















ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Black forest dessert (GF)(VE)		✓ Oats								MC	MC Almonds MC Brazil Nuts MC Hazelnuts MC Macadamia Nuts MC Pecan Nuts MC Pistachio Nuts MC Walnuts		✓	

INGREDIENTS: Torte GF Vegan Chc Truf Brownie Brake (**Oats, Soybeans**), Fruit Of The Forest Mix 1KG
 May Contain: Peanuts, Nuts from Trees, Almonds, Brazil Nuts, Hazelnuts, Macadamia Nuts, Pecan Nuts, Pistachio Nuts, Walnuts

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Stuffed chicken supreme							✓							✓

INGREDIENTS: Chicken Supreme S/L UK RT MB 170-200g, Potato Mashed 2.5KG (**Milk**), Herbs Basil 100g, Wine Cooking White Brakes 10L (**Sulphur D02/Sulphites**), Broccoli Tenderstem BB 500g

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WZ Chocolate Sunday (736 kcal,3079 kJ)		✓ Wheat		✓			✓			MC	MC Almonds MC Hazelnuts MC Pecan Nuts MC Pistachio Nuts MC Walnuts		✓	

INGREDIENTS: Vanilla Ice Cream ; Reconstituted Skimmed **(Milk)** Sugar Water Glucose Syrup Glucose-Fructose Syrup Coconut Oil Whey Solids **(Milk)** Vanilla Bean Pieces Stabilisers (Locust Bean Gum Guar Gum Carrageenan) Emulsifier (Mono- And Di-Glycerides Of Fatty Acids) Flavourings Carrot Concentrate Vanilla Extract From Madagascar Safflower Concentrate Lemon Juice Concentrate. Brownie Traybake ; Sugar **(Egg)** **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Margarine (Palm Oil Rapeseed Oil Water Salt Colours (Curcumin Annatto) Emulsifier (Mono- And Di-Glycerides Of Fatty Acids) Flavouring) Chocolate (9%) (Cocoa Mass Sugar Fat Reduced Cocoa Powder Emulsifier **(Soya)** Lecithin) Flavouring) Light Brown Soft Sugar Golden Syrup Chocolate Chunks (4%) (Sugar Cocoa Mass Cocoa Butter Emulsifier **(Soya)** Lecithin) Flavouring) Fat Reduced Cocoa Powder Cocoa Fibre Baking Powder [Raising Agents (Disodium Diphosphate Sodium Bicarbonate Monocalcium Phosphates) **(Wheat)** Flour] Flavouring. Uht Sweetened Aerosol Cream ; Cream **(Milk)** (95%) Sugar (5%) Emulsifier(Mono- And Di-Glycerides Of Fatty Acids) Stabiliser(Carrageenan) Propellant Gas(Nitrous Oxide). Belgian Chocolate Flavoured Drizzle Sauce ; Glucose Syrup Water Sugar Dextrose Humectant (Glycerine) Fat Reduced Cocoa Powder Belgian Dark Chocolate (3.5%) (Cocoa Mass Sugar Dextrose Emulsifier, **(Soya)** Lecithin) Modified Starch Emulsifier **(Soya)** Lecithin) Natural Flavouring.















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

May Also Contain Almonds Hazelnuts Pecan Nuts Pistachio Nuts Walnuts Peanuts.

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- Adults need around 2000 kcal a day

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Fruit Salad	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites

INGREDIENTS: Salad Fruit Melon Apple Grape 1.25KG

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Kids Mini Fish, Chips & Peas		✓ Wheat			✓									

INGREDIENTS: Haddock Fillet IQF SL BL MSC 140-170g 80 (**Fish**), Mix Batter Premium The Bay 16KG (**Wheat**), Peas Value 2.5KG, Fries Sunflower Bravi IBP 15mm 2.5KG

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Kids Sausage, Mash & Beans	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
		✓ Wheat					✓							✓

