

## Allergy Information – Main Menus

### Week 3

<b>Sausage &amp; Yorkshire Pudding</b>	Sausage (Pork 65%, Water, <b>RUSK (WHEAT)</b> , Raising agent: Ammonium Carbonate, Salt, Spices, Preservative: Sodium <b>SULPHITE</b> , Stabiliser: Diphosphate, Yeast, Antioxidant Ascorbic acid, Natural flavourings, Spice Extracts, natural colour: Carmine, herb Extract. Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), <b>EGG</b> White, Whole <b>EGG</b> Rapeseed Oil, Water, Skimmed <b>MILK</b> Powder, Salt, Potato starch, Maltodextrin, Salt, Colour: Ammonia Caramel; Flavourings, Yeast Extract, Sunflower Oil, Sugar, Stabiliser: Guar Gum; Onion Powder, Black Pepper.
<b>Vegetable Chilli</b>	Quorn Mince (Mycoprotein (88%), Rehydrated Free Range <b>EGG</b> White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free <b>BARLEY</b> 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.
<b>Pasta Bolognese</b>	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 <b>WHEAT</b> semolina.)
<b>Quorn &amp; Vegetable Wrap</b>	Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> 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, <b>WHEAT GLUTEN</b> Firming Agents: Calcium Chloride, Calcium Acetate; Roasted <b>BARLEY</b> 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, <b>MUSHROOMS</b> .
<b>Fruit Crumble</b>	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. <b>FLOUR</b> , Butter ( <b>MILK</b> ) Sugar, Custard ( <b>MILK</b> ) (Maize Starch, Colour (Annatto), Flavouring).



<b>Roast Pork Dinner</b>	Pork Loin, (100%), Potato (91%), Whole <b>MILK</b> (7%), Unsalted Butter ( <b>MILK</b> ) (2%), Salt, Pepper. Carrot, Broccoli, <b>WHEAT</b> 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), <b>BARLEY</b> Malt Extract, Potato starch, Maltodextrin, Salt, Colour: Ammonia Caramel; Flavourings, Yeast Extract, Sunflower Oil, Sugar, Stabiliser: Guar Gum; Onion Powder, Black Pepper.
<b>Quorn Cheeseburger</b>	Mycoprotein (44%), Rehydrated Free Range EGG White, Textured <b>WHEAT</b> Protein [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Chloride, Iron, Niacin & Thiamine), Colour: Plain Caramel; Stabiliser: Sodium Alginate], Onion, <b>MILK</b> Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate; Roasted <b>BARLEY</b> Malt Extract. Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Water, <b>SESAME</b> Seeds, Sugar, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers: E471, E472(e); Flour Treatment Agents: E300, E920, Cheese (70%) ( <b>MILK</b> ) (Contains Acidity Regulator: Citric Acid, Lactic Acid), Palm Oil, Water, Emulsifying Salt (Trisodium citrate), Natural Cheese Flavouring ( <b>MILK</b> ), Preservative (Sorbic acid), Colours (Beta-carotene, Paprika Extract), Anti-caking agent (Sunflower Lecithin).
<b>Chicken &amp; Sweet Chilli Sauce</b>	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.
<b>Quorn Nuggets &amp; Sweet Chilli Sauce</b>	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.

<b>Burger, Chips &amp; Peas</b>	Beef Burger 100% (beef, onion, salt, pepper) Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin and Thiamin), Water, <b>SESAME</b> 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.
<b>Quorn Fillets in Tomato Sauce</b>	Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, <b>WHEAT</b> 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 ( <b>MILK</b> Annatto, Potato starch)
<b>Chocolate Flavoured Doughnut Ring</b>	Niacin, Iron, Thiamine), Chocolate flavour coating (17%) (Sugar, Vegetable fats (Coconut, Palm), Fat reduced cocoa powder, Corn flour, Emulsifier ( <b>SOYA LECITHIN</b> ), 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), <b>SKIMMED MILK POWDER</b> , Salt, <b>SOY FLOUR</b> , Flour treatment agent (Ascorbic acid).
<b>Strawberry Flavoured Doughnut Ring</b>	<b>WHEAT FLOUR</b> ( <b>WHEAT FLOUR</b> , 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, <b>SOYA LECITHIN</b> ), Raising agent (Potassium carbonates, Diphosphates, Calcium phosphates), <b>SKIMMED MILK POWDER</b> , Corn flour, Salt, Colour (Beetroot Red, Curcumin), <b>SOY FLOUR</b> , Flavouring, Flour treatment agent (Ascorbic acid).
<b>White Doughnut Ring</b>	<b>WHEAT FLOUR</b> ( <b>WHEAT FLOUR</b> , 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, <b>SOYA LECITHIN</b> ), Raising agent (Potassium carbonates, Diphosphates, Calcium phosphates), <b>SKIMMED MILK POWDER</b> , Acidity regulator (Calcium carbonate), Corn flour, Salt, <b>SOY FLOUR</b> , Enzymes, Flavouring, Flour treatment agent (Ascorbic acid).