


























Unit Name	Chartwells	Date	04 JAN 21
Unit Number	N/A	Menu	COVID 19 Hamper

Recipes	Allergens													
														
	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
FRUIT														
Easy Peel Orange	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Apple	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Banana	X	X	X	X	X	X	X	X	X	X	X	X	X	X
VEGETABLES														
Carrots	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Cucumber	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Lettuce	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Tomato	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Tinned Chopped Tomatoes (Attianese)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
CARBOHYDRATE														
Baking Potato	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Thick Sliced Malted Bloomer (Brakes)	X	✓ (Wheat, Barley)	X	X	X	X	X	X	X	X	X	MC	✓	X
Pasta (ROMERO Wholemeal Penne or ROMERO White Fusilli)	X	✓ (Wheat)	X	X	X	X	X	X	X	X	X	X	X	X
PROTEIN & DAIRY														
Baked Beans (Heinz No Added Sugar)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Cheese (Taw Valley)	X	X	X	X	X	X	✓	X	X	X	X	X	X	X
Tuna Chunks (Riverdene)	X	X	X	X	✓	X	X	X	X	X	X	X	X	✓

Unit Name	Chartwells	Date	04 JAN 21
Unit Number	N/A	Menu	COVID 19 Hamper

														
	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/ Sulphites
DESSERT / SNACK ITEM														
Malt Loaf (Soreen)	X	✓ (Wheat, Barley)	X	X	X	X	✓	X	X	X	X	X	X	X
Oaty Flapjack (Meredith & Drew)	X	✓ (Oats, Wheat)	X	X	X	X	✓	X	X	MC	MC	X	MC	X
Mixed Yoghurts (Mullerlight)	X	X	X	X	X	X	✓	X	X	X	X	X	X	X
Frube Yoghurt (Strawberry/Peach/Berry)	X	X	X	X	X	X	✓	X	X	X	X	X	X	X
SPECIAL DIET ALTERNATIVES (Provided when required only)														
Brown Seeded Loaf (No Gluten) VMC105513	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Brown Roll (No Gluten) VMC105514	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Alpro Soya Yoghurt VMC112218	X	X	X	X	X	X	X	X	X	X	X	X	✓	X
Pasta (No Gluten) VMC123987	X	X	X	X	X	X	X	X	X	X	X	X	MC	X

Allergy Advice:

- Ingredients highlighted with ✓ are allergens that are present in this product
- Ingredients highlighted with the letters **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
- This allergen data is accurate at the time of print. On occasion it may be necessary to substitute products in our hampers therefore please refer directly to product packaging, where available, for allergen information and check any product names carefully to ensure they correspond when using this allergen report.
- 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