





























ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
BASIC WHITE BREAD RECIPE SEC (162 kcal,678 kJ)		✓ Wheat												
WINTER VEGETABLE SOUP (48 kcal,201 kJ)														
TOMATO AND BASIL SOUP (58 kcal,243 kJ)														

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- Adults need around 2000 kcal a day















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Herby Tomato Pasta (287 kcal,1201 kJ)		✓ Wheat					✓							
Pasta Wholemeal (200 kcal,837 kJ)		✓ Wheat												
Trattoria 14 Margherita Stone Bake Pizza (295 kcal,1234 kJ)		✓ Wheat		MC			✓							
Trattoria Hawaiian Stone Bake Pizza (312 kcal,1305 kJ)		✓ Wheat		MC			✓							
TRATTORIA 14 BBQ CHIX STONE BAKED PIZZA (332 kcal,1389 kJ)		✓ Wheat		MC			✓							
Veggie Meatball Feast Pizza		✓ Wheat		MC			✓							

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Chips (173 kcal,724 kJ)														
Creations Mash Potato (14 kcal,59 kJ)														
Roast Potatoes (139 kcal,582 kJ)														
Rice 1/2 Wholegrain (220 kcal,920 kJ)														
Peas (54 kcal,226 kJ)														
Carrots (25 kcal,105 kJ)														
Broccoli Fresh (19 kcal,79 kJ)														
GREEN BEANS SEC (21 kcal,88 kJ)														

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Jacket with Baked Beans (274 kcal,1146 kJ)														
Tuna Mayonnaise Jacket Potato (336 kcal,1406 kJ)				✓	✓									
Jacket Potato with Cheese (419 kcal,1753 kJ)							✓							
Tuna and Sweetcorn Pasta Salad (271 kcal,1134 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (464 kcal,1941 kJ)		✓ Wheat					✓						✓	
Roasted Indian Chickpea Salad (145 kcal,607 kJ)														✓
Greek Salad (110 kcal,460 kJ)							✓							
Chicken and Bacon Pasta Salad (264 kcal,1105 kJ)		✓ Wheat		✓										
Cheese Sandwich on White (384 kcal,1607 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich White (349 kcal,1460 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Salad Sandwich (399 kcal,1669 kJ)		MC Barley ✓ Wheat		✓								MC	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich Brown (330 kcal,1381 kJ)		MC Barley ✓ Wheat					✓					MC	✓	

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HOSP CHICKEN SALAD SANDWICH WMEAL (380 kcal,1590 kJ)		MC Barley ✓ Wheat		✓								MC	✓	
HOSP TUNA MAYONNAISE SANDWICH WHITE (313 kcal,1310 kJ)		MC Barley ✓ Wheat		✓	✓							MC	✓	
HOSP TUNA MAYONNAISE SANDWICH WHOLEMEAL (294 kcal,1230 kJ)		MC Barley ✓ Wheat		✓	✓							MC	✓	
Ham Salad Sandwich White (284 kcal,1188 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Ham Sandwich On Brown (256 kcal,1071 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Tuna Mayo Baguette on White (544 kcal,2276 kJ)		MC Barley ✓ Wheat		✓	✓		✓					MC		
CHICKEN SALAD BAGUETTE ON WHITE FFL (541 kcal,2264 kJ)		MC Barley ✓ Wheat		✓								MC		
Tuna and Cucumber Baguette on White (511 kcal,2138 kJ)		MC Barley ✓ Wheat		✓	✓							MC		
Cheese Baguette White (539 kcal,2255 kJ)		MC Barley ✓ Wheat					✓					MC		
BBQ Chicken Wrap (381 kcal,1594 kJ)		✓ Wheat		✓										

