

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		MC			MC							
Pineapple Pot (37 kcal,155 kJ)														
White Grape Pot (66 kcal,276 kJ)														
Berry, Granola & Yoghurt (218 kcal,912 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
Bacon & Egg English Muffin (442 kcal,1849 kJ)		✓ Wheat		✓			✓					MC	✓	
Spinach & Egg English Muffin (275 kcal,1151 kJ)		✓ Wheat		✓			✓					MC	✓	
Cucumber with Houmous (215 kcal,900 kJ)												✓		
Carrot with Houmous (224 kcal,937 kJ)												✓		
Bagel Cheese & Tomato Pizza (281 kcal,1176 kJ)		✓ Barley ✓ Rye ✓ Wheat					✓					MC		
Green Pea Pesto Pasta (468 kcal,1958 kJ)		✓ Wheat					✓						✓	
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Cheese Panini (378 kcal,1582 kJ)		MC Barley ✓ 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
Cheese And Ham Sandwich Brown (422 kcal,1766 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal,1674 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Ham Baguette on Brown (424 kcal,1774 kJ)		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							
Tuna Mayo Baguette Brown (435 kcal,1820 kJ)		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat		✓	✓		<b>MC</b>							
CHEESE AND TOMATO BAGUETTE ON BROWN		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							
Toast 50 50 (223 kcal,933 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	

## 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
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> 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