



Food Prepared at Home

Name.....

Date prepared..... Use by.....

Previously frozen Yes/ No (delete as appropriate)

List of ingredients:

The 14 main Allergens are: Celery, Cereals containing gluten, crustaceans, eggs, fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya, Sulphur dioxide. (Food Standard Agency food.gov.uk)
Please highlight.



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