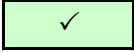






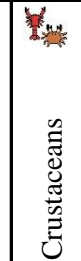


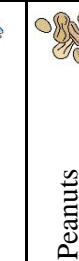

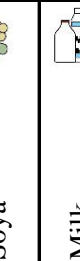
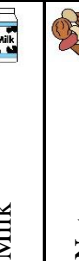

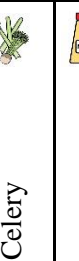
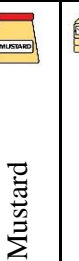




















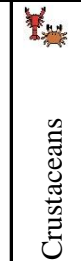


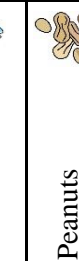

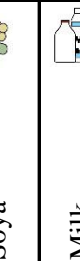
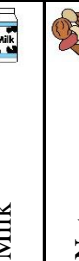

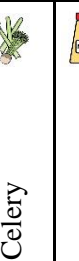
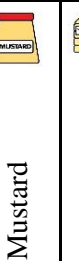




















Low potassium evening menu - Allergen Information



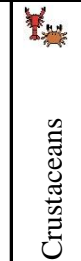


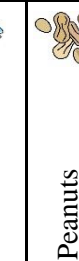

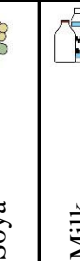
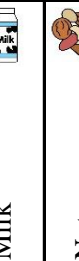

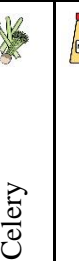
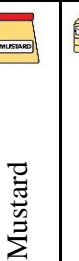



Key																
	Suitable for a vegan diet		Does Not contain allergen													May Contain this allergen
	Not suitable for a vegan diet		Contains allergen													
At Leeds Teaching Hospitals Trust, we make every effort to ensure that clear and accurate allergen information is available to you, as required under the Food Information for Consumers regulations, concerning the 14 major allergens (Cereal, Crustaceans, Eggs, Fish, Peanuts, Soya, Milk, Nuts, Celery, Mustard, Sesame Seeds, Sulphur Dioxide, Lupin & Molluscs). Should you require information with regards to the specific ingredients of a dish, or allergens other than those listed, please discuss with a member of staff so that you can make an informed choice.																
Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Apple	✓															
Ingredients: apple																
Apple crumble	✓															
Ingredients: Bramley apple, water, sugar, wheat flour (with calcium, iron, niacin, thiamin), Bramley apple puree, vegetable oils (palm, rapeseed), oats, cornflour, cane molasses.																
Apricot crumble	✓															
Ingredients: apricot, sugar, wheat flour (with calcium, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), oats, modified starch, cane molasses.																
Baked beans	✓															
Ingredients: Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract																
Baked Chicken & Vegetable Pie	×															
Ingredients: Cooked chicken, water, wheat flour (with calcium, iron niacin, thiamin), vegetable oils (palm & rapeseed & sun flower), Carrot, swede, onion, parsnip, cornflour, salt, yeast extract, caramelised sugar, starch, concentrated carrot juice, onion powder, dextrin, sugar, natural flavourings, concentrated onion juice, chicken stock, dark brown sugar, dried onion, rice flour, tomato concentrate, pepper, dextrose, colours (carotin, paprika extract)																

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Baked vegetable pie	x														
Ingredients: wheat flour (with calcium, iron, niacin, thiamin), water, sweet potato, vegetarian cheese (milk), vegetable oils (palm, rapeseed), green beans, peas, potato, cauliflower, cream (milk), onion, skimmed milk powder , cornflour, butter (milk), starch, chives, natural flavouring, dextrin, salt, mustard powder , ground nutmeg, pepper, dextrose, colours (carotenes, paprika extract).															
Bakewell tart	x														
Ingredients: wheat flour (with calcium, iron, niacin, thiamin), water, sugar, vegetable oils (rapeseed, palm), glucose-fructose syrup, stabiliser blend [sucrose, egg powder , wheat starch , starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], raspberry puree, plum puree, apple puree, dried potato, natural flavourings, acidity regulators (citric acid, trisodium citrate), elderberry concentrate, colour (anthocyanins), gelling agent (pectin).															
Banana	✓														
Ingredients: banana															
Beef lasagne	x														
Ingredients: water, beef, Cheddar cheese (milk), durum wheat semolina , vegetable oils (rapeseed, sunflower), cornflour, tomato, milk proteins, carrot, onion, tomato puree, salt, starch, stabiliser (cellulose), garlic, fructose, yeast extract, natural flavourings, pepper, caramelised sugar, dried oregano, dried thyme, sugar, dried onion, ground paprika, beef extract.															
Boiled rice	✓														
Ingredients: Water, Rice															
Bread and butter pudding	x														
Ingredients: water, glucose-fructose syrup, bread (wheat flour (with calcium, iron, niacin, thiamin), water, yeast, salt, soya flour , preservative (calcium propionate), emulsifiers (mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid)), sultanas, dried milk, sugar, orange pulp, dried egg powder , butter (milk), currants, modified starch, acidity regulators (trisodium citrate, citric acid), thickener (pectin), ground cinnamon, sunflower oil, ground nutmeg, natural flavouring.															
Bread roll	x														
Ingredients: Wheat flour (with calcium,iron,niacin,thiamin), water, yeast, salt, acidity regulator E170, emulsifiers (E471, E472e, E481) flour treatment agent E300,rapeseed oil, preservative:E282, enzyme.															

