

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Meatball Marinara (178 kcal,745 kJ)														
Topped Macaroni Cheese Sauce (219 kcal,916 kJ)		✓ Wheat					✓							
Garlic Bread (89 kcal,372 kJ)		MC Barley MC Kamut MC Oats MC Rye MC Spelt ✓ Wheat					MC						MC	
Penne Pasta (223 kcal,933 kJ)		MC Kamut MC Spelt ✓ Wheat												
Broccoli (8 kcal,33 kJ)														
Jacket Potato (167 kcal,699 kJ)														
Baked Beans (41 kcal,172 kJ)														
Grated Cheese (125 kcal,523 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

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Jam Sponge (203 kcal,849 kJ)		MC Barley MC Kamut MC Oats MC Rye MC Spelt ✓ Wheat		✓										
Custard (70 kcal,293 kJ)							✓							

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