





























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 |

Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with **✓** are allergens that are present in this product
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- Adults need around 2000 kcal a day

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| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| 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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| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| Pasta Beef Bolognese (349 kcal, 1460 kJ) | MC | MC Barley MC Kamut MC Oats MC Rye MC Spelt ✓ Wheat | | MC | MC | | MC | | MC | | | | MC | MC |
| 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 |

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| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| Pasta Beef Bolognese (349 kcal, 1460 kJ) | MC | MC Barley MC Kamut MC Oats MC Rye MC Spelt ✓ Wheat | | MC | MC | | MC | | MC | | | | MC | MC |
| Mac and Cheese Pot (656 kcal, 2745 kJ) | | ✓ Wheat | | | | | ✓ | | | | | | | |
| Peas (56 kcal, 234 kJ) | | | | | | | | | | | | | | |

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| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| 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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| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| BLT Sandwich on White (415 kcal,1736 kJ) | | MC Barley ✓ Wheat | | ✓ | | | ✓ | | | | | MC | ✓ | |
| Vegan Cheese Sandwich White (333 kcal,1393 kJ) | | MC Barley ✓ Wheat | | | | | | | | | | MC | ✓ | |
| Ham Baguette on White (449 kcal,1879 kJ) | | MC Barley ✓ Wheat | | | | | ✓ | | | | | MC | | |
| 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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| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| 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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| | 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 | | | | | | | |
| 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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| | 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) | | 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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| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| Ice Cream Box Strawberry (118 kcal, 494 kJ) | | | | | | | ✓ | | | | | | | |
| Ice Cream Box Vanilla (115 kcal, 481 kJ) | | | | | | | ✓ | | | | | | | |

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| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| 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