

Allergy Information – Main Menus

Week 2

Meat & Potato Pie	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Suet (Sunflower Oil, Palm Oil, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Vegetable Oils (Palm & Rapeseed), Raising Agents (Monocalcium Phosphate, Disodium Diphosphate, Sodium Hydrogen Carbonate), Salt .Diced Beef Chuck, Onion, Tomato Puree, Wheat Flour (WHEAT), Potato starch, Maltodextrin, Salt, Colour: Ammonia Caramel; Flavourings, Yeast Extract, Sunflower Oil, Sugar, Stabiliser: Guar Gum; Onion Powder, Black Pepper.
Veggie Burger	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, Vegetables in varying proportions (39%) (Carrot, Broccoli, Cauliflower, Sweetcorn, Green Beans, Onions, Peppers (Red, Green)), Water, Potatoes, Vegetable Oil (Sunflower, Rapeseed), Dehydrated Potato, Breadcrumbs (11%) (WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Dextrose), Vegetable Oils (Rapeseed, Sunflower) in varying proportions, Batter (WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Potato Starch, Modified WHEAT Starch, Salt, Cocoa Butter), Salt, Maltodextrin, Pepper, Yeast Extract, MUSTARD Flour, Onion Powder, Rapeseed Oil, Citric Acid.
Beef Lasagne	Minced Beef, Onion, Tomatoes, Tomatoes (77%), Tomato Paste (11%), Modified Maize Starch, Sugar, Onion, Olive Oil (1.8%), Basil (1.4%), Salt, Herb, Acid (Citric Acid), Spices, Lasagne sheets (Durum WHEAT Semolina) Cheese sauce (Butter (MILK), FLOUR , Cheese (MILK), salt, pepper)
Cheese & Tomato Pizza Swirls	WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Dried Yeast, WHEAT Gluten, Salt, Vegetable Oils (Palm, Rapeseed), Emulsifiers (E472e, E491), SOYA Flour, Dextrose, WHEAT Flour, Flour Treatment Agents (E920, E300, Amylase, Xylanase). 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 , Maize Starch, Colour (Annatto), Flavouring)
Roast Chicken Dinner	Chicken Breast (100%), Stuffing (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. Gravy (Potato starch, Maltodextrin, Salt, Colour: Ammonia Caramel; Flavourings, Yeast Extract, Sunflower Oil, Sugar, Stabiliser: Guar Gum; Onion Powder, Black Pepper.) Potato (91%), Whole MILK (7%), Unsalted Butter (MILK) (2%), Salt, Pepper. Carrots, Mixed Vegetables.

