





























# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wholemeal Loaf (142 kcal, 594 kJ)		✓ Wheat												

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- Adults need around 2000 kcal a day















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Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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Vegetarian Bolognaise (383 kcal,1602 kJ)		✓ Wheat											✓	
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		<b>MC</b>			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
LEEK AND POTATO SOUP (72 kcal,301 kJ)														
Pea & Mint Soup (87 kcal,364 kJ)														

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Chicken Masala Naan Bowl (345 kcal,1443 kJ)		✓ Wheat					✓		✓					
Buffalo Chicken (193 kcal,808 kJ)														
Roasted Rainbow Bowl (478 kcal,2000 kJ)		✓ Wheat					✓					✓		
Ranch Dressing AW22 (18 kcal,75 kJ)		✓ Barley		✓			✓		✓					
Crispy Spiced Potatoes (148 kcal,619 kJ)									✓					
Mixed Salad (17 kcal,71 kJ)														

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Cheese Sandwich on White (384 kcal,1607 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich White (441 kcal,1845 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on White (419 kcal,1753 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich Brown (422 kcal,1766 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal,1674 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese and Tomato Sauce Panini (392 kcal,1640 kJ)		<b>MC</b> Barley ✓ Wheat					✓							
Ham Baguette on White (449 kcal,1879 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>		
Cheese and Tomato Baguette on Brown		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							

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Ham Baguette on Brown (424 kcal,1774 kJ)		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal,1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal,1778 kJ)		✓ Wheat										✓		

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Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		<b>MC</b>			<b>MC</b>							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			<b>MC</b>						<b>MC</b>	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat		✓			✓						<b>MC</b>	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						<b>MC</b>	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						<b>MC</b>	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓

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Berry, Granola & Yoghurt (213 kcal,891 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		<b>MC</b> Barley <b>MC</b> Oats <b>MC</b> Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Roasted Indian Chickpea Salad (145 kcal,607 kJ)														✓

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Wholemeal Loaf (142 kcal, 594 kJ)		✓ Wheat												

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Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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Herby Tomato Pasta (406 kcal,1699 kJ)		✓ Wheat					✓							
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		<b>MC</b>			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
LEEK AND POTATO SOUP (72 kcal,301 kJ)														
Pea & Mint Soup (87 kcal,364 kJ)														
Cheese & Onion Pasty (225 kcal,941 kJ)		✓ Wheat					✓							
Vegitarian Sausage Roll (473 kcal,1979 kJ)		✓ Wheat					<b>MC</b>							<b>MC</b>

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Mandarin BBQ Pork (125 kcal,523 kJ)		✓ Wheat										✓	✓	
Roast Turkey Breast (85 kcal,356 kJ)														
Sweet Chilli & Garlic Plant Noodles (525 kcal,2197 kJ)		✓ Wheat		✓									✓	
Gravy (11 kcal,46 kJ)														
Vegetable Egg Fried Rice (211 kcal,883 kJ)		✓ Wheat		✓			✓						✓	
Roast Potatoes (127 kcal,531 kJ)														
Cabbage (18 kcal,75 kJ)														
Carrots (18 kcal,75 kJ)														

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Cheese Sandwich on White (384 kcal, 1607 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich White (441 kcal, 1845 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on White (419 kcal, 1753 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese Sandwich On Brown (365 kcal, 1527 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich Brown (422 kcal, 1766 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal, 1674 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Tuna and Cheese Melt Panini (393 kcal, 1644 kJ)		<b>MC</b> Barley ✓ Wheat			✓		✓							
Ham Baguette on White (449 kcal, 1879 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>		
Cheese and Tomato Baguette on Brown		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							

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Ham Baguette on Brown (424 kcal,1774 kJ)		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal,1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal,1778 kJ)		✓ Wheat										✓		

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Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		<b>MC</b>			<b>MC</b>							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			<b>MC</b>						<b>MC</b>	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat		✓			✓						<b>MC</b>	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						<b>MC</b>	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						<b>MC</b>	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓

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Berry, Granola & Yoghurt (213 kcal,891 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		<b>MC</b> Barley <b>MC</b> Oats <b>MC</b> Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Roasted Indian Chickpea Salad (145 kcal,607 kJ)														✓

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Wholemeal Loaf (142 kcal, 594 kJ)		✓ Wheat												

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Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pasta Beef Bolognese (349 kcal,1460 kJ)		✓ Wheat												
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		<b>MC</b>			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
LEEK AND POTATO SOUP (72 kcal,301 kJ)														
Pea & Mint Soup (87 kcal,364 kJ)														

