

Allergy Information – Main Menus

Week 3

Sausage & Yorkshire Pudding	Sausage (Pork 65%, Water, RUSK (WHEAT) , Raising agent: Ammonium Carbonate, Salt, Spices, Preservative: Sodium SULPHITE , Stabiliser: Diphosphate, Yeast, Antioxidant Ascorbic acid, Natural flavourings, Spice Extracts, natural colour: Carmine, herb Extract. Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG White, Whole EGG Rapeseed Oil, Water, Skimmed MILK Powder, Salt, Potato starch, Maltodextrin, Salt, Colour: Ammonia Caramel; Flavourings, Yeast Extract, Sunflower Oil, Sugar, Stabiliser: Guar Gum; Onion Powder, Black Pepper.
Vegetable Chilli	Quorn Mince (Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free BARLEY Malt Extract.) Onions, Tomatoes, Cumin, Paprika, Chilli Powder, Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings, Salt, Pepper.
Pasta Bolognese	Minced Beef, Tomatoes (77%), Tomato Paste (11%), Modified Maize Starch, Sugar, Onion, Olive Oil (1.8%), Basil (1.4%), Salt, Herb, Acid (Citric Acid), Spices. Rapeseed Oil, Citric Acid. Fusilli Pasta (Durum WHEAT semolina.)
Quorn & Vegetable Wrap	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Raising Agents (E500, E450, E296), Salt. Ingredients: Mycoprotein (85%), Natural Flavouring, Potato Protein, Pea Fibre, WHEAT GLUTEN Firming Agents: Calcium Chloride, Calcium Acetate; Roasted BARLEY Malt Extract, Stabiliser: Carrageenan. Chilli pepper (28%), spices and herbs (18%) (cumin, paprika, oregano, coriander leaf, cayenne pepper, cinnamon), salt, onion, garlic, sugar, lime juice powder, lemon juice powder, anti-caking agent (silicon dioxide), natural flavouring. Peppers, onions, MUSHROOMS .
Fruit Crumble	Water, Apples (22%) (Apple, Antioxidant: Ascorbic Acid; Acidity Regulator: Citric Acid; Salt), Blackberries (12%), Apple Puree (12%), Sugar, Cornflour, Acidity regulator: Citric Acid; Fruit Concentrate (Elderberry Concentrate), Preservative: Potassium Sorbate; Natural Flavouring. FLOUR , Butter (MILK) Sugar, Custard (MILK) (Maize Starch, Colour (Annatto), Flavouring).

Roast Pork Dinner	Pork Loin, (100%), Potato (91%), Whole MILK (7%), Unsalted Butter (MILK) (2%), Salt, Pepper. Carrot, Broccoli, WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Dried Onion (15%), Vegetable Oils (Palm, Sunflower), Salt, Dried Sage (1.5%), Dried Parsley, Raising Agents (Ammonium Carbonates, Sodium Hydrogen Carbonate), BARLEY Malt Extract, Potato starch, Maltodextrin, Salt, Colour: Ammonia Caramel; Flavourings, Yeast Extract, Sunflower Oil, Sugar, Stabiliser: Guar Gum; Onion Powder, Black Pepper.
Quorn Cheeseburger	Mycoprotein (44%), Rehydrated Free Range EGG White, Textured WHEAT Protein [WHEAT Flour (WHEAT Flour, Calcium Chloride, Iron, Niacin & Thiamine), Colour: Plain Caramel; Stabiliser: Sodium Alginate], Onion, MILK Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate; Roasted BARLEY Malt Extract. Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Water, SESAME Seeds, Sugar, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers: E471, E472(e); Flour Treatment Agents: E300, E920, Cheese (70%) (MILK) (Contains Acidity Regulator: Citric Acid, Lactic Acid), Palm Oil, Water, Emulsifying Salt (Trisodium citrate), Natural Cheese Flavouring (MILK), Preservative (Sorbic acid), Colours (Beta-carotene, Paprika Extract), Anti-caking agent (Sunflower Lecithin).
Chicken & Sweet Chilli Sauce	Chicken Breast Fillet (65%), Water, Rapeseed Oil, Pea Flour, Maize Flour, Tapioca Starch, Rice Flour, Pea Protein, Salt, Glucose Syrup, Pea Fibre, Pea Starch, Acidity Regulator: Sodium Carbonates., Emulsifier: Guar Gum, Water, Sugar, Fructose Glucose Syrup, Chilli Paste (7.2%), (Chillies, Salt), Rep Pepper (6.9%), Vinegar, Modified Mazie Starch, Garlic (0.3%), Colour (Paprika Extract (0.2%)), Stabiliser (Xanthan Gum), Thickener (Pectin), Spices, Firming Agent (Calcium Chloride), Rice.
Quorn Nuggets & Sweet Chilli Sauce	Mycoprotein (53%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin and Thiamine), Water, Vegetable Oils (Sunflower, Rapeseed), WHEAT Starch, Potato Protein, Pea Fibre, Firming Agents: Calcium Chloride, Calcium Acetate; WHEAT Semolina, Natural Flavouring, WHEAT GLUTEN, Salt, Yeast, Sage & Sage Extract, Stabilisers: Carrageenan, Sodium Alginate; Onion Powder, Garlic Powder, White Pepper, Onion Extract, Colour: Paprika Extract; Raising Agent: Ammonium Bicarbonate, Water, Sugar, Fructose Glucose Syrup, Chilli Paste (7.2%), (Chillies, Salt), Rep Pepper (6.9%), Vinegar, Modified Mazie Starch, Garlic (0.3%), Colour (Paprika Extract (0.2%)), Stabiliser (Xanthan Gum), Thickener (Pectin), Spices, Firming Agent (Calcium Chloride). Rice.

