

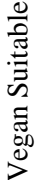














Chyle Leak (MCT) Menu
















	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	✓														
Baked beans Ingredients: Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract	✓														
Banana Ingredients: banana	✓														

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Bovril	×														
Ingredients: Beef Broth [Water, Beef Bones], Yeast Extract [contains Barley, Wheat, Oats, Rye], Salt, Water, Colour (Ammonia Caramel), Corn Starch, Beef Powder, Flavour Enhancers (Disodium Inosinate, Disodium Guanylate), Acid (Lactic Acid), Flavourings (contain Celery)															
Cauliflower & potato curry	✓														
Ingredients: MCT Oil, Onion, Fresh Ginger, Garlic, Ground Tumeric, Ground Cumin, Curry powder, Tomatoes, Cauliflower, Potatoes, Lemon juice															
Chips (MCT)	✓														
Ingredients: Potato, MCT oil															
Fat free cottage cheese	×														
Ingredients: Fat Free Cottage Cheese (Milk) , Salt															
Heinz cup soup - Minestrone	×														
Ingredients: Water, Tomatoes, Vegetables, Carrot, Leek, Onion, Peas, Green Beans, Potato, Red Pepper), Potato Starch, Pasta Rings, Wheat Flour, Salt), Croutons (Wheat Flour (contains Calcium, Iron, Niacin, Thaimin), Palm Oil, Salt, Yeast, Antioxidant- Rosemary Extract), Sugar, Dextrose, Salt, Flavourings (contain Barley, celery), corn starch, Herb, Spices, Glucose syrup, Palm Oil.															
Jacket potato	✓														
Ingredients: potato															
Jelly- Orange Flavour 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.															
Kellogg's Special K Juicy Berry bar	×														
Ingredients: Wholegrain cereals (WHOLEWHEAT , whole OATS, cereal crispies (WHOLEWHEAT flour, rice flour, sugar, malted BARLEY flour, malted WHEAT flour, salt, rapeseed oil, stabiliser {calcium carbonate}, emulsifier { SOY lecithin}), sugar, glucose syrup, corn fibre, fructose, vegetable oils (palm, sunflower, rapeseed) in varying proportions, cranberry fruit pieces (cranberries, sugar, sunflower oil), maize starch, strawberry flavoured apple pieces (dried apple, natural strawberry flavouring with other natural flavourings, colouring food {concentrate of carrot and blackcurrent}, acid {citric}, anti-caking agent{calcium stearate}, sea salt, lemon juice concentrate), humectants(sorbitol, glycerol), dextrose, oligofructose, BARLEY malt extract, calcium carbonate, skimmed MILK powder, MILK whey powder, salt, strawberry juice concentrate, natural flavourings, citric acid, emulsifier(SOY lecithin), niacin, iron, vitamin B6, riboflavin, folic acid, vitamin B12, vitamin D, vanilla extract, antioxidant(tocopherol rich extract). May contain GLUTEN from other cereals															

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Mandarins in natural juice	✓														
Ingredients: Mandarin, Apple Juice from Concentrate, Citric Acid, Ascorbic Acid															
Marshmallows	✗														
Ingredients: Sugar, Glucose Syrup, Water, Maize Starch, Beef Gelatine, Flavourings, Colour (Beetroot Red)															
Mashed potato (inside of jacket)	✓														
Ingredients: potato															
Muller Light Yoghurt	✗							✗							
Ingredients: STRAWBERRY FLAVOUR: Yoghurt (MILK), Strawberries, Water, Modified Maize Starch, Flavourings, Colouring Food: Beetroot Juice Concentrate. Sweetener: Aspartame. Acidity Regulators: Citric Acid, Sodium Citrates. Stabiliser: Pectins. MANGO & PASSIONFRUIT FLAVOUR: Yogurt (MILK), Water, Mango, Passionfruit Juice from Concentrate, Modified Maize Starch, Sweetener: Aspartame. Acidity Regulator: Citric Acid. Stabiliser: Pectins. Flavourings															
Mushy Peas	✓														
Ingredients: Rehydrated Processed Peas, Water, Sugar, Salt, Colours (Carotens E160a- Chlorophyllin E141)															
Orange	✓														
Ingredients: orange															
Orange juice	✓														
Ingredients: Orange Concentrate, Water															
Pasta in tomato sauce	✓	✗													
Ingredients: Durum Wheat Semolina. Onion, MCT Oil, Cornflour, Tinned Tomatoes, Sugar, Salt, Black Pepper															
Peaches & pears in natural juice	✓														
Ingredients: Apple Juice from Concentrate, Peach, Pear, Acidity Regulator (Citric Acid), antioxidant (Ascorbic Acid)															
Pineapple in natural juice	✓														
Ingredients: Pineapple, Mixed Fruit Juice from Concentrate (Apple, Pineapple), Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)															

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Plain boiled rice	✓															
Ingredients: water and rice																
Plain chicken	✗															
Ingredients: Chicken, Salt																
Plain pasta	✓	✗														
Ingredients: Durum wheat Semolina.																
Plain white fish	✗				✗											
Ingredients: Hoki, Water																
Roast potatoes (MCT)	✓															
Ingredients: Potato, MCT oil																
Salad sticks	✓									✗			⚠			
Ingredients: Cucumber, Carrots, Celery, Yellow Peppers, Red Peppers, Cherry Tomatoes																
Savoury rice (MCT)	✓									✗						
Ingredients: Rice, Water, Salt and pepper, Onion, MCT Oil, Knorr Vegetable Stock Cube, Parsley, Mixed Vegetables																
Side salad & tomatoes	✓															
Ingredients: Iceberg Lettuce, Lollo Rosso Lettuce, Raddicio Lettuce, Tomatoes, Cucumber, Shredded Carrot																
Skimmed milk	✗							✗								
Ingredients: Cow's Milk																
Sweet & sour sauce	✓	✗					✗									
Ingredients: brown sugar, malt vinegar, Heinz tomato ketchup, pineapple chunks in juice, Amoy dark or light soy sauce																

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Tomato & onion sauce	✓														
Ingredients: Onion, MCT Oil, Cornflour, Tinned Tomatoes, Sugar, Salt, Black Pepper															
Tuna in Brine	×														
Ingredients: Tuna chunks (FISH), Water, salt															
Wafer thin ham	×														
Ingredients: Pork, Water, Cure (Modified Starch, Salt, Stabiliser (E451), Antioxidant (E301), Preservative (E250), Salt, Preservatives (E325, E262).															
Weight Watchers Danish Malted/ White Bread	×														
Ingredients: Wheat Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Malted Wheat Flakes, Yeast, Coarse Wheat Bran, Wheat Gluten, Cane Molasses, Salt, Emulsifiers: E472e, E471; Soya Flour, Preservative: Calcium Propionate; Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (Vegetarian).															