## Allergen and Nutrition Advice:

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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
Sriracha-glazed Chicken Burger, Pickled Cabbage, Lime Mayonnaise (329 kcal,1377 kJ)		✓ Barley ✓ Wheat		✓					✓			MC		✓
Chilli Con Carne (140 kcal,586 kJ)														
PlantBall Marinara Melt (209 kcal,874 kJ)							✓							
Chipotle Wedges Half Portion (59 kcal,247 kJ)														
Rice 1/2 Wholegrain (228 kcal,954 kJ)														
Salad Sweetcorn (62 kcal,259 kJ)														

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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
Cheese Sandwich on White (384 kcal,1607 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich White (441 kcal,1845 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on White (419 kcal,1753 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich Brown (422 kcal,1766 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal,1674 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese Panini (378 kcal,1582 kJ)		<b>MC</b> Barley ✓ Wheat					✓							
Ham Baguette on White (449 kcal,1879 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>		
Cheese and Tomato Baguette on Brown		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							

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# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ham Baguette on Brown (424 kcal,1774 kJ)		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal,1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal,1778 kJ)		✓ Wheat										✓		

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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
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		<b>MC</b>			<b>MC</b>							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			<b>MC</b>						<b>MC</b>	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat		✓			✓						<b>MC</b>	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						<b>MC</b>	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						<b>MC</b>	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓

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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
Berry, Granola & Yoghurt (213 kcal,891 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		<b>MC</b> Barley <b>MC</b> Oats <b>MC</b> Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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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
Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Roasted Indian Chickpea Salad (145 kcal,607 kJ)														✓

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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
Wholemeal Loaf (142 kcal, 594 kJ)		✓ Wheat												

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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
Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Herby Tomato Pasta (406 kcal,1699 kJ)		✓ Wheat					✓							
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		<b>MC</b>			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
LEEK AND POTATO SOUP (72 kcal,301 kJ)														
Pea & Mint Soup (87 kcal,364 kJ)														
Cheese & Onion Pasty (225 kcal,941 kJ)		✓ Wheat					✓							

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Breaded Fish (255 kcal,1067 kJ)		✓ Wheat			✓									
Breaded Fishwich (354 kcal,1481 kJ)		✓ Wheat		✓	✓		✓					MC		
Vegitarian Sausage Roll (473 kcal,1979 kJ)		✓ Wheat					MC							MC
Chips (177 kcal,741 kJ)														
Baked Beans (57 kcal,238 kJ)														
Peas (56 kcal,234 kJ)														

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	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)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich White (441 kcal,1845 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on White (419 kcal,1753 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich Brown (422 kcal,1766 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal,1674 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese and Tomato Sauce Panini (392 kcal,1640 kJ)		<b>MC</b> Barley ✓ Wheat					✓							
Ham Baguette on White (449 kcal,1879 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>		
Cheese and Tomato Baguette on Brown		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							

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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
Ham Baguette on Brown (424 kcal,1774 kJ)		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal,1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal,1778 kJ)		✓ Wheat										✓		

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		<b>MC</b>			<b>MC</b>							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			<b>MC</b>						<b>MC</b>	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat		✓			✓						<b>MC</b>	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓
Berry, Granola & Yoghurt (213 kcal,891 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat					✓							

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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
Banoffee Pie (125 kcal,523 kJ)		<b>MC</b> Barley <b>MC</b> Oats <b>MC</b> Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Roasted Indian Chickpea Salad (145 kcal,607 kJ)														✓

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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
Wholemeal Loaf (142 kcal, 594 kJ)		✓ Wheat												

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Herby Tomato Pasta (406 kcal,1699 kJ)		✓ Wheat					✓							
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		<b>MC</b>			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
LEEK AND POTATO SOUP (72 kcal,301 kJ)														
Pea & Mint Soup (87 kcal,364 kJ)														

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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
BBQ Beef Meatballs (226 kcal,946 kJ)		✓ Wheat											✓	✓
Chipotle Chicken Slider (257 kcal,1075 kJ)		✓ Wheat		✓								MC		
Cauliflower Mac 'n' Cheese (403 kcal,1686 kJ)		✓ Barley ✓ Wheat					✓		✓					
Margherita Pizza PinWheel (169 kcal,707 kJ)		✓ Wheat					✓							
Pasta Wholemeal (216 kcal,904 kJ)		✓ Wheat												
Garlic and Herb Wedges Half Portion (61 kcal,255 kJ)														
Apple Slaw (52 kcal,218 kJ)							✓							
Peas (56 kcal,234 kJ)														