Burger, Chips & Peas	Beef Burger 100% (beef, onion, salt, pepper) Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin and Thiamin), Water, SESAME Seeds, Sugar, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers: E471, E472(e); Flour Treatment Agents: E300, E920, Potatoes, palm oil, Re-hydrated Marrowfat Peas (99%), Bicarbonate of Soda.
Quorn Fillets in Tomato Sauce	Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, WHEAT Gluten, Stabiliser: Carrageenan, Tomatoes (77%), Tomato Paste (11%), Modified Maize Starch, Sugar, Onion, Olive Oil (1.8%), Basil (1.4%), Salt, Herb, Acid (Citric Acid), Spices. Cheddar cheese (MILK Annatto, Potato starch)
Chocolate Flavoured Doughnut Ring	Niacin, Iron, Thiamine), Chocolate flavour coating (17%) (Sugar, Vegetable fats (Coconut, Palm), Fat reduced cocoa powder, Corn flour, Emulsifier (SOYA LECITHIN), Flavouring), Palm fat, Water, Sugar strands (8%) (Icing sugar, Vegetable fats (Palm, Palm kernel), Maize starch, Fat reduced cocoa powder, Emulsifier (Rapeseed lecithin), Glazing agent (Shellac, Acacia gum), Sugar, Starch), Dextrose, Yeast, Sugar, Raising agent (Potassium carbonates, Diphosphates, Calcium phosphates), Emulsifier (Mono- and diglycerides of fatty acids, Sodium stearyl-2- lactylate), SKIMMED MILK POWDER , Salt, SOY FLOUR , Flour treatment agent (Ascorbic acid).
Strawberry Flavoured Doughnut Ring	WHEAT FLOUR (WHEAT FLOUR , Calcium carbonate, Niacin, Iron, Thiamine), Vegetable fats (Palm, Coconut), Water, Sugar, Sugar strands (8%) (Sugar, Maize starch, Palm fat, Emulsifier (Rapeseed lecithin), Glazing agent (Shellac, Acacia gum), Colour (Beetroot Red, Chlorophylls and chlorophyllins, Paprika extract)), Dextrose, Yeast, Emulsifier (Mono- and diglycerides of fatty acids, Sodium stearyl-2- lactylate, SOYA LECITHIN), Raising agent (Potassium carbonates, Diphosphates, Calcium phosphates), SKIMMED MILK POWDER , Corn flour, Salt, Colour (Beetroot Red, Curcumin), SOY FLOUR , Flavouring, Flour treatment agent (Ascorbic acid).
White Doughnut Ring	WHEAT FLOUR (WHEAT FLOUR , Calcium carbonate, Niacin, Iron, Thiamine), Vegetable fats (Palm, Coconut) Water, Sugar, Sugar strands (8%) (Sugar, Maize starch, Palm fat, Emulsifier (Rapeseed lecithin), Glazing agent (Shellac, Acacia gum), Colour (Beetroot Red, Chlorophylls and chlorophyllins, Paprika extract)), Dextrose, Yeast, Emulsifier (Mono- and diglycerides of fatty acids, Sodium stearyl-2- lactylate, SOYA LECITHIN), Raising agent (Potassium carbonates, Diphosphates, Calcium phosphates), SKIMMED MILK POWDER , Acidity regulator (Calcium carbonate), Corn flour, Salt, SOY FLOUR , Enzymes, Flavouring, Flour treatment agent (Ascorbic acid).