




ALLERGEN CARD

Recipe	Allergens													
														
	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					✓						✓	
Vegan Cheese and Pickle Baguette (538 kcal,2251 kJ)		✓ Barley ✓ Wheat										MC		✓
BLT Baguette on White (478 kcal,2000 kJ)		MC Barley ✓ Wheat		✓								MC		
Ham Sandwich On Brown (256 kcal,1071 kJ)		MC Barley ✓ Wheat										MC	✓	
HOSP EGG MAYONNAISE SANDWICH WHITE (342 kcal,1431 kJ)		MC Barley ✓ Wheat		✓									✓	
Chicken Caesar Wrap (170 kcal,711 kJ)		✓ Wheat		✓			✓							
BBQ Chicken Wrap (363 kcal,1519 kJ)		✓ Wheat		✓										
Ham Sandwich on White (275 kcal,1151 kJ)		MC Barley ✓ Wheat											✓	
TUNA MAYONNAISE SANDWICH WHITE (300 kcal,1255 kJ)		MC Barley ✓ Wheat		✓	✓								✓	
Chicken Mayonnaise Sandwich on Brown Halal (350 kcal,1464 kJ)		MC Barley ✓ Wheat		✓								MC	✓	
Chicken Mayonnaise Sandwich on White Halal (387 kcal,1619 kJ)		MC Barley ✓ Wheat		✓									✓	

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
- Adults need around 2000 kcal a day















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Chicken Mayo Baguette White (505 kcal,2113 kJ)		MC Barley ✓ Wheat		✓								MC		
HOSP TUNA MAYONNAISE SANDWICH WHOLEMEAL (294 kcal,1230 kJ)		MC Barley ✓ Wheat		✓	✓							MC	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese Baguette White (539 kcal,2255 kJ)		MC Barley ✓ Wheat					✓					MC		
Roasted Indian Chickpea Salad (151 kcal,632 kJ)														✓
Green Pea Pesto Pasta (451 kcal,1887 kJ)		✓ Wheat					✓						✓	
Tuna and Cucumber Baguette on White (511 kcal,2138 kJ)		MC Barley ✓ Wheat		✓	✓							MC		
Ham Baguette on Brown (424 kcal,1774 kJ)		✓ Barley MC Oats ✓ Rye ✓ Wheat												
Tuna Mayo Baguette on White (543 kcal,2272 kJ)		MC Barley ✓ Wheat		✓	✓							MC		
Crunchy Pepper and Houmous Wrap (404 kcal,1690 kJ)		✓ Wheat										✓		

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Tuna and Sweetcorn Pasta Salad (373 kcal,1561 kJ)		✓ Wheat		✓	✓									

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Tuna and Sweetcorn Pasta Salad (373 kcal,1561 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (451 kcal,1887 kJ)		✓ Wheat					✓						✓	
Roasted Indian Chickpea Salad (151 kcal,632 kJ)														✓
Greek Salad (109 kcal,456 kJ)							✓							
Chicken and Bacon Pasta Salad (376 kcal,1573 kJ)		✓ Wheat		✓										
SALAD LETTUCE SEC (7 kcal,29 kJ)														
SALAD TOMATO SEC (11 kcal,46 kJ)														
SALAD CUCUMBER SEC (11 kcal,46 kJ)														
SALAD CARROT SEC (19 kcal,79 kJ)														
SALAD PEPPERS SEC (10 kcal,42 kJ)														
Salad Sweetcorn (64 kcal,268 kJ)														
SALAD BEETROOT SEC (23 kcal,96 kJ)														
SALAD RED ONION SEC (25 kcal,105 kJ)														
SALAD OLIVES SEC (50 kcal,209 kJ)														
SALAD PINEAPPLE SEC (17 kcal,71 kJ)														

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Coleslaw (56 kcal,234 kJ)				✓										
Pineapple Pot (33 kcal,138 kJ)														
Berry, Granola & Yoghurt (177 kcal,741 kJ)		MC Barley ✓ Oats MC Wheat					✓							
Pasta Salad (118 kcal,494 kJ)		✓ Wheat												
Crudite With Houmous												✓		
Crudite SEC (18 kcal,75 kJ)														
New Potato Salad (65 kcal,272 kJ)				✓										
Red Slaw (54 kcal,226 kJ)				✓										
Apple Slaw (69 kcal,289 kJ)				✓										

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