## ALLERGEN CARD

| Recipe | Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | $8$ |  | (0) | O6 | ${ }^{-}$ |  |  |  | 80 | $80$ | 888 | Cob | $\mathrm{SO}_{2}$ |
|  | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| Vegetarian Sausage Mash Pot |  | $\checkmark$ Wheat |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |

INGREDIENTS: Mash Pot Sec. Potato . Potatoes. Semi Skimmed (Milk) 2.27I. Semi Skimmed (Milk). Vegetable Fat Spread ; Palm Oil Rapeseed Oil Water Salt (1.1\%) Emulsifier (Mono And Di-Glycerides Of Fatty Acids) Flavouring Vitamins A And D Colour (Carotenes). Quorn Vegan Sausage ; Water Mycoprotein (17\%) Textured Pea Protein (Pea Protein Pea Extract) Rusk [(Wheat) Flour (Calcium Carbonate Iron Niacin Thiamine) Salt] Seasoning [Natural Flavourings Yeast Extracts Maltodextrin Spices (Pepper Allspice Mace Ginger) Potassium Chloride Onion Powder Herb (Oregano) Nutmeg Extract Mace Extract] (Wheat) Gluten Vegetable Oil (Palm Rapeseed) Casing (Calcium Alginate) Thickener, Methylcellulose. Stabiliser, Sodium Alginate. Garden Peas Value ; Garden Peas. Gravy. Water. Premium Instant Gravy ; Maltodextrin Potato Starch Flavouring Salt Yeast Extract Colour (Caramel) Rapeseed Oil.

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

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|  |  | $86$ | (4) | (1) | $\bigcirc 6$ | \% |  | (11) | $5$ | 80 |  | 888 | Cob | ( $\mathrm{SO}_{2}$ |
|  | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Moluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| Gravy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

INGREDIENTS: Water. Premium Instant Gravy ; Maltodextrin Potato Starch Flavouring Salt Yeast Extract Colour (Caramel) Rapeseed Oil.
Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with $\sqrt{ }$ 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 $\mathbf{1 0 0 \%}$ free from a specific allergen


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|  |  | $88$ |  | (1) | $\cdots$ | 5 |  |  | $0$ | 80 |  | 88 | ¢ | ( $\mathrm{SO}_{2}$ |
|  | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Mik | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur DO2/Sulphites |
| Mash Pot SEC |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| INGREDIENTS: Potato ; Potatoes. Semi Skimmed (Milk) 2.271 ; Semi Skimmed (Milk). Vegetable Fat Spread ; Palm Oil Rapeseed Oil Water Salt (1.1\%) Emulsifier (Mono And Di-Glycerides Of Fatty Acids) Flavouring Vitamins A And D Colour (Carotenes). |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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