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Crunchy Pepper and Houmous Wrap (423 kcal, 1770 kJ)		✓ Wheat										✓		
Shortbread (192 kcal, 803 kJ)		✓ Wheat												
Chocolate Krispie Bar (205 kcal, 858 kJ)		✓ Barley												
Sweet Waffle (187 kcal, 782 kJ)		✓ Wheat		✓			✓						✓	
Golden Syrup and Oat Cookies SEC (268 kcal, 1121 kJ)		MC Barley ✓ Oats ✓ Wheat												
Chocolate Cookie (204 kcal, 854 kJ)		✓ Wheat		✓			✓							
Lemon Oat Raisin Cookie (184 kcal, 770 kJ)		✓ Oats ✓ Wheat		✓			✓							
Raspberry Yoghurt Flapjack Muffin (178 kcal, 745 kJ)		MC Barley ✓ Oats ✓ Wheat		✓			✓						MC	
Lemon Drizzle Muffins (178 kcal, 745 kJ)		✓ Wheat		✓			✓						MC	
Chocolate Fudge Brownie (256 kcal, 1071 kJ)		✓ Wheat		✓			MC						MC	
Red Velvet Brownie (174 kcal, 728 kJ)		✓ Wheat		✓										
Vanilla and Raspberry Blondie (237 kcal, 992 kJ)		✓ Wheat		✓										

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Banana Marble Cake (314 kcal,1314 kJ)		✓ Wheat		✓										
Chocolate Orange		✓ Wheat		✓			✓							
Chocolate Butterscotch Crispie (65 kcal,272 kJ)		✓ Barley					✓							
Chocolate Toffee Shortbread (195 kcal,816 kJ)		✓ Wheat					✓							
Banoffee Pie (89 kcal,372 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Chocolate Rice Pot (110 kcal,460 kJ)							✓							
White Grape Pot (62 kcal,259 kJ)														
Pineapple Pot (33 kcal,138 kJ)														
Pineapple Upside Down Pudding (208 kcal,870 kJ)		✓ Wheat		✓										
Apple Cinnamon Twice Baked Crumble (212 kcal,887 kJ)		MC Barley ✓ Oats ✓ Wheat												
Orange Glazed Sticky Pudding (191 kcal,799 kJ)		✓ Wheat		✓										
Ice Cream Box Chocolate (142 kcal,594 kJ)							✓							
Ice Cream Box Strawberry (121 kcal,506 kJ)							✓							

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Ice Cream Box Vanilla (117 kcal, 490 kJ)							✓							

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Ham and Cheese Panini (435 kcal,1820 kJ)		MC Barley ✓ Wheat					✓							
BBQ Chicken Panini (509 kcal,2130 kJ)		MC Barley ✓ Wheat					✓							
Cheese Panini (378 kcal,1582 kJ)		MC Barley ✓ Wheat					✓							
Bacon Roll (241 kcal,1008 kJ)		✓ Wheat											✓	
Pork Sausage and Cheese Muffin Melt (369 kcal,1544 kJ)		✓ Wheat					✓					MC	✓	✓
Quorn Sausage Pattie, Cheese and Egg Muffin SEC (253 kcal,1059 kJ)	✓	✓ Barley ✓ Wheat		✓			✓					MC	✓	
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Bagel Cheese & Tomato Pizza (280 kcal,1172 kJ)		✓ Barley ✓ Rye ✓ Wheat					✓					MC		
Lemon and Garlic Chicken Wings (236 kcal,987 kJ)														
Mexicana Tomato Cheese Nachos (203 kcal,849 kJ)		✓ Wheat					✓							
SALAD LETTUCE SEC (7 kcal,29 kJ)														
SALAD TOMATO SEC (11 kcal,46 kJ)														

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SALAD CUCUMBER SEC (11 kcal,46 kJ)														
SALAD CARROT SEC (23 kcal,96 kJ)														
SALAD PEPPERS SEC (10 kcal,42 kJ)														
Salad Sweetcorn (62 kcal,259 kJ)														
SALAD BEETROOT SEC (23 kcal,96 kJ)														
SALAD RED ONION SEC (25 kcal,105 kJ)														
SALAD CHERRY TOMATO SEC (18 kcal,75 kJ)														
Coleslaw (81 kcal,339 kJ)				✓										
PASTA SALAD SEC (242 kcal,1013 kJ)		✓ Wheat												
SALAD NEW POTATO SALAD SEC (51 kcal,213 kJ)				✓										
SAVOURY RICE SALAD SEC (194 kcal,812 kJ)														
Red Slaw SEC (77 kcal,322 kJ)				✓										
Apple Slaw (56 kcal,234 kJ)							✓							

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- Adults need around 2000 kcal a day