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs	
Breaded fish	×															
Ingredients: MSC Haddock (FISH), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast.																
Broccoli	✓															
Ingredients: broccoli																
Cheddar cheese and coleslaw salad	×															
Ingredients: (Cheese) MILK , pasteurised cow's milk , salt, starter culture, non animal rennet. (Salad) iceberg lettuce, Lollo Rosso lettuce, tomatoes, cucumber, shredded carrot (Coleslaw) Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar whole EGG Powder, Salt, Stabiliser (Xanthan Gum), MUSTARD flour, Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Carrot, Onion																
Cheddar cheese and crackers	×															
Ingredients: cheese (MILK), pasteurised cow's milk , salt, starter culture, non animal rennet. Margarine: vegetable oils (sunflower oil, palm oil), water, salt, emulsifier (mono and di-glycerides of fatty acids) preservative (potassium sorbate), vitamin E, citric acid, flavouring, colour (beta carotene), vitamin A and vitamin D. Crackers: WHEAT flour, vegetable fat (palm fat), yeast, salt, raising agent (sodium bicarbonate).																
Cheese omelette	×															
Ingredients: EGG , MILK , Cheese (MILK) , EGG White, Rapeseed Oil, Thickener (Xanthan Gum), Salt, White Pepper.																
Chicken and vegetable casserole	×															
Ingredients: cooked chicken, water, carrot, swede, chestnut mushroom , onion, tomato puree, cornflour, vegetable oils (rapeseed, sunflower), garlic, salt, cranberries, sugar, starch, roast chicken carcass, caramelised sugar, mushroom powder, rosemary, thyme, ground bay leaf, pepper, yeast extract, carrot juice concentrate, leek juice concentrate.																
Chicken curry	×															
Ingredients: cooked chicken, water, onion, tomato, tomato puree, apple, cornflour, mango chutney [sugar, mango, salt, vinegar, spices (paprika, chilli), thickener (pectin)], sultanas, peppers, vegetable oils (rapeseed, sunflower), ground spices (cumin, turmeric, coriander, pepper, mustard , fenugreek, ginger, clove, fennel), sugar, salt, starch, lemon juice from concentrate, garlic, ginger, caramelised sugar, garlic powder.																
Custard	×															
Ingredients: Sugar, Whey Powder (MILK), modified maize starch, palm oil, palm fat, MILK proteins, anti-caking agent (silicon dioxide), flavouring, colour (annatto norbixin)																

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs	
Egg mayonnaise on white	×															
Ingredients: EGGS , Extra Thick Mayonnaise (Rapeseed Oil, Water, Pasteurised Whole EGG , Spirit Vinegar, Liquid Sugar (Sugar, Water), Salt, Stabilisers (E412, E415), MUSTARD Flour, Preservative (E202)), Pepper (White). WHEAT Flour [with added Calcium Carbonate, Niacin, Iron, Thiamin], Water, Salt, Yeast, Spirit Vinegar, WHEAT Protein, Emulsifiers [E471, E472(e)], Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, WHEAT Flour ,																
Egg mayonnaise on wholemeal	×															
Ingredients: EGGS , Extra Thick Mayonnaise (Rapeseed Oil, Water, Pasteurised Whole EGG , Spirit Vinegar, Liquid Sugar (Sugar, Water), Salt, Stabilisers (E412, E415), MUSTARD Flour, Preservative (E202)), Pepper (White). Wholemeal WHEAT Flour, Water, WHEAT Protein, Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, WHEAT Flour.																
Garden peas	✓															
Ingredients: peas																
Green beans	✓															
Ingredients: green beans																
Ham on white	×															
Ingredients: Pork, Water, Cure (Modified Starch, Salt, Stabiliser (E451), Antioxidant (E301), Preservative (E250), Salt, Preservatives (E325, E262). WHEAT Flour [with added Calcium Carbonate, Niacin, Iron, Thiamin], Water, Salt, Yeast, Spirit Vinegar, WHEAT Protein, Emulsifiers [E471, E472(e)], Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, WHEAT Flour. Spread - Plant Oils (Sunflower Oil, rapeseed, Palm, linseed), Water, Salt, plant based emulsifer (sunflower lecithin), vnegar, natural flavourings, vitamin A																
Ham on wholemeal	×															
Ingredients:Pork, Water, Cure (Modified Starch, Salt, Stabiliser (E451), Antioxidant (E301), Preservative (E250), Salt, Preservatives (E325, E262). Spread - Plant Oils (Sunflower Oil, rapeseed, Palm, linseed), Water, Salt, plant based emulsifer (sunflower lecithin), vnegar, natural flavourings, vitamin A. Wholemeal WHEAT Flour, Water, WHEAT Protein, Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, WHEAT Flour.																

