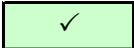





## Low Allergen - Allergen Information

Key			
	Suitable for a vegan diet		Does Not contain allergen
	Not suitable for a vegan diet		Contains allergen
<p>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 &amp; 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.</p>			

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 Beans</b> Ingredients: Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract	✓														
<b>Baked Fish</b> Ingredients: Hoki ( <b>FISH</b> ), Water	✗														
<b>Boiled Rice</b> Ingredients: Water, Rice	✓														
<b>Carrots</b> Ingredients: carrots	✓														

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<b>Garden Peas</b>	✓															
Ingredients: peas																
<b>Mandarins in Juice</b>	✓															
Ingredients: Mandarin, Apple Juice from Concentrate, Citric Acid, Ascorbic Acid																
<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.																
<b>Mashed Potato (inside of jacket)</b>	✓															
Ingredients: potato																
<b>Orange Juice</b>	✓															
Ingredients: Orange Concentrate, Water																
<b>Peach &amp; Pear in Juice</b>	✓															
Ingredients: Apple Juice from Concentrate, Peach, Pear, Acidity Regulator (Citric Acid), antioxidant (Ascorbic Acid)																
<b>Pineapple in Juice</b>	✓															
Ingredients: Pineapple, Mixed Fruit Juice from Concentrate (Apple, Pineapple), Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)																
<b>Plain Chicken Breast</b>	✗															
Ingredients: Chicken, Salt																
<b>Plain Jacket Potato</b>	✓															
Ingredients: potato																
<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 Lamb in Gravy</b>	✗															
Ingredients: water, roast lamb, cornflour, vegetable oils (rapeseed, sunflower), salt, sugar, yeast extract, natural flavouring, caramelised sugar, lamb stock, stabiliser (triphosphates), pepper.																

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<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 Yoghurt</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) (S. thermophilus, L. bulgaricus), Antioxidants (Tochopherol-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 (S. thermophilus, L. bulgaricus), Antioxidants (Tochopherol-rich extract)															
<b>Stewed Apple &amp; Cinnamon</b>	✓														
Ingredients: Apple (Apple, Water, Citric Acid), Sugar, Cinnamon.															
<b>Sweetcorn</b>	✓														
Ingredients: sweetcorn															
<b>Tuna in Brine</b>	✗				✗										
Ingredients: Tuna ( <b>fish</b> ) chunks, Water, salt															