

Allergy Information – Main Menus

Week 1

Minced Beef in Yorkshire Pudding	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG White, Whole EGG , Rapeseed Oil, Water, Skimmed MILK Powder, Salt, Minced Beef, Mixed Vegetables, Potato starch, Maltodextrin, Salt, Colour: Ammonia Caramel; Flavourings, Yeast Extract, Sunflower Oil, Sugar, Stabiliser: Guar Gum; Onion Powder, Black Pepper. Tomatoes (148g per 100g tomato ketchup), vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.
Tomato Pasta Bake	Durum WHEAT semolina, tomatoes, tomato paste, modified maize starch, sugar, onion, olive oil, basil, salt, acidity regulator (citric acid), herbs, spices. Cheese (MILK)
Chocolate Sponge & Custard	WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), Fat-reduced Cocoa Powder, Dried EGG , Raising Agents (E450, E500, E501), Skimmed MILK Powder, Dried Glucose Syrup, SOYA Flour, Emulsifiers (E470a, E471, E472b, E472e, E477, E482), MILK Protein, Stabiliser (E466). MILK , Maize Starch, Colour (Annatto), Flavouring. Sugar, Cocoa Powder.
Chicken Escalope	Chicken Breast Fillet (54%), WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Breadcrumbs (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Maize Flour, WHEAT Starch, Raising Agents (E450, E500ii), Buttermilk (MILK) Powder (1%), Modified Maize Starch, Salt, Skimmed MILK Powder, WHEAT Gluten, Flavouring (MILK), Sugar, Thyme, Yeast, Citric Acid, Garlic Powder, Oregano, Rosemary (0.065%), Onion Powder, White Pepper, Flour Treatment Agent (E300), Stabiliser (Sodium Diphosphate(E450)).
Vegetable Pizza	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacina and Thiamin), Water, Yeast, Rapeseed Oil, Salt Roasted Vegetables (onion, peppers, MUSHROOM , mixed herbs), cheddar cheese (MILK), Colour: Annatto Norbixin, Anti-caking Agent: Potato Starch. Tomatoes (90%), Tomato Paste (6%), Sunflower Oil, Salt, Sugar, Garlic Purée, Acidity Regulator: Citric Acid, Dried Oregano, Chilli flavouring, White Pepper Powder.

Spicy Tortilla Bake	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Raising Agents (E500, E450, E296), Salt. Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavours. Chilli powder, cumin, onions, garlic, cheddar cheese (MILK), tomatoes (77%), Tomato Paste (11%), Modified Maize Starch, Sugar, Onion, Olive Oil (1.8%), Basil (1.4%), Salt, Herb, Acid (Citric Acid), Spices.
Lemon Sponge & Custard	WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dextrose, Dried Whole EGG Powder, Emulsifier (Glucose Syrup E472b, E477, SOYA Flour), Skimmed MILK Powder, Raising Agent (E500), Leavening Agent (E450 (vii), E341 (i)), Whey Powder MILK , Acid Casein (MILK), Sodium Carbinatate, Disodium Phosphate, Dried EGG Powder, Raising Agent (E450(i), E526, E341), Thickener (Xanthan Gum), Sugar, Glucose-Fructose Syrup, Water, Palm Oil, Cornflour, Whole Dried EGG , Concentrated Lemon Juice (0.6%), Gelling Agent: Pectin, Acid: Citric Acid, Salt, Lemon Oil, Acidity Regulator: Sodium Citrates, Colour: Beta-Carotene, Antioxidant: Ascorbic Acid. MILK , Maize Starch, Colour (Annatto), Flavouring.
Chicken Tikka Masala	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).
Quorn Meatballs in Tomato Sauce	Mycoprotein (40%), Textured WHEAT Protein (WHEAT Flour, Colour: Plain Caramel; Stabiliser: Sodium Alginate), Onion, Rehydrated Free Range EGG White, Natural Flavours (contains BARLEY), Rice Starch, Firming Agents: Calcium Acetate, Calcium Chloride; Natural Caramelised Sugar. 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)
Apple Pie & Custard	WHEAT , Butter (MILK) Phase (Vegetable oils in varying proportions (75%)(rapeseed, palm, sunflower), water, salt (1.5%), emulsifier (mono- diglycerides of fatty acids), citric acid, colour (carotenes), vitamin A and D, flavourings) Custard Powder(Maize Starch, Colour (Annatto), Flavouring) MILK , Sugar.

Fish, Chips & Peas

Pollock (50%) (**FISH**), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Maize Starch, **WHEAT** Starch, Raising Agents (Diphosphates, Sodium Bicarbonate, Ammonium Carbonate), Yeast Extract, Stabiliser (Xanthan Gum), Dextrose, yeast, Sunflower oil, Sunflower lecithin, Potatoes, Vegetable oils (rapeseed, sunflower, in varying proportions), Salt. Re-hydrated Marrowfat Peas (99%), Bicarbonate of Soda.

Vegetable Pizza	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin and Thiamin), Water, Yeast, Rapeseed Oil, Salt Roasted Vegetables (onion, peppers, MUSHROOM , mixed herbs), cheddar cheese (MILK), Colour: Annatto Norbixin, Anti-caking Agent: Potato Starch. Tomatoes (90%), Tomato Paste (6%). Sunflower Oil, Salt, Sugar, Garlic Purée, Acidity Regulator: Citric Acid, Dried Oregano, Chilli flavouring, White Pepper Powder.
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 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).