

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Beef Chilli Taco (269 kcal,1125 kJ)		MC Barley MC Kamut MC Oats MC Rye MC Spelt MC Wheat					✓							
Vegetarian Chilli Taco (167 kcal,699 kJ)							✓							
Baked Wedges (88 kcal,368 kJ)														
Sweetcorn (48 kcal,201 kJ)														
Baked Beans (41 kcal,172 kJ)														
Grated Cheese (125 kcal,523 kJ)							✓							
Jacket Potato (167 kcal,699 kJ)														
Apple & Carrot Flapjack (122 kcal,510 kJ)		MC Barley MC Kamut ✓ Oats MC Spelt MC 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