





























ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
HERBY TOMATO PASTA SEC FFL		✓ Wheat					✓							
Sausage and Mash with Red Onion Gravy		✓ Wheat					✓						MC	✓
QUORN SAUSAGES SEC		✓ Barley ✓ Wheat		✓			✓							
LEMON ROASTED CHICKEN THIGH SEC														
Blackeyed Bean Veggie Burger SEC		✓ Wheat										MC		
Beef Pie SEC		✓ Wheat		MC			✓						MC	
CHEDDAR & CARAMELISED ONION TART SEC		✓ Wheat					✓							
Traditional Beef Lasagne SEC		✓ Wheat					✓							
Chartwells Tomato Sauce														

Allergy 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















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Gluten Free Gravy														
Cabbage SEC														
Half Corn on the Cob Sec														
Peas SEC														
Carrots														

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Ham Sandwich SEC FFL		MC Barley ✓ Wheat					✓						✓	
CHEESE SANDWICH ON WHITE		MC Barley ✓ Wheat					✓						✓	
BLT SANDWICH ON WHITE FFL		MC Barley ✓ Wheat		✓			✓						✓	
CHICKEN MAYONNAISE SANDWICH ON WHITE		MC Barley ✓ Wheat		✓	MC		✓					MC	✓	
ICE CREAM BOX VANILLA SEC							✓							

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YOGHURT							✓							
Seasonal Fresh Fruit Cups Sec														
Whole Fruit														
ICE CREAM BOX VANILLA SEC							✓							

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