## 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

















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur Dioxide/Sulphites
Cheese Sandwich on White (384 kcal, 1607 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich White (441 kcal, 1845 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on White (419 kcal, 1753 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese Sandwich On Brown (365 kcal, 1527 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich Brown (422 kcal, 1766 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal, 1674 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese Panini (378 kcal, 1582 kJ)		<b>MC</b> Barley ✓ Wheat					✓							
Ham Baguette on White (449 kcal, 1879 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>		
Cheese and Tomato Baguette on Brown		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							

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# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ham Baguette on Brown (424 kcal,1774 kJ)		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal,1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal,1778 kJ)		✓ Wheat										✓		

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- Adults need around 2000 kcal a day



# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		<b>MC</b>			<b>MC</b>							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			<b>MC</b>						<b>MC</b>	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat		✓			✓						<b>MC</b>	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						<b>MC</b>	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						<b>MC</b>	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓

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- Adults need around 2000 kcal a day















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Berry, Granola & Yoghurt (213 kcal,891 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		<b>MC</b> Barley <b>MC</b> Oats <b>MC</b> Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

## Allergen and Nutrition Advice:

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- Adults need around 2000 kcal a day















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Sweet Chilli Chicken Noodle Salad (509 kcal,2130 kJ)		✓ Wheat		✓									✓	

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- Adults need around 2000 kcal a day















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wholemeal Loaf (142 kcal, 594 kJ)		✓ Wheat												

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- Adults need around 2000 kcal a day















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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- Adults need around 2000 kcal a day

# ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Vegetarian Bolognese (383 kcal,1602 kJ)		✓ Wheat											✓	
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		<b>MC</b>			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														

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- Adults need around 2000 kcal a day



# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Crispy Katsu Fish (331 kcal,1385 kJ)		✓ Wheat			✓				✓				✓	
Traditional Beef Lasagne (409 kcal,1711 kJ)		✓ Wheat		<b>MC</b>			✓							
Chartwells Vegan Chilli (205 kcal,858 kJ)	✓	✓ Wheat							<b>MC</b>				✓	
Rice 1/2 Wholegrain (228 kcal,954 kJ)														
Margherita Pizza PinWheel (169 kcal,707 kJ)		✓ Wheat					✓							
Peas (56 kcal,234 kJ)														
Mixed Salad (17 kcal,71 kJ)														

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- Adults need around 2000 kcal a day















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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur Dioxide/Sulphites
Cheese Sandwich on White (384 kcal, 1607 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich White (441 kcal, 1845 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on White (419 kcal, 1753 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese Sandwich On Brown (365 kcal, 1527 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich Brown (422 kcal, 1766 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal, 1674 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese and Tomato Sauce Panini (392 kcal, 1640 kJ)		<b>MC</b> Barley ✓ Wheat					✓							
Ham Baguette on White (449 kcal, 1879 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>		
Cheese and Tomato Baguette on Brown		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							

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- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ham Baguette on Brown (424 kcal,1774 kJ)		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal,1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal,1778 kJ)		✓ Wheat										✓		

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- Adults need around 2000 kcal a day




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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
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		<b>MC</b>			<b>MC</b>							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			<b>MC</b>						<b>MC</b>	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat		✓			✓						<b>MC</b>	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						<b>MC</b>	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						<b>MC</b>	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓

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# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Berry, Granola & Yoghurt (213 kcal,891 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		<b>MC</b> Barley <b>MC</b> Oats <b>MC</b> Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Sweet Chilli Chicken Noodle Salad (509 kcal,2130 kJ)		✓ Wheat		✓									✓	

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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
Wholemeal Loaf (142 kcal, 594 kJ)		✓ Wheat												

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- Adults need around 2000 kcal a day

# ALLERGEN CARD






Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Herby Tomato Pasta (406 kcal,1699 kJ)		✓ Wheat					✓							
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		<b>MC</b>			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		<b>MC</b>			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
Cheese & Onion Pasty (225 kcal,941 kJ)		✓ Wheat					✓							
Vegitarian Sausage Roll (473 kcal,1979 kJ)		✓ Wheat					<b>MC</b>							<b>MC</b>

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- Adults need around 2000 kcal a day

