

Allergy Information – Main Menus

Week 4

Chilli & Rice	Minced beef (100%), Onions, Tomatoes, Cumin, Paprika, Chilli powder, salt, pepper, Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings, rice, Nachos(Corn flour (79%), sunflower oil, salt) cheddar cheese (MILK), Colour: Annatto Norbixin, Anti-caking Agent: Potato Starch).
Vegetable Burritos	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Raising Agents (E500, E450, E296), Salt. Quorn pieces (Mycoprotein (95%), Rehydrated Free Range EGG White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate) Sun Ripened Chopped Tomato (48.5%), Tomato Puree (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herbs and Spices (Garlic, Basil, Oregano, Black Pepper). cheddar cheese (MILK), Colour: Annatto Norbixin, Anti-caking Agent: Potato Starch).Chilli powder, cumin, paprika.
All Day Breakfast	Bacon (Pork (87%); Water; Salt; Antioxidant (Sodium Ascorbate); Preservatives (Sodium Nitrite; Potassium Nitrate). Sausage (Pork (43%), Water, Rusk [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt], Pork Rind, Salt, Herbs (Parsley, Sage), Pork Fat, Herb (Sage), Dextrose, Spices (Black Pepper, Nutmeg), Stabiliser (Diphosphates), Preservative (Sodium METABISULPHITE), Antioxidants (Citric Acid, Disodium Citrate), Herb Extracts (Marjoram, Sage). Beef Collagen Casings (Collagen, Water, Cellulose). Hash Brown,(Potatoes, sunflower oil, salt, onion powder, stabiliser (E450), white pepper), MUSHROOMS , Tomato, Beans (Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings).
Roast Turkey Dinner	Turkey (100%), Vegetables, Mashed Potato (Potato (95%), rapeseed oil, SG palm oil, salt, emulsifier: E471, white pepper,flavour), 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.
Mince Quorn Pie	Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free BARLEY Malt Extract WHEAT Flour, Margarine (Vegetable oils in varying proportions (75%)(rapeseed, palm,

	sunflower), water, salt (1.5%), emulsifier (mono- diglycerides of fattyacids), citric acid, colour (carotenes), vitamin A and D, flavourings).salt, pepper, Onions, Potato starch, Maltodextrin, Salt, Colour: Ammonia Caramel; Flavourings, Yeast Extract, Sunflower Oil, Sugar, Stabiliser: Guar Gum; Onion Powder, Black Pepper.
Chicken Korma	Chicken Breast (100%), Water, Tomatoes (24%), Rapeseed Oil, Yogurt (5%) (MILK), Sugar, Creamed Coconut (4%), Onion Purée, Concentrated White Grape Juice, Desiccated Coconut (2%), Spices, Onion, Modified Maize Starch, Double Cream (1%) (MILK), MILK Proteins, Salt, Concentrated Lemon Juice, EGG Yolk Powder, Coriander, Ginger Purée, Garlic Powder, Ground Turmeric, Acidity Regulator (Lactic Acid), Ground Coriander, MUSTARD Seeds, Flavourings, Colours (Carotenes, Paprika Extract), Rice, WHEAT Flour (Fortified with Calcium, Iron, Thiamin, Niacin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds (0.5%), Dextrose.
Vegetable Quiche	WHEAT Flour, Vegetable oils in varying proportions (75%)(rapeseed, palm, sunflower), water, salt (1.5%), emulsifier (mono- diglycerides of fattyacids), citric acid, colour (carotenes), vitamin A and D, flavourings, EGG , Semi Skimmed MILK , Salt, Pepper, Tomato, Cheddar Cheese (MILK), Colour: Annatto Norbixin, Anti-caking Agent: Potato Starch.
Sausage, Chips & Peas	Pork (43%), Water, Rusk [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt], Pork Rind, Salt, Herbs (Parsley, Sage), Pork Fat, Herb (Sage), Dextrose, Spices (Black Pepper, Nutmeg), Stabiliser (Diphosphates), Preservative (Sodium METABISULPHITE), Antioxidants (Citric Acid, Disodium Citrate), Herb Extracts (Marjoram, Sage). Beef Collagen Casings (Collagen, Water, Cellulose), Potato (96.6%), SG palm oil (3.2%), dextrose, Re-hydrated Marrowfat Peas (99%), Bicarbonate of Soda.
Cheese & Onion Pasty	WHEAT Flour (Contains Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Lemon Juice, Acidity Regulator (E330)], Cheddar Cheese (MILK) (13%), Potatoes, Onions (3%), Glaze [Water, Modified Starch, Rapeseed Oil, MILK Protein, Emulsifiers (SOYA Lecithin, E471), Acidity Regulator (E339(ii)), Colour (E160a)], Modified Maize Starch, Cheese Powder [Cheese (MILK), Salt], Rehydrated Potato Flake, Salt, Dijon Mustard [Water, MUSTARD Seeds, Spirit Vinegar, Salt], Yeast Extract, Stabiliser (E464), Onion Powder, White Pepper.
Chocolate Cornflake Bun	Maize, Sugar, BARLEY Malt Flavouring, Salt, Niacin, Iron, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12, Sugar, vegetable oil (palm), whey powder (MILK), WHEAT flour (with calcium, iron, thiamin (B1), niacin (B3)), fat reduced cocoa powder (6%), emulsifiers (SOYA lecithins, polyglycerol polyricinoleate), flavouring.

Iced Sponge & Custard	Icing sugar, Sponge Mix (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 Stearoly-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). Semi Skimmed MILK , Maize Starch, Colour (Annatto), Flavouring.

Strawberry Mousse	Skimmed MILK powder, sugar, dried glucose syrup, modified starch, palm oil, emulsifiers (mono- and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids, mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids), MILK proteins, gelling agents (diphosphates, sodium phosphates), calcium carbonate, flavourings, colours (beetroot red, carotenes), stabiliser (potassium phosphates). MILK
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 stearoyl-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 stearoyl-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).