











ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
VEGE BURRITO PRI		✓ Wheat					✓							
Macaroni Cheese		✓ Wheat					✓							
Allegra Chicken Filo Pie Pri		✓ Wheat												
Allegra BBQ Beans Pri														
Allegra Cornbread Pri		✓ Wheat		✓			✓							
JACKET POTATO WITH SALMON PRI				✓	✓									
Lemon Roasted Chicken Breast Pri														
Sweet Potato & Chickpea Roast Pri		✓ Wheat												
BEEF BOLOGNESE SAUCE FFL PRI														
BUTTERNUT SQUASH AND TOMATO BAKE PRI		✓ Wheat					✓							
Fish Fingers		✓ Wheat			✓									
Quorn Dippers Pri	✓	✓ Wheat		✓			✓							
TOMATO PASTA PRI		✓ Wheat					✓							
Chartwells Tomato Sauce														

Allergy Advice:

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- **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















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Vegemince Bolognese Pri													✓	
CHEESE AND TOMATO PIZZA SLAB		✓ Wheat					✓							
Allegra Chicken Katsu Pri		✓ Wheat							✓				✓	
Allegra Oodles Of Noodles Pri		✓ Wheat		✓									✓	
Roast Turkey Pri														
Creamy Vegetable Pie with a Cheesy Shortcrust Topper Pri		✓ Wheat					✓							
Homemade Shortcrust Pastry		✓ Wheat												
COTTAGE PIE PRI														
CHICKPEA AND POTATO CURRY PRI														
Fish Fingers		✓ Wheat			✓									
Tomato Veggie Burger PRI		✓ Wheat		✓								MC		

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Macaroni Cheese		✓ Wheat					✓							
Quorn Sausages - Ind Prep		✓ Barley ✓ Wheat		✓			✓							
Allegra Garlicky Chicken & Spanishy Spuds Pri														
Allegra Cheesy Peasy Risotto Bake Pri							✓							
Roast Pork Loin Pri														
Butternut Squash and Potato Pastry Slice Pri		✓ Wheat												
BEEF BURRITO PRI		✓ Wheat					✓							
Vegetable Lasagne PRI		✓ Wheat					✓							
SOUTHERN FRIED CHICKEN GOUJON PRI	✓	✓ Wheat												
Veggie Soft Taco Pri		✓ Wheat											✓	

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Fruit Platter														
YOGHURT							✓							
ICE CREAM BOX RASPBERRY RIPPLE PRI							✓							
SECRET BROWNIE PRI		✓ Wheat		✓										
SHORTBREAD BISCUIT		✓ Wheat												
Fresh Fruit Slices														
Peach and Berry Oaty Crumble FB		MC Barley ✓ Oats ✓ Wheat												
Custard Milk Powder							✓							
Orange Sultana and Carrot Slice PRI		✓ Wheat		✓										
Original Flapjack		MC Barley ✓ Oats MC Wheat												
PEACH SHORTBREAD PUDDING FB PRI		✓ Wheat												
RASPBERRY AND YOGHURT CAKE PRI		✓ Wheat		✓			✓							
Fruity Chocolate Brownie PRI		✓ Wheat		✓										
ICE CREAM BOX VANILLA PRI							✓							

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OAT COOKIES PRIMARY		MC Barley ✓ Oats ✓ Wheat												
APPLE & CARROT YOGHURT MUFFIN FB		✓ Wheat		✓			✓							
ICE CREAM BOX STRAWBERRY PRI							✓							
CHOCOLATE SPONGE CAKE PRI		✓ Wheat		✓										
CREAMY RICE PUDDING WITH PEACH FFL							✓							

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SALAD LETTUCE PRI														
SALAD CUCUMBER PRI														
SALAD TOMATO PRI														
SALAD CARROT PRI														
SALAD SWEETCORN PRI														
POTATO SALAD				✓										
PASTA SALAD		✓ Wheat												
SALAD PEPPERS PRI														
Crunchy Coleslaw Home Made				✓										
SALAD BEETROOT PRI														

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