















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 Tikka Masala (178 kcal, 745 kJ) | | | | | | | ✓ | | | | | | | |
| Catalan Bean & Potato Stew (126 kcal, 527 kJ) | | | | | | | | | | | | | | |
| Herb Dumplings (147 kcal, 615 kJ) | | ✓ Wheat | | | | | | | | | | | | |
| Curried Cauliflower (22 kcal, 92 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