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs	
Jam sponge	×															
Ingredients: glucose-fructose syrup, sugar, water, wheat flour (with calcium, iron, niacin, thiamin), rapeseed oil, stabiliser blend (sucrose, egg powder , wheat starch , starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)), raspberry puree, plum puree, apple puree, acidity regulators (citric acid, trisodium citrate), natural flavourings, elderberry concentrate, colour (anthocyanins), gelling agent (pectin).																
Lemon flavour sponge	×															
Ingredients: water, sugar, wheat flour (with calcium, iron, niacin, thiamin), rapeseed oil, stabiliser blend (sucrose, egg powder , wheat starch , starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)), cornflour, lemon juice concentrate (contains sulphites), natural Sicilian lemon flavouring, acidity regulator (citric acid), natural flavouring, colour (lutein).																
Macaroni cheese	×															
Ingredients: water, durum wheat semolina , vegetarian Regato cheese (milk), vegetarian Cheddar cheese (milk), skimmed milk powder , modified starch, palm oil, butter (milk), starch, salt, pepper, ground nutmeg.																
Mandarins in juice	✓															
Ingredients :Mandarin, Apple Juice from Concentrate, Citric Acid, Ascorbic Acid																
Mashed potato	×															
Ingredients: Potato, Milk , Butter (Milk), Salt, White Pepper																
Mushy peas	✓															
Ingredients: Rehydrated Processed Peas, Water, Sugar, Salt, Colours (Carotens E160a- Chlorophyllin E141)																
Orange	✓															
Ingredients: orange																
Pineapple in juice	✓															
Ingredients: Pineapple, Mixed Fruit Juice from Concentrate (Apple, Pineapple), Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)																
Rice pudding	×															
Ingredients: Skimmed MILK , Rice, Sugar, Acidity Regulator:Sodium Carbonates.																
Sliced carrots	✓															
Ingredients: carrots																

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Roast chicken Breast in gravy	×														
Ingredients: Water, steamed roast chicken breasts, corn flour, rapeseed oil, tomatoes puree, salt, natural flavouring, roast chicken carcass, caramelised sugar, sugar, yeast extract, carrot juice concentrate, leek juice concentrate															
Roast Pork in Gravy	×														
Ingredients: water, roast formed pork, cornflour, rapeseed oil, tomato puree, salt, natural flavouring, dextrose, roast chicken carcass, caramelised sugar, stabiliser (triphosphates), sugar, yeast extract, carrot juice concentrate, leek juice concentrate.															
Spring cabbage	✓														
Ingredients: shredded cabbage															
Sweetcorn	✓														
Ingredients: sweetcorn															
Syrup sponge	×														
Ingredients: partially inverted sugar syrup, water, wheat flour (with calcium, iron, niacin, thiamin), rapeseed oil, sugar, stabiliser blend [sucrose, egg powder , wheat starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], natural flavouring.															
Thick & Creamy Yogurt (all flavours)	×														
Ingredients: Strawberry Yoghurt (MILK). Water, Sugar, Modified Maize Starch, Flavourings, Caramel, Acidity Regulator, Citric Acid. Ingredients for toffee: Yogurt (MILK). Water, Sugar, Modified Maize Starch, Flavourings, Caramel, Acidity Regulator, Citric Acid															
Tuna mayonnaise and coleslaw salad	×														
Ingredients: (tuna mayonnaise) Tuna (FISH) , Extra Thick Mayonnaise (Rapeseed Oil, Water, Pasteurised Whole EGG , Spirit Vinegar, Liquid Sugar (Sugar, Water), Salt, Stabilisers (E412, E415), MUSTARD Flour , Preservative (E202)). Coleslaw - Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, whole EGG Powder , Salt, Stabiliser (Xanthan Gum), MUSTARD flour , Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Carrot, Onion. Salad - Iceberg Lettuce, Lollo Rosso Lettuce, Raddicio Lettuce, Tomatoes, Cucumber, Shredded Carrot															
Tuna pasta bake	×														
Ingredients: water, tomato, durum wheat semolina, tuna (fish), vegetable oils (rapeseed, palm, sunflower), onion, cornflour, skimmed milk powder , cheese (milk), tomato puree, salt, sugar, basil, garlic, pea protein, pepper, starch, yeast extract, dried onion, dried leek, dried carrot, dried tomato, ground turmeric, dried thyme, ground bay leaf.															