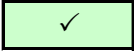





















Vegan Menu - Allergen Information

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 Juice	✓														
Ingredients: Apple Concentrate, Water															
Baked Beans on Toast	✓														
Please note this is not vegan if gluten free bread is used. Ingredients: Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract. 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. 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.															
Black Eye Beans with Mixed Veg & Basmati Rice	✓														

Ingredients Plain Rice, Water, Basmati Rice, Salt. Black Eye Beans Crushed Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Dried Black Eye Beans, Onions, Rapeseed Oil, Garlic Puree, Ginger Puree, Coriander, Salt, Coriander Leaves, Chilli Powder, Tumeric. Mixed Veg, Crushed Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Potatoes, Onions, Ginger Puree, Cauliflower, Peas, Green Beans, Carrots, Rapeseed Oil, Garlic Puree, Coriander, Salt, Coriander Leaves, Chilli Powder, Tumeric.															
Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Hot Falafel and Houmous Salad	✓														
Ingredients: Rehydrated Chickpeas (Water, Chickpeas), Water, Onion, Rapeseed Oil, Potato Flake (Dried Potato, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)), Garlic Puree (Water, Garlic), Salt, Raising Agent (Sodium Bicarbonate), Cumin Powder, Coriander Powder, Concentrated Lemon Juice, Parsley, White Pepper. Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, Water, SESAME Seed Paste, Salt, Garlic Powder, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate). Iceberg Lettuce, Lollo Rosso Lettuce, Raddicio Lettuce, Tomatoes, Cucumber, Shredded Carrot															
Hummous Sandwich	✓														
Ingredients: Humous: Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, Water, SESAME Seed Paste, Salt, Garlic Powder, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate). Bread: 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															
Jacket Potato with Baked Beans, Beetroot Salad and Side Salad	✓														
Ingredients: potato, Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract. Beetroot, Sweet & Sour Sauce (Sugar, Water, Spirit Vinegar, Rapeseed Oil, Thickener (E415), Salt, Preservative (E202), Paprika Extract), Carrot, Onion. Iceberg Lettuce, Lollo Rosso Lettuce, Raddicio Lettuce, Tomatoes, Cucumber, Shredded Carrot															
Mandarins in Juice	✓														
Ingredients: Mandarin, Apple Juice from Concentrate, Citric Acid, Ascorbic Acid															
Okra Masala with Toor Dal & Basmati Rice	✓														
Ingredients: Plain Rice, Water, Basmati Rice, Salt. Okra Masala, Crushed Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Onions, Okra, Rapeseed Oil, Garlic Puree, Ginger Puree, Coriander, Garam Masala (Black Pepper, Coriander, Cumin, Ginger, Cinnamon, Cloves, Fennel, Nutmeg , Star Aniseed), Paprika, Salt, Coriander Leaves, Chilli Powder, Tumeric. Toor Dal, Water, Toor Dal, Rapeseed Oil, Garlic Puree, Garam Masala (Black Pepper, Coriander, Cumin, Ginger, Cinnamon, Cloves, Fennel, Nutmeg, Star Aniseed), Paprika, Chilli Powder, Salt, Tumeric Powder.															

Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Orange Juice	✓														
Ingredients: Orange Concentrate, Water															
Peach & Pear in Juice	✓														
Ingredients: Apple Juice from Concentrate, Peach, Pear, Acidity Regulator (Citric Acid), antioxidant (Ascorbic Acid)															
Pineapple in Juice	✓														
Ingredients: Pineapple, Mixed Fruit Juice from Concentrate (Apple, Pineapple), Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)															
Provencale Vegetable Bake	✓														
Ingredients potato, courgette, haricot beans, water, green beans, peas, tomato, peppers, broccoli, tomato puree, vegetable oils (rapeseed, palm, sunflower), cornflour, dextrose, white wine vinegar, sugar, salt, yeast extract, dried carrot, basil, natural flavouring, dried tomato, pepper, dried oregano, ground turmeric, cane molasses, dried thyme, ground bay leaf.															
Ratatouille with Rice & Peas	✓														
Ingredients: Pea, cooked rice (water, rice, rapeseed oil, salt), onion, water, courgette, aubergine, tomato, pepper, rapeseed oil, salt, garlic, modified maize starch.															
Spicy Bean Casserole	✓														
Ingredients: Potato, tomato, harricot beans, water, broccoli, peas, sweatcorn, peppers, borlotti, butter beans, sultanas, vegetable oils (rapeseed & sunflower), corn flour, sugar, tomato puree, ground cumin, yeast extract, ground corriander, dried carrot, ginger, dried tomato, ground tumeric, salt, carriander leaf, ground cinamon, chilli powder, mint, dextrose, cane mollases, ground nutmeg, pepper, dried thyme, ground bayleaf															
Stewed Apple & Cinnamon	✓														
Ingredients Apple (Apple, Water, Citric Acid), Sugar, Cinnamon.															
Vegan Cottage Pie	✓														
Ingredients: Water, puy lentils, sweet potato, sweetcorn, peas, rapeseed oil, onions, CELERY , tomato puree, bay leaf, thyme, modified maize starch, vegetable stock (CELERY), garlic, vitalite (butter alternative) white pepper, potato flakes															