat												
Gravy (19 kcal,79 kJ)														
Roast Potatoes (81 kcal,339 kJ)														
Carrots (15 kcal,63 kJ)														
Baked Beans (41 kcal,172 kJ)														
Jacket Potato (167 kcal,699 kJ)														
Grated Cheese (125 kcal,523 kJ)							✓							
Maryland Cookie (150 kcal,628 kJ)		MC Barley MC Kamut MC Oats MC Rye MC Spelt ✓ Wheat					MC							

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