





























ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chicken And Veg Tikka Masala									✓					

INGREDIENTS: Chartwells Tomato Sauce. Peeled Plum Tomatoes Chef Selection . Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion. Cooking Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes. Rowse Clear Honey Tub . Honey. Garlic Herbs 250g. Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory. Water. Chicken Diced Breast & Thigh ; Chicken. Red Lentils. Sweet Potato ; Potatoes. Onion ; Onions. Garden Peas Value ; Garden Peas. Chickpeas In Water ; Chick Peas Water Antioxidant, Ascorbic Acid. Coconut Yoghurt Alternative Natural ; Coconut_milk (71%) Coconut Water (24%) Cornflour Potato Starch Fruit Pectin Cultures (S. Thermophilus + L. Bulgaricus Lactobacillus Acidophilus Bifidobacterium Lactis). Ginger. Rapeseed Oil ; Antifoam E900. Madras Curry Powder ; Coriander Turmeric Rice Flour Fenugreek Ginger Salt Cumin (**Mustard**) Powder Black Pepper Paprika Colour (Paprika Extract) Nutmeg Fennel. Tomato Paste ; Tomatoes. Garlic Herbs 250g ; Garlic (100%).

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

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chartwells Tomato Sauce														

INGREDIENTS: Peeled Plum Tomatoes Chef Selection ; Tomatoes Tomato Juice Acidity Regulator (Citric Acid). Onion ; Cooking Onions. Water. Rapeseed Oil ; Antifoam E900. Tomato Paste ; Tomatoes. Rowse Clear Honey Tub ; Honey. Garlic Herbs 250g ; Garlic (100%). Mixed Herbs ; Marjoram Thyme Parsley Basil Savory.

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

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