





























# ALLERGEN CARD

| Recipe  | Allergens   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|   | Celery  | Cereals With Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | Molluscs  | Mustard   | Peanuts   | Nuts from Trees   | Sesame  | Soybeans  | Sulphur D02/Sulphites   |
| Wholemeal Loaf<br>(142 kcal,594 kJ)               |   | ✓ Wheat   |   |   |  |   |   |   |   |   |   |   |   |   |
| BASIC WHITE BREAD RECIPE SEC<br>(162 kcal,678 kJ) |   | ✓ Wheat   |   |   |  |   |   |   |   |   |   |   |   |   |


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- Adults need around 2000 kcal a day















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| TOMATO AND BASIL SOUP<br>(58 kcal,243 kJ)      |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Leek And Potato Soup<br>(67 kcal,280 kJ)       |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Carrot and Corriander Soup<br>(72 kcal,301 kJ) |   | <b>MC</b> Wheat   |   |   |  |   |   |   |   |   |   |   |   |   |

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| Jacket with Baked Beans (274 kcal,1146 kJ)       |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Tuna Mayonnaise Jacket Potato (336 kcal,1406 kJ) |   |   |   | ✓   | ✓  |   |   |   |   |   |   |   |   |   |
| Jacket Potato with Cheese (418 kcal,1749 kJ)     |   |   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| Jacket Potato with Salmon (370 kcal,1548 kJ)     |   |   |   | ✓   | ✓  |   |   |   |   |   |   |   |   |   |

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| Herby Tomato Pasta (409 kcal,1711 kJ)                       |   | ✓ Wheat   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| Beef Bolognese Sauce SEC V2 (199 kcal,833 kJ)               |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Vegemince Bolognese (203 kcal,849 kJ)                       |   |   |   |   |  |   |   |   |   |   |   |   | ✓   |   |
| Arrabiatta Pasta (384 kcal,1607 kJ)                         |   | ✓ Wheat   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| Pasta Wholemeal (200 kcal,837 kJ)                           |   | ✓ Wheat   |   |   |  |   |   |   |   |   |   |   |   |   |
| Trattoria 14 Margherita Stone Bake Pizza (285 kcal,1192 kJ) |   | ✓ Wheat   |   | <b>MC</b>   |  |   | ✓   |   |   |   |   |   |   |   |
| Trattoria Hawaiian Stone Bake Pizza (311 kcal,1301 kJ)      |   | ✓ Wheat   |   | <b>MC</b>   |  |   | ✓   |   |   |   |   |   |   |   |
| TRATTORIA 14 BBQ CHIX STONE BAKED PIZZA (322 kcal,1347 kJ)  |   | ✓ Wheat   |   | <b>MC</b>   |  |   | ✓   |   |   |   |   |   |   |   |
| Veggie Meatball Feast Pizza                                 |   | ✓ Wheat   |   | <b>MC</b>   |  |   | ✓   |   |   |   |   |   |   |   |

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| Cheese Panini<br>(394 kcal,1648 kJ)      |   | ✓ Wheat   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| BBQ Chicken Panini<br>(516 kcal,2159 kJ) |   | ✓ Wheat   |   |   |  |   | ✓   |   |   |   |   |   |   |   |

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- Adults need around 2000 kcal a day