





























ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
YOGHURT (66 kcal, 276 kJ)							✓							
APPLES PACKED LUNCH (43 kcal, 180 kJ)														
MANDARIN PACKED LUNCH (13 kcal, 54 kJ)														
BANANA PACKED LUNCH (97 kcal, 406 kJ)														

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- Adults need around 2000 kcal a day















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Jacket Potato with Baked Beans (172 kcal,720 kJ)														
Jacket Potato with Cheese (261 kcal,1092 kJ)							✓							
Jacket Potato with Tuna (198 kcal,828 kJ)				✓	✓									
JACKET POTATO WITH SALMON PRI (212 kcal,887 kJ)				✓	✓									

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Tomato Pasta (258 kcal, 1079 kJ)	Celery	Cereals With Gluten ✓ Wheat	Crustaceans	Eggs	Fish	Lupin	Milk ✓	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites

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CHEESE AND TOMATO PIZZA (177 kcal,741 kJ)		✓ Wheat		MC			✓							
Beef Bolognese SS25 (96 kcal,402 kJ)														
Lemon Roasted Chicken Breast Pri (92 kcal,385 kJ)														
Chicken And Vegetable Korma (181 kcal,757 kJ)														✓
Fish Fingers (146 kcal,611 kJ)		✓ Wheat			✓									
Macaroni Cheese (258 kcal,1079 kJ)		✓ Wheat					✓							
Pork Sausages Farm Assured (211 kcal,883 kJ)		✓ Wheat											✓	✓
Sticky BBQ Chicken Thigh (87 kcal,364 kJ)														
Battered Fish (133 kcal,556 kJ)		✓ Wheat			✓									
Beef Meatballs Marinara (176 kcal,736 kJ)		✓ Wheat											✓	✓
Roast Gammon (101 kcal,423 kJ)														
Chicken And Veg Tikka Masala (160 kcal,669 kJ)														

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BBQ Vegetable Wrap (230 kcal,962 kJ)		✓ Wheat												
Vegetarian Bolognese (153 kcal,640 kJ)														
Quorn Roast (45 kcal,188 kJ)				✓			✓							
Winter Vegetable Hotpot (264 kcal,1105 kJ)		✓ Wheat					✓							
Quorn Dippers Pri (110 kcal,460 kJ)		✓ Wheat												
Cheesy Bean Burrito (380 kcal,1590 kJ)		✓ Wheat					✓							
Veggie Sausages (89 kcal,372 kJ)		✓ Wheat												
Sweet Potato, Chickpea and Herb Roast (113 kcal,473 kJ)		✓ Wheat												
CHEESE AND TOMATO PIZZA (177 kcal,741 kJ)		✓ Wheat		MC			✓							
Cheesy Bean Burger (285 kcal,1192 kJ)	✓	✓ Wheat		✓			✓						MC	
Veggie Meat Feast Pizza (195 kcal,816 kJ)		✓ Wheat		MC			✓							
Chilli Con Carne With Crispy Tortilla (122 kcal,510 kJ)		✓ Wheat												
Vegetable Pastry Slice (199 kcal,833 kJ)		✓ Wheat												
Tiger Bhaji Burger (234 kcal,979 kJ)		✓ Wheat											MC	

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Homemade Best Of Both (119 kcal,498 kJ)		✓ Wheat												
POTATO WEDGES 1/2 PORTION (44 kcal,184 kJ)														
ROAST POTATOES PRI (69 kcal,289 kJ)														
Pasta Wholemeal (139 kcal,582 kJ)		✓ Wheat												
Wholegrain & White Rice (123 kcal,515 kJ)														
Mashed Potatoes (91 kcal,381 kJ)														
Chips Pri (104 kcal,435 kJ)														
Rainbow Rice (166 kcal,695 kJ)														
Baked Beans PRI (35 kcal,146 kJ)														
Sweetcorn Pri (32 kcal,134 kJ)														
Garden Peas PRI (27 kcal,113 kJ)														
Carrots (12 kcal,50 kJ)														
Green Beans PRI (10 kcal,42 kJ)														
Gravy (10 kcal,42 kJ)														

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Crunchy Apple Slice FB (178 kcal,745 kJ)		✓ Wheat		✓										
Strawberry Shortcake Mousse (133 kcal,556 kJ)		✓ Wheat					✓							
Homemade Oat Cookie (136 kcal,569 kJ)		MC Barley ✓ Oats ✓ Wheat												
Apple Crumble (189 kcal,791 kJ)		MC Barley ✓ Oats ✓ Wheat												
Custard Milk Powder (82 kcal,343 kJ)							✓							
ICE CREAM BOX CHOCOLATE PRI (135 kcal,565 kJ)							✓							
Berry Blondie (167 kcal,699 kJ)		✓ Wheat		✓										
Chocolate Caramel Crunch (140 kcal,586 kJ)		✓ Wheat					✓							
Flapjack (136 kcal,569 kJ)		MC Barley ✓ Oats MC Wheat												
Chocolate Beet Brownie (125 kcal,523 kJ)		✓ Wheat		✓										
Apple and Golden Syrup Sponge (129 kcal,540 kJ)		✓ Wheat		✓										
ICE CREAM BOX STRAWBERRY PRI (115 kcal,481 kJ)							✓							

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Chocolate Cookies (139 kcal,582 kJ)		✓ Wheat												
Chocolate Marble Cake (178 kcal,745 kJ)		✓ Wheat		✓										
Orange Glazed Sticky Sponge Pudding (143 kcal,598 kJ)		✓ Wheat		✓										
Lemon Cookies (122 kcal,510 kJ)		✓ Wheat												
Crunchy Wibble Mousse		✓ Wheat					✓							

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SALAD LETTUCE PRI (4 kcal, 17 kJ)														
SALAD CUCUMBER PRI (5 kcal, 21 kJ)														
SALAD CARROT PRI (16 kcal, 67 kJ)														
Salad Tomato (6 kcal, 25 kJ)														

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