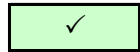


## GvHD Menu - Allergen Information

### 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 |  |
|--|----------------|-------------------|-------------|------|------|---------|------|------|------|--------|---------|--------------|-----------------|-------|----------|--|
| <b>Apple Juice</b>   | ✓              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |  |
| Ingredients: Apple Concentrate, Water  |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |  |
| <b>Baked Fish</b>  | ×              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |  |
| Ingredients: Hoki ( <b>FISH</b> ), Water   |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |  |
| <b>Boiled Rice</b>   | ✓              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |  |
| Ingredients: Water, Rice   |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |  |
| <b>Carrots</b>   | ✓              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |  |
| Ingredients: carrots   |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |  |
| <b>Jacket Potato</b>   | ✓              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |  |
| Ingredients: potato  |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |  |
| <b>Margarine Portion, Sunflower</b>  | ✓              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |  |
| 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. |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |  |

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|---|----------------|-------------------|-------------|------|------|---------|------|------|------|--------|---------|--------------|-----------------|-------|----------|
| <b>Mashed Potato (inside of jacket)</b>   | ✓              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| Ingredients: potato   |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| <b>Peach &amp; Pears in Juice</b>   | ✓              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| Ingredients: Apple Juice from Concentrate, Peach, Pear, Acidity Regulator (Citric Acid), antioxidant (Ascorbic Acid)  |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| <b>Rice cakes (ASDA - lightly salted)</b>   | ✓              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| Ingredients: Rice, Sea Salt   |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| <b>Roast Beef in Gravy</b>  | ✗              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| 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.  |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| <b>Roast Chicken Breast</b>   | ✗              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| Ingredients: Chicken, Salt  |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| <b>Roast Pork in Gravy</b>  | ✗              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| 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.   |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| <b>Soya Milk</b>  | ✓              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| Ingredients: Water, Hulled <b>SOYA</b> beans, apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium (calcium carbonate), sea salt (gellan gum), vitamins (riboflavin (B2), B12, D2).  |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| <b>Soya Yogurt</b>  | ✓              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| Ingredients: Water, Hulled <b>Soya</b> Beans, Sugar, Cherries, Cherry Juice, Glucose Fructose Syrup, Tri Calcium Citrate, Stabiliser (Pectin) Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (anthoyanins), Carrot Concentrate, Modified Maize Starch, Sea Salt, Emulsifier (lecithin) Vitamins (Riboflavin, B12, D2) ( <i>S. thermophilus</i> , <i>L. bulgaricus</i> ), Antioxidants (Tocopherol-rich extract) Water, Hulled <b>Soya</b> Beans, Blueberries Sugar, Glucose Fructose Syrup, Tri Calcium Citrate, Stabiliser (Pectin) Acidity Regulators (Sodium Citrate, Citric Acid), Hibiscus and Carrot Concentrate, Natural Flavouring, Sea Salt, Emulsifier (lecithin) Vitamins (Riboflavin, B12, D2) Cultures ( <i>S. thermophilus</i> , <i>L. bulgaricus</i> ), Antioxidants (Tocopherol-rich extract) |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| <b>Stewed Apple &amp; Cinnamon</b>  | ✓              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| Ingredients: Apple (Apple, Water, Citric Acid), Sugar, Cinnamon.  |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| <b>Sugar Free Jelly- Orange Hartleys</b>  | ✗              |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |
| 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.   |                |                   |             |      |      |         |      |      |      |        |         |              |                 |       |          |

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|---|----------------|--|--|---|---|--|---|---|---|---|--|---|--|--|---|
| <b>Tuna in Brine</b>                                  | ✗              |  |  |   |   |  |   |   |   |   |  |   |  |  |   |
| Ingredients: Tuna ( <b>Fish</b> ) chunks, Water, salt |                |  |  |   |   |  |   |   |   |   |  |   |  |  |   |