Vegan Sausage Roll	Water, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier (Mono- and Di-glycerides of Fatty Acids)), Rusk (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Carbonate)), Pea Protein Concentrate (2%), Potato Starch, Faba Bean Protein Isolate (1%), Modified Maize Starch, Dehydrated Onions, Stabiliser (Modified Cellulose), Seasoning (Salt, Herbs (Sage, Parsley), Potato Starch, Rice Flour, Spices (Black Pepper, Nutmeg, Coriander), Stabiliser (Di -and Polyphosphates, Triphosphates), Acidity Regulator (Sodium Citrates), Antioxidant (Sodium L-Ascorbate), Spice Extracts (Pepper, Nutmeg, Cayenne), Herb Extracts (Sage, Thyme)), Glaze (Water, WHEAT Protein), Salt, Black Pepper, Colouring (Paprika Concentrate, Fenugreek Extract, Beetroot Juice Concentrate, Vegetable Oil (Sunflower Oil), Colour (Ammonia Caramel).
Treacle Sponge & Custard	WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), WHEAT Fibre, Dried EGG , Skimmed MILK Powder, Raising Agents (Diphosphates, Sodium Bicarbonate, Potassium Carbonates), SOYA Flour, Emulsifiers (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Propane-1, 2-Diol Esters of Fatty Acids, Calcium Stearoyl-2-Lactylate, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Sodium, Potassium and Calcium Salts of Fatty Acids), Stabilisers (Diphosphates, Carboxy Methyl Cellulose). Partially Inverted refiners Syrup, Custard (MILK , (Maize Starch, Colour (Annatto), Flavouring) MILK , Sugar.
Chicken Tikka Masala	Chicken breast (100%), Chicken, Tomatoes (42%), Water, Rapeseed Oil, Onion Puree (5%), Onion (4%), Sugar, Creamed Coconut (2%), Yogurt (2%) (MILK), Concentrated Lemon Juice, Coriander (2%), Modified Maze Starch, Spices, Desiccated Coconut (1%), Salt, Garlic Puree, Ginger Puree, EGG Yolk Powder, Colours (Parika Extract, Beetroot Red), Stabiliser (Xanthan Gum), MUSTARD Seeds, Rice Flour, Garlic Powder, Onion Powder, Dried Coriander, Ground Black Pepper, Flavouring. Rice, Naan Bread (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents: Diphosphates, Potassium Carbonates; Sugar, Yeast, Salt, Acid: Citric Acid; Kalonji Seeds, Preservative: Calcium Propionate; Yogurt Powder (From MILK).
Vegetarian Kiev	Vegetables (36%) (Carrot, Green Beans, Cauliflower, Sweetcorn), Water, Breadcrumbs (16%) [Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids)], Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dehydrated Potato, Sunflower Oil, Single Cream (MILK), Full Fat Soft Cheese (2%) (Cream (MILK), Water, MILK Protein Powder, Salt, Starter Culture), Rapeseed Oil, Modified Maize Starch, Garlic Puree, Salt, Thickeners (Hydroxypropyl Methyl Cellulose, Guar Gum), Parsley, WHEAT Starch, Flavouring, Maltodextrin, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Sugar, Stabiliser (Xanthan Gum), Yeast Extract, Raising Agent (Sodium Carbonates), Carrot Powder, Onion Powder, Spices (Black Pepper, Turmeric), Colour (Paprika Extract), Acid (Citric Acid).

Warm Brownie & Ice Cream	Sugar, WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed), Fat-reduced Cocoa Powder, Dried EGG Albumen, Modified Maize Starch, Salt, Raising Agent (E500), Emulsifiers (E470a, E471, E472b, E472e, E477, E482), MILK Protein, Stabilisers (E450). Partially Reconstituted Skimmed MILK Concentrate, Sugar, Dextrose, Water, Vegetable oils (Palm, Palm Stearin, Palm Kernel Oil), Whey Powder (MILK), Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Sodium Alginate), Flavouring, Colours (Beta-Carotene).
Southern Fried Chicken Dippers, Chips & Beans	Chicken Breast (57%), WHEAT Flour, Water, Palm Oil, Modified Tapioca Starch, Salt, WHEAT Starch, WHEAT Gluten, Paprika Extract, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Stabiliser (Pentasodium Triphosphate), Rice Flour, Dextrose, Yeast, Sunflower Oil, Onion Powder, Garlic Powder, Black Pepper, CELERY Antioxidants (E301, E304, E307), Rapeseed Oil, Spice Extracts, Colour (E120), Herb Extracts], Glaze [Water, Modified Starch (Potato, Tapioca), Rapeseed Oil, MILK Proteins, Emulsifiers (SOYA Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], Pea Starch, Salt. Wheat Flour contains Calcium carbonate, Iron, Niacin, Thiamin, Potato (96.6%), SG palm oil (3.2%), dextrose. Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.
French Bread Pizza	WHEAT Flour (with Calcium Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (E300), Tomatoes (90%), Tomato Paste (6%), Sunflower Oil, Salt, Sugar, Garlic Purée, Acidity Regulator: Citric Acid, Dried Oregano, Chilli flavouring, White Pepper Powder, Cheddar Cheese (MILK , annatto, corn starch).
Chocolate Flavoured Doughnut Ring	WHEAT FLOUR (WHEAT FLOUR , Calcium carbonate, 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 stearoyl-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).
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