INGREDIENTS: Sausage Cumberland RT Brit Brake 6s 76g (**Wheat, Sulphur D02/Sulphites**), Potato Mash 2% Butter Ecofrost 2.5KG (**Milk**), Beans Baked NAS Vegan Heinz 2.62KG

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Kids Tomato pasta with veg		✓ Wheat												

INGREDIENTS: Garlic Peeled Premium 1KG, Pasta PenneTriple Lion 3KG (**Wheat**), Aubergine Premium, Courgette Premium 5KG, Pepper Red Premium 5KG, Tomatoes Chopped Canned Riverdene 2.5KG

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Wild mushroom and tarragon pasta		MC Oats ✓ Wheat												

INGREDIENTS: Mushroom Wild Mix 1KG, Herbs Tarragon 120g, Cheese MozzarellaStyle Grated Vegan 200g, Pasta Penne Brakes 500g (**Wheat**), Herb Salad Rocket Micro BB 30g
 May Contain: Oats

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Seared sea bream & Salsa verdi					✓				✓					

INGREDIENTS: **Fish** Sea Bream Fillet Farmed 140-180g, Spinach Leaves Baby 250g, Oil Rapeseed Extended Life B/B 20L, Pickle Gherkins Large 2.45KG (**Mustard**), Olive Pitted Kalamata 5KG, Tomato Cherry Catering 4KG, Boiled New Potatoes (1/3)

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Seasonal veg	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites

INGREDIENTS: Asparagus Spear 500g, Parsnip Roasting 1.5KG, Carrot Chunky 2.5KG, Broccoli 6KG, Kale Bunch BB 800g

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Selection Of Ice-cream		✓ Wheat		✓			✓				✓ Hazelnuts			

INGREDIENTS: IceCream Vanilla Artiscoop CarteDOr 5.5L (**Milk**), IceCream TrpChoc Artiscoop CarteDOr 5.5L (**Wheat, Eggs, Hazelnuts, Milk**), IceCream Strawb Artiscoop CarteDOr 5.5L (**Wheat, Milk**)

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Selection Of Sorbets														

INGREDIENTS: Ice Cream Raspberry Sorbet 2L, Ice Cream Mango Sorbet 2L, Ice Cream Lemon Sorbet 2L

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Side - Chips														

INGREDIENTS: Fries Sunflower Bravi IBP 15mm 2.5KG

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Side - Mixed Salad & Dressing	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Side - Mixed Salad & Dressing									✓			MC		

INGREDIENTS: Salad Leaf Catering Mix 250g, Dressing Vinaigrette Classic Hellmanns1L (**Mustard**), Cucumber Catering PK 5KG, Tomato Cherry Catering 4KG, Onion Red PK 10KG
 May Contain: Sesame

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Side - Onion Rings		✓ Wheat												

INGREDIENTS: Onion Rings Battered 1KG (**Wheat**)

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Spinach & Ricotta Tortellini		✓ Wheat		✓			✓							✓

INGREDIENTS: SPINACH & RICOTTA TORTELLONI 250G X 6 (**Wheat, Eggs, Milk**), Salad Rocket 250g, Cream Double Poly RT 2.27L (**Milk**), Cheese Parmesan Reggiano16month 200g (**Milk**), Glaze Balsamic Vinegar Brake 400ml (**Sulphur D02/Sulphites**)

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Warm Chocolate Brownie		MC Barley MC Oats ✓ Wheat		✓			✓				MC Almonds MC Brazil Nuts MC Cashew Nuts MC Hazelnuts MC Pecan Nuts MC Pistachio Nuts MC Walnuts		✓	MC

INGREDIENTS: IceCream Vanilla Artiscoop CarteDOr 5.5L (**Milk**), Sauce Chocolate Brakes 1L (**Milk, Soybeans**), Brownie Choc Traybake Value 16ptn 1.2KG (**Wheat, Eggs, Soybeans**)
 May Contain: Barley, Oats, Nuts from Trees, Almonds, Brazil Nuts, Cashew Nuts, Hazelnuts, Pecan Nuts, Pistachio Nuts, Walnuts, Sulphur D02/Sulphites

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