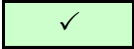






Ketogenic Menu - Allergen Information

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 Juice Ingredients: Apple Concentrate, Water	✓														
Broccoli Ingredients: Broccoli	✓														
Butter Portion Ingredients: Butter (Milk), Rapeseed Oil, Water, Lactic Acid culture, Salt	✗														
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
Cheddar Cheese	×														
Ingredients: Cheddar cheese - Cheddar Cheese (MILK) Pasteurised Cows MILK , Salt (contains anticaking agent E535), Non Animal Rennet (sodium benzoate free), starter culture, Anti-caking Agent(Potato Starch)															
Chicken Breast	×														
Ingredients: Chicken, Salt															
Cucumber & Lettuce	✓														
Ingredients: cucumber and lettuce															
Double Cream	×														
Ingredients: Cream (Milk)															
Heniz Mayonnaise	×														
Ingredients: Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised Egg Yolks, Sugar, Salt, Stabilisers (Xanthan Gum, Guar Gum), Mustard Seeds, Antioxidant (Calcium Disodium EDTA), Spice															
Mandarins in Juice	✓														
Ingredients :Mandarin, Apple Juice from Concentrate, Citric Acid, Ascorbic Acid															
Orange Juice	✓														
Ingredients: Orange Concentrate, Water															
Peach & Pear in Juice	✓														
Ingredients: Apple Juice from Concentrate, Peach, Pear, Acidity Regulator (Citric Acid), antioxidant (Ascorbic Acid)															
Philadelphia	×														
Ingredients: Full fat soft cheese (pasteurised MILK), Salt, Stabiliser (Locust Bean Gum), Acid (Citric Acid)															
Pineapple in Juice	✓														
Ingredients: Pineapple, Mixed Fruit Juice from Concentrate (Apple, Pineapple), Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)															
Plain Ham	×														
Ingredients: Pork, Water, Cure (Modified Starch, Salt, Stabiliser (E451), Antioxidant (E301), Preservative (E250), Salt, Preservatives (E325, E262).															

Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Plain White Fish	×															
Ingredients: Hoki, Water																
Roast Beef in Gravy	×															
Ingredients: water, steam roasted beef, cornflour, onion, modified starch, salt, dextrose, rapeseed oil, stabilisers (triphosphates, polyphosphates), tomato puree, caramelised sugar, yeast extract, natural flavourings, sugar, dried onion, pepper, beef extract.																
Roast Lamb in Gravy	×															
Ingredients: water, roast lamb, cornflour, vegetable oils (rapeseed, sunflower), salt, sugar, yeast extract, natural flavouring, caramelised sugar, lamb stock, stabiliser (triphosphates), pepper.																
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.																
Salad Sticks	✓															
Ingredients: Cucumber, Carrots, Celery, Yellow Peppers, Red Peppers, Cherry Tomatoes																
Sugar Free Jelly- Orange Hartleys	×															
Ingredients: Water, Gelling Agents: Locust Bean Gum; Xanthan Gum; Gellan Gum, Acid: Citric Acid, Acidity Regulator: Potassium Citrate, Flavouring, Sweeteners: Aspartame; Acesulfame K. Antioxidant (Ascorbic Acid), colours (carmine, beta carotene. Contains a source of phenylalanine.																
Sunflower Margarine	×															
Ingredients: Vegetable Oils (Sunflower Oil, Palm Oil), Water, Salt, Emulsifer (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Vitamin E, Citric Acid, Flavouring, Colour (Beta-Carotene), Vitamin A, Vitamin D																
Tomatoes (raw)	✓															
Ingredients: tomatoes																
Tuna in Brine	×															
Ingredients: Tuna chunks (FISH), Water, salt																