



Primary

Allergens

| Dish                 | Gluten | Crustaceans | Molluscs | Fish | Peanuts | Lupin | Tree Nuts | Soya | Eggs | Milk | Celery | Mustard | Sesame | Sulphur Dioxide | Unknown Allergens |
|----------------------|--------|-------------|----------|------|---------|-------|-----------|------|------|------|--------|---------|--------|-----------------|-------------------|
| Roast Chicken        |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Breast Fillet        |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Gravy                |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Bisto Gravy Granules |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Quorn Masala         |        |             |          |      |         |       |           |      |      |      |        | M       |        |                 |                   |

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| Quorn Pro Vegan Pieces 1x1.5kg       |          |             |          |      |         |       |           |      |      |      |        | M       |        |                 |                   |
| Onions : Cooking                     |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Garlic                               |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Ginger                               |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Garam Masala                         |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Maggi Sauce : Tomato : Rich & Rustic |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Vegetable Oil                        |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Vegetable                            |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Roast Potato                         |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| White Potato : Washed                |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Vegetable Oil                        |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Dhal                                 | M<br>Whe |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Chick Peas                           |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Red Lentils                          |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Onions : Cooking                     |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Chopped Tomatoes                     |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Chilli Powder : mild                 |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Ginger                               |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Garam Masala                         |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Sysco Classic Ground Coriander       | M<br>Whe |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Brakes Turmeric                      |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |

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| Brakes Turmeric            |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Phase Cooking & Baking Fat |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Naan Bread                 | Y<br>Whe |             |          |      |         |       |           |      |      | Y    |        |         |        |                 |                   |
| Chota Naan : fully baked   | Y<br>Whe |             |          |      |         |       |           |      |      | Y    |        |         |        |                 |                   |
| Broccoli                   |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Broccoli Florets : (40/60) |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Carrots                    |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Carrots                    |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Green Salad                |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Onions : Spanish           |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Cucumber                   |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Peppers : Green            |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Lettuce : Iceberg          |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Jam Sponge Cake            | Y<br>Whe |             |          |      |         |       |           |      | Y    |      |        |         |        | Y               |                   |
| Phase Cooking & Baking Fat |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Eggs Shell : Medium        |          |             |          |      |         |       |           |      | Y    |      |        |         |        |                 |                   |
| Caster Sugar               |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Vanilla                    |          |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Brakes Self Raising Flour  | Y<br>Whe |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |

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| Mixed Fruit Jam : Value             |        |             |          |      |         |       |           |      |      |      |        |         |        | Y               |                   |
| Custard                             |        |             |          |      |         |       |           |      |      | Y    |        |         |        |                 |                   |
| Custard : Powder                    |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Granulated Sugar                    |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Milfresh Milk Powder                |        |             |          |      |         |       |           |      |      | Y    |        |         |        |                 |                   |
| Fresh Fruit Platter                 |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Apple : Golden Delicious            |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Pears : Conference                  |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Oranges : Medium                    |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Kiwi                                |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Banana                              |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Black Grapes                        |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Honeydew Melon : Large              |        |             |          |      |         |       |           |      |      |      |        |         |        |                 |                   |
| Muller Yoghurt                      |        |             |          |      |         |       |           |      |      | Y    |        |         |        |                 |                   |
| Müller Strawberry : Healthy Balance |        |             |          |      |         |       |           |      |      | Y    |        |         |        |                 |                   |

\* Allergens marked with 'M' may contain that allergen.

Yes

May Contain

Allergen

|     |             |
|-----|-------------|
| Whe | Wheat       |
| Rye | Rye         |
| Bar | Barley      |
| Oat | Oats        |
| Alm | Almonds     |
| Brz | Brazil Nuts |
| Cas | Cashews     |
| Haz | Hazelnuts   |
| Mac | Macadamia   |
| Pec | Pecan       |
| Pis | Pistachio   |
| Wal | Walnuts     |