





























ALLERGEN CARD

Recipe	Allergens													
														
Wholemeal Loaf (142 kcal, 594 kJ)	Celery	Cereals With Gluten ✓ Wheat	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites

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- Adults need around 2000 kcal a day















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Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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Herby Tomato Pasta (406 kcal,1699 kJ)		✓ Wheat					✓							
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat					✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat					✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat					✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)	MC	MC Barley MC Kamut MC Oats MC Rye MC Spelt MC Wheat		MC	MC		MC		MC				MC	MC
LEEK AND POTATO SOUP (72 kcal,301 kJ)	MC	MC Barley MC Kamut MC Oats MC Rye MC Spelt MC Wheat		MC	MC		MC		MC				MC	MC

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Pea & Mint Soup (87 kcal,364 kJ)	MC	MC Barley MC Kamut MC Oats MC Rye MC Spelt MC Wheat		MC	MC		MC		MC				MC	MC

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BBQ Beef Meatballs (249 kcal,1042 kJ)		✓ Wheat											✓	✓
CHICKPEA & VEGETABLE JALFREZI SEC (143 kcal,598 kJ)	MC	MC Barley MC Kamut MC Oats MC Rye MC Spelt MC Wheat		MC	MC		✓		✓	MC	MC Almonds MC Cashew Nuts		MC	MC
Rice 1/2 Wholegrain (228 kcal,954 kJ)	MC	MC Barley MC Kamut MC Oats MC Rye MC Spelt MC Wheat		MC	MC		MC		MC				MC	MC
Margherita Pizza PinWheel (169 kcal,707 kJ)		✓ Wheat					✓							
Pasta Wholemeal (216 kcal,904 kJ)		✓ Wheat												
GREEN BEANS SEC (17 kcal,71 kJ)														
Green Salad SEC (10 kcal,42 kJ)														

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Cheese Sandwich on White (384 kcal,1607 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich White (441 kcal,1845 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
HOSP CHICKEN SALAD SANDWICH WHITE (399 kcal,1669 kJ)		MC Barley ✓ Wheat		✓								MC	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich Brown (422 kcal,1766 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
HOSP CHICKEN SALAD SANDWICH WMEAL (380 kcal,1590 kJ)		MC Barley ✓ Wheat		✓								MC	✓	
HOSP TUNA MAYONNAISE SANDWICH WHITE (313 kcal,1310 kJ)		MC Barley ✓ Wheat		✓	✓							MC	✓	
HOSP TUNA MAYONNAISE SANDWICH WHOLEMEAL (294 kcal,1230 kJ)		MC Barley ✓ Wheat		✓	✓							MC	✓	
Ham Salad Sandwich White (284 kcal,1188 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Ham Sandwich On Brown (256 kcal,1071 kJ)		MC Barley ✓ Wheat					✓					MC	✓	

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BLT Sandwich on White (415 kcal,1736 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Vegan Cheese Sandwich White (333 kcal,1393 kJ)		MC Barley ✓ Wheat										MC	✓	
Cheese Panini (378 kcal,1582 kJ)		MC Barley ✓ Wheat					✓							
Cheese Baguette White (539 kcal,2255 kJ)		MC Barley ✓ Wheat					✓					MC		
Cheese And Ham Bagutte on White (596 kcal,2494 kJ)		MC Barley ✓ Wheat					✓					MC		
Tuna and Cucumber Baguette on White (547 kcal,2289 kJ)		MC Barley ✓ Wheat		✓	✓		✓					MC		
CHICKEN SALAD BAGUETTE ON WHITE FFL		MC Barley ✓ Wheat		✓								MC		
BLT Baguette on White (627 kcal,2623 kJ)		MC Barley ✓ Wheat		✓			✓					MC		
Vegan Cheese and Pickle Baguette (528 kcal,2209 kJ)		✓ Barley ✓ Wheat										MC		✓

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Ham Baguette on Brown (424 kcal, 1774 kJ)		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal, 1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal, 1778 kJ)		✓ Wheat										✓		

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Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		MC			MC							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (306 kcal,1280 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		MC Barley ✓ Oats MC Wheat												
Joes Oat, Raisin & Lemon Cookie (232 kcal,971 kJ)		✓ Oats ✓ Wheat		✓			✓							
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		MC Barley ✓ Oats ✓ Wheat		✓			✓						MC	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						MC	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						MC	
Beetroot Brownie (52 kcal,218 kJ)		✓ Wheat		✓			MC						MC	
Oatie Cookie (218 kcal,912 kJ)		MC Barley ✓ Oats ✓ Wheat		✓			✓							

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Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
Berry, Granola & Yoghurt (213 kcal,891 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		MC Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (139 kcal,582 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							

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Ice Cream Box Strawberry (118 kcal, 494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal, 481 kJ)							✓							

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Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)	MC	MC Barley MC Kamut MC Oats MC Rye MC Spelt ✓ Wheat		MC	MC		✓		MC				✓	MC
Sweet Chilli Chicken Noodle Salad (509 kcal,2130 kJ)		✓ Wheat		✓									✓	
SALAD LETTUCE SEC (9 kcal,38 kJ)														
SALAD TOMATO SEC (11 kcal,46 kJ)														
SALAD CUCUMBER SEC (9 kcal,38 kJ)														
SALAD CARROT SEC (16 kcal,67 kJ)														
SALAD PEPPERS SEC (14 kcal,59 kJ)														
Salad Sweetcorn (62 kcal,259 kJ)														
SALAD BEETROOT SEC (23 kcal,96 kJ)														
SALAD RED ONION SEC (25 kcal,105 kJ)														
SALAD OLIVES SEC (50 kcal,209 kJ)														

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SALAD CHERRY TOMATO SEC (18 kcal,75 kJ)														
SALAD PINEAPPLE SEC (17 kcal,71 kJ)														
Coleslaw (119 kcal,498 kJ)				✓										
PASTA SALAD SEC (243 kcal,1017 kJ)		✓ Wheat												
SALAD NEW POTATO SALAD SEC (52 kcal,218 kJ)				✓										
SAVOURY RICE SALAD SEC (199 kcal,833 kJ)														
COUS COUS SALAD SEC (261 kcal,1092 kJ)	MC	MC Barley MC Kamut MC Oats MC Rye MC Spelt ✓ Wheat		MC	MC		MC		MC				MC	MC
Red Slaw SEC (56 kcal,234 kJ)				✓										
Apple Slaw (52 kcal,218 kJ)							✓							

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- Adults need around 2000 kcal a day