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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Roasted Rainbow Bowl		✓ Wheat					✓					✓		

INGREDIENTS: Mexican Yellow Rice. Easy Cook Long Grain Rice . Parboiled Long Grain Rice. Vegetable Bouillion. Salt Potato Starch Maltodextrin Sugar Yeast Extract Onion Powder Spices (Lovage Turmeric Black Pepper) Carrot Powder Garlic Powder Rapeseed Oil Antioxidant (Rosemary Extract) Colour (Plain Caramel) Flavouring Herb. Coriander. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper. Ground Turmeric. Houmous Dip ; Cooked Chickpeas (46%)(Chickpeas Water) Rapeseed Oil Water **(Sesame Seed)** Paste (14%) Salt Garlic Powder Acidity Regulator(Citric Acid) Preservative(Potassium Sorbate). Mixed Pepper; Mixed Peppers Mixed Pepper. Fully Baked Folded Flatbreads ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Water Rapeseed Oil Baking Powder(Sodium Bicarbonate Monocalcium Phosphates) Skimmed **(Milk)** Powder Yeast Salt Kalonji Seeds (0.5%). Courgette Premium ; Courgette. Red Onion; Red Onions Red Onion. Carrot ; Carrot (100%). Rapeseed Oil ; Antifoam E900. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper. Coriander.

Allergen advice For allergens including Cereals containing Gluten see ingredients in **bold**.

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Mexican Yellow Rice														

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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