










ALLERGEN CARD

| Recipe | Allergens | | | | | | | | | | | | | |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| Shortbread (185 kcal,774 kJ) | | ✓ Wheat | | | | | | | | | | | | |
| Chocolate Krispie Bar (201 kcal,841 kJ) | | ✓ Barley | | | | | | | | | | | | |
| Chocolate Crunch Biscuit (187 kcal,782 kJ) | | MC Barley ✓ Oats ✓ Wheat | | | | | | | | | | | | |
| Chocolate Sponge SEC (316 kcal,1322 kJ) | | ✓ Wheat | | ✓ | | | | | | | | | | |
| Joes Flapjack Traybake (182 kcal,761 kJ) | | MC Barley ✓ Oats MC Wheat | | | | | | | | | | | | |
| Gingerbread Shortbread (185 kcal,774 kJ) | | ✓ Wheat | | | | | | | | | | | | |
| Sweet Waffle (248 kcal,1038 kJ) | | ✓ Wheat | | ✓ | | | MC | | | | | | ✓ | |
| Golden Syrup and Oat Cookies SEC (263 kcal,1100 kJ) | | MC Barley ✓ Oats ✓ Wheat | | | | | | | | | | | | |
| Chocolate Cookie (204 kcal,854 kJ) | | ✓ Wheat | | ✓ | | | ✓ | | | | | | | |
| Lemon Oat Raisin Cookie (184 kcal,770 kJ) | | ✓ Oats ✓ Wheat | | ✓ | | | ✓ | | | | | | | |

Allergen and Nutrition Advice:

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- Adults need around 2000 kcal a day

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| Raspberry Yoghurt Flapjack Muffin (119 kcal,498 kJ) | | MC Barley ✓ Oats ✓ Wheat | | ✓ | | | ✓ | | | | | | | |
| Lemon Drizzle Muffins (143 kcal,598 kJ) | | ✓ Wheat | | ✓ | | | ✓ | | | | | | | |
| Chocolate Brownie (179 kcal,749 kJ) | | ✓ Wheat | | ✓ | | | | | | | | | | |
| Red Velvet Brownie (170 kcal,711 kJ) | | ✓ Wheat | | ✓ | | | | | | | | | | |
| Vanilla and Raspberry Blondie (230 kcal,962 kJ) | | ✓ Wheat | | ✓ | | | | | | | | | | |
| Banana Marble Cake (305 kcal,1276 kJ) | | ✓ Wheat | | ✓ | | | | | | | | | | |
| Chocolate Orange | | ✓ Wheat | | ✓ | | | ✓ | | | | | | | |
| Chocolate Butterscotch Crispie (73 kcal,305 kJ) | | ✓ Barley | | | | | ✓ | | | | | | | |
| Chocolate Toffee Shortbread (198 kcal,828 kJ) | | ✓ Wheat | | | | | ✓ | | | | | | | |
| Banoffee Pie (96 kcal,402 kJ) | | MC Barley MC Oats MC Rye ✓ Wheat | | | | | ✓ | | | | | | | |
| Chocolate Rice Pot (110 kcal,460 kJ) | | | | | | | ✓ | | | | | | | |
| Strawberry Mousse Shortcake (197 kcal,824 kJ) | | ✓ Wheat | | | | | ✓ | | | | | | | |

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| Caramel Apple Crumble (70 kcal,293 kJ) | | MC Barley ✓ Oats ✓ Wheat | | | | | ✓ | | | | | | | |
| Mixed Fruit Pot (35 kcal,146 kJ) | | | | | | | | | | | | | | |
| Pineapple Pot (33 kcal,138 kJ) | | | | | | | | | | | | | | |
| Melon Pot (18 kcal,75 kJ) | | | | | | | | | | | | | | |
| Pineapple Upside Down Pudding (204 kcal,854 kJ) | | ✓ Wheat | | ✓ | | | | | | | | | | |
| Apple Cinnamon Twice Baked Crumble (208 kcal,870 kJ) | | MC Barley ✓ Oats ✓ Wheat | | | | | | | | | | | | |
| Orange Glazed Sticky Pudding (189 kcal,791 kJ) | | ✓ Wheat | | ✓ | | | | | | | | | | |
| Summer Berry and Peach Oaty Crumble (229 kcal,958 kJ) | | MC Barley ✓ Oats ✓ Wheat | | | | | | | | | | | | |
| Bread and Butter Pudding (193 kcal,808 kJ) | | MC Barley ✓ Wheat | | ✓ | | | ✓ | | | | | MC | ✓ | |
| Custard - Milk powder SEC (109 kcal,456 kJ) | | | | | | | ✓ | | | | | | | |
| Frozen Strawberry Yoghurt (129 kcal,540 kJ) | | | | | | | ✓ | | | | | | | |

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| Frozen Mango Yoghurt (113 kcal,473 kJ) | | | | | | | ✓ | | | | | | | |
| Ice Cream Box Chocolate (142 kcal,594 kJ) | | | | | | | ✓ | | | | | | | |
| Ice Cream Box Strawberry (121 kcal,506 kJ) | | | | | | | ✓ | | | | | | | |
| Ice Cream Box Vanilla (117 kcal,490 kJ) | | | | | | | ✓ | | | | | | | |
| Wibble Jelly Strawberry (1 kcal,4 kJ) | | | | | | | | | | | | | | |
| Wibble Jelly Raspberry (1 kcal,4 kJ) | | | | | | | | | | | | | | |
| Basic Vanilla Sponge (345 kcal,1443 kJ) | | ✓ Wheat | | ✓ | | | | | | | | | | |

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