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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
Roast Chicken Mash (387 kcal,1619 kJ)							✓							
Roast Pork Loin - 'Sauce and Stuffing'		✓ Wheat												
Beetroot & Feta Burger V2 (385 kcal,1611 kJ)		✓ Wheat					✓		MC			MC		
Gravy (11 kcal,46 kJ)														
Garlic and Herb Wedges Half Portion (61 kcal,255 kJ)														
Roast Potatoes (127 kcal,531 kJ)														
Apple Slaw (52 kcal,218 kJ)							✓							
Peas (56 kcal,234 kJ)														

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# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur Dioxide/Sulphites
Cheese Sandwich on White (384 kcal, 1607 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich White (441 kcal, 1845 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on White (419 kcal, 1753 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese Sandwich On Brown (365 kcal, 1527 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich Brown (422 kcal, 1766 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal, 1674 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Tuna and Cheese Melt Panini (393 kcal, 1644 kJ)		<b>MC</b> Barley ✓ Wheat			✓		✓							
Ham Baguette on White (449 kcal, 1879 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>		
Cheese and Tomato Baguette on Brown		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							

## Allergen and Nutrition Advice:

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- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ham Baguette on Brown (424 kcal,1774 kJ)		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal,1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal,1778 kJ)		✓ Wheat										✓		

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- Adults need around 2000 kcal a day





# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		<b>MC</b>			<b>MC</b>							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			<b>MC</b>						<b>MC</b>	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat		✓			✓						<b>MC</b>	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						<b>MC</b>	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						<b>MC</b>	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓

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- Adults need around 2000 kcal a day















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Berry, Granola & Yoghurt (213 kcal,891 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		<b>MC</b> Barley <b>MC</b> Oats <b>MC</b> Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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- Adults need around 2000 kcal a day















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Sweet Chilli Chicken Noodle Salad (509 kcal,2130 kJ)		✓ Wheat		✓									✓	

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- Adults need around 2000 kcal a day

# ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wholemeal Loaf (142 kcal, 594 kJ)		✓ Wheat												

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- Adults need around 2000 kcal a day









# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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- Adults need around 2000 kcal a day















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Herby Tomato Pasta (406 kcal,1699 kJ)		✓ Wheat					✓							
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		MC			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		MC			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		MC			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
Cheese & Onion Pasty (225 kcal,941 kJ)		✓ Wheat					✓							
Vegitarian Sausage Roll (473 kcal,1979 kJ)		✓ Wheat					MC							MC

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- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
The Sausage Dog (355 kcal,1485 kJ)	✓	✓ Barley ✓ Wheat							✓			MC	✓	✓
Breaded Fishwich (354 kcal,1481 kJ)		✓ Wheat		✓	✓		✓					MC		
The Veggie Dog (244 kcal,1021 kJ)	✓	✓ Barley ✓ Wheat							✓			MC		
Chips (177 kcal,741 kJ)														
Baked Beans (57 kcal,238 kJ)														
Peas (56 kcal,234 kJ)														

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- Adults need around 2000 kcal a day















# 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)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich White (441 kcal,1845 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on White (419 kcal,1753 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Cheese And Ham Sandwich Brown (422 kcal,1766 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal,1674 kJ)		<b>MC</b> Barley ✓ Wheat		✓			✓					<b>MC</b>	✓	
Cheese and Tomato Sauce Panini (392 kcal,1640 kJ)		<b>MC</b> Barley ✓ Wheat					✓							
Ham Baguette on White (449 kcal,1879 kJ)		<b>MC</b> Barley ✓ Wheat					✓					<b>MC</b>		
Cheese and Tomato Baguette on Brown		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							

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- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ham Baguette on Brown (424 kcal,1774 kJ)		✓ Barley <b>MC</b> Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal,1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal,1778 kJ)		✓ Wheat										✓		

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- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		<b>MC</b>			<b>MC</b>							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			<b>MC</b>						<b>MC</b>	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat		✓			✓						<b>MC</b>	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						<b>MC</b>	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						<b>MC</b>	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓
Berry, Granola & Yoghurt (213 kcal,891 kJ)		<b>MC</b> Barley ✓ Oats <b>MC</b> Wheat					✓							✓

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- Adults need around 2000 kcal a day















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		<b>MC</b> Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		<b>MC</b> Barley <b>MC</b> Oats <b>MC</b> Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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- Adults need around 2000 kcal a day

# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Sweet Chilli Chicken Noodle Salad (509 kcal,2130 kJ)		✓ Wheat		✓									✓	

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- Adults need around 2000 kcal a day