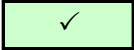






























































Finger food menu - Allergen Information

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
4 cheese Deep Pan Pizza	x														
Ingredients: Wheat flour (with calcium, iron, thiamin (B1), niacin (B3)), tomato puree, Mozerella Cheese, Water, Mature Cheddar (milk), vegetable oil (rapeseed), corn flour, Monterey Jack Cheese (milk), yeast, Emmental (milk), sugar, modified potato starch, salt, raising agents (E500, E341), rice flour, herbs and spices, garlic powder, potato starch, spice extracts, basil oil, pepper oil, flavourings.															
Apple	✓														
Ingredients: apple															
Apple Juice	✓														
Ingredients: Apple Concentrate, Water															
Banana	✓														
Ingredients: banana															
















Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Caramel shortcake	×														
Ingredients: Wheat flour , margarine: (Palm oils, water, salt, emulsifier E471, nature identical flavours), sugar, full cream sweetened condensed milk , golden syrup. Chocolate flavour coating:(sugar, non hydro veg fat, milk whey powder (from milk), wheatflour , fat reduced cocoa powder, emulsifier (soya lecithen[GM free], E476), natural flavouring															
Cauliflower	✓														
Ingredients: cauliflower															
Cheddar cheese and crackers	×														
Ingredients: cheese (MILK), pasteurised cow's milk , salt, starter culture, non animal rennet. Margarine: vegetable oils (sunflower oil, palm oil), water, salt, emulsifier (mono and di-glycerides of fatty acids) preservative (potassium sorbate), vitamin E, citric acid, flavouring, colour (beta carotene), vitamin A and vitamin D. Crackers: WHEAT flour, vegetable fat (palm fat), yeast, salt, raising agent (sodium bicarbonate).															
Cheese and onion quiche	×														
Ingredients: Pastry Case: Fortified WHEAT Flour (with Calcium, Iron, Niacin, Thiamine), Margarine (Palm Oil, Coconut Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono–and Diglycerides of Fatty Acids), Acidity Regulators (Citric Acid, Disodium Citrate), Natural Flavouring, Colour (Natural Carotenes)), Shortening (Palm Oil, Rapeseed Oil), Maize Flour, Water, Tomato Puree, Sea Salt. Filling: Water, Whole Liquid EGG , Onion, Mature Cheddar Cheese (MILK , Salt, Starter, Rennet, Colour (Annatto Bixin, Norbixin), Potato Starch), Spring Onion, Whole MILK Powder, Cornflour, Modified Maize Starch, Chives, Sea Salt, MUSTARD Powder, Ground White Pepper.															
Cheese & Pickle on white bread	×														
Ingredients: 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. Cheddar cheese -(MILK), (Pasteurised Cow's MILK , Salt, Starter Culture, Non Animal Rennet). Spread - Plant Oils (Sunflower Oil, rapeseed, Palm, linseed), Water, Salt, plant based emulsifer (sunflower lecithin), vinegar, natural flavourings, vitamin A. Vegetables in variable proportions (Cauliflower, Rutabaga, Onion, Carrot), Sugar, Water, Apple Pulp, Spirit Vinegar, Thickener (Modified Maize Starch), Brown Sugar (contains: Cane Molasses), Acidity Regulator (Acetic Acid), Malt Liquid (GLUTEN), Spices, Natural Flavoring.															















Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Cheese Omelette	x														
Ingredients: EGG, MILK , Cheese (MILK) , EGG White, Rapeseed Oil, Thickener (Xanthan Gum), Salt, White Pepper.															
Chicken Breast Fillet	x														
Ingredients: Chicken, Salt															
Chicken Goujons	x														
Ingredients: Chicken , Water, Breadcrumbs (Fortified Wheat Flour (Wheat flour, Calcium carbonate, Iron, Thiamin, Niacin), Yeast, Salt) Fortified Wheat flour (Wheat flour, Calcium carbonate, Iron, Thiamin, Niacin), Rapeseed Oil, Wheat protein, Pea fibre, salt, pea starch, flavourings, dextrose, sunflower oil, yeast extract, maltodextrin, colour (paprika extract), Fat, Pea Starch, Salt, Yeast, Pea Fibre, Paprika, Flavourings, Dextrose, Sunflower Oil, Yeast Extract, Maltodextrin .															
Choc Ice	x														
Ingredients: Reconstituted Skimmed Milk Powder, Chocolate Flavour Coating (Coconut Oil, Sugar, Whey Powder (MILK), Fat Reduced Cocoa Powder, Emulsifier (SOYA Lecithin)), Sugar, Coconut Oil, Whey Powder (MILK), Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Sodium Alginate), Flavouring, Colour (Beta-carotene).															
Chocolate Muffin	x														
Ingredients: WHEAT flour (with calcium, iron, niacin, thiamine), Vegetable oil (Rapeseed, Sunflower), Water, Sugar, Cocoa powder, Raising agents (E500, E541, E450), Skim MILK powder, SOYA protein isolate, Emulsifier (E481, SOYA lecithin), Colour (E160ii), Powdered EGG white, Salt, Whey protein concentrate (MILK), Stabiliser (E415), Flavouring, Acidifier (E330), Preservatives (E202, E282), Maize starch, Antifoaming agent (E900).															
Egg mayonnaise on wholemeal bread	x														
Ingredients: EGGS , Extra Thick Mayonnaise (Rapeseed Oil, Water, Pasteurised Whole EGG , Spirit Vinegar, Liquid Sugar (Sugar, Water), Salt, Stabilisers (E412, E415), MUSTARD Flour, Preservative (E202)), Pepper (White). Wholemeal WHEAT Flour, Water, WHEAT Protein, Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, WHEAT Flour.															

Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Falafel	✓														
Ingriedients: 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.															
Falafel & Spinach Burger (no bun)	✓														
Ingriedients: Wheat flour (with calcium, iron, niacin, thiamin), water, yeast, salt, acidity regulator E170, emulsifiers (E471, E472e, E481) flour treatment agent E300, rapeseed oil, preservative: E282, enzyme. Onion, Chickpeas, WHEAT Flour, Spinach, Rapeseed Oil, Cumin, Garlic Purée (Garlic, Acidity Regulator (Citric Acid)), Salt, Ground Coriander, Coriander Leaf, Chilli Powder, Concentrated Lemon Juice, Stabiliser (Methyl Cellulose), Black Pepper, Turmeric, Raising Agent (Ammonium Carbonates)															
Fish Goujons	×														
Ingriedients: fish , wheat flour (with calcium, iron, niacin, thiamin), rapeseed oil, water, salt, yeast															
Green Beans	✓														
Ingriedients: green beans															
Ham on white bread	×														
Ingriedients: Pork, Water, Cure (Modified Starch, Salt, Stabiliser (E451), Antioxidant (E301), Preservative (E250), Salt, Preservatives (E325, E262). 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. Spread: Plant Oils (Sunflower Oil, rapeseed, Palm, linseed), Water, Salt, plant based emulsifer (sunflower lecithin), vnegar, natural flavourings, vitamin A															
Hash Browns	×														
Ingriedients: Potato, Palm Oil, Onion, Salt, EGG White Powder, Stabiliser (Hydroxypropyl Methyl Cellulose), Dextrose, Onion Powder, White Pepper.															

Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Jammie Oat Bake	×														
Ingredients: Rolled oats (contains GLUTEN), Strawberry jam [Glucose syrup, Liquid sugar, Raspberry puree concentrate, Water, Gelling agent (E440), Acidity regulator (E330, E331), Colours (E160, E163), Preservative (E202), Natural Flavouring], Vegetable oil (Rapeseed, Palm), Golden syrup [White granulated sugar, Raw cane sugar, Water], Sugar, Water, Salt, Emulsifier (E471, E475), Colours (E100, E160b), Flavouring															
Leek and potato soup	×														
Ingredients: water, leeks, cream (milk), potato, onion, vegetable oils (rapeseed, palm, sunflower), cornflour, skimmed milk powder, wheat gluten , salt, natural flavouring, yeast extract, dried onion, dried leek, sugar, parsley, dried carrot, garlic, pepper, dried tomato, ground turmeric, dried thyme, ground bay leaf.															
Lemon Muffin	×														
Ingredients: WHEAT flour (with calcium, iron, niacin, thiamine), Water, Sugar, Vegetable oils (Rapeseed, Palm in varying proportion), Lemon curd [Liquid sugar, Glucose syrup, Palm oil, Modified waxy maize starch, Acidity regulator (E330, E331), Lemon juice concentrate, Whole EGG powder, Gelling agent (E440, Natural lemon flavouring, Preservative (E202), Colour (E161b)], Whole EGG powder, Whey solid (MILK), Modified starch, WHEAT gluten, Maize starch, Emulsifier (E475), Raising agent (E500, E450), Stabiliser (E415), Preservatives (E202, E282), Acidity regulator (E330), Salt, Colour (E160b), Flavouring															
Mandarin Segments	✓														
Ingredients: Mandarin, Apple Juice from Concentrate, Citric Acid, Ascorbic Acid															
Mushroom soup	✓														
Ingredients: mushrooms, water, cream (milk), onion, skimmed milk powder, leeks, cornflour, vegetable oils (palm, sunflower), butter (milk), salt, yeast extract, dried mushroom, sugar, thyme, garlic, pepper, ground clove.															
Orange	✓														
Ingredients: Orange															

Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Oven Chips	✓														
Ingredients: Potatoes, Batter (Modified Potato Starch, Rice Flour, Dextrin, Pea Fibre, Tumeric Extract, Stabiliser (Xanthan Gum), Pea Protein, Colour (Paprika Extract)), Sunflower Oil, Salt															
Parkin	×														
Ingredients: Golden syrup, sugar, oats, wheat flour (with calcium, iron niacin, thiamin), water, margerine: (palm & rapeseed oils, water, salt, emulsifier E471,flavour) raising agent: E450, E500, ground ginger, skimmed milk powder.															
Pineapple Chunks	✓														
Ingredients: Pineapple, Mixed Fruit Juice from Concentrate (Apple, Pineapple), Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)															
Plain Omelette	×														
Ingredients: EGG, MILK, EGG White, Rapeseed Oil, Thickener (Xanthan Gum), Salt, White Pepper.															
Potato Wedges	✓														
Ingredients: Potatoes, Sunflower oil, modified potato starch, Rice flour, Salt, Paprika, Pepper, Red chilli powder, Onion, Garlic powder, Raising agents: Disodium Phosphate, Sodium Bicarbonate, Thickener: Xanthan Gum, Dextrose, onion extract, Colours: Paprika Extract; Garlic extract.															
Red lentil broth	✓														
Ingredients: water, potato, lentils, carrot, onion, swede, celery, parsnip, vegetable oils (rapeseed, sunflower), cornflour, natural flavouring, tomato puree, salt, yeast extract, dried onion, dried leek, sugar, garlic, dried carrot, pepper, ground cumin, dried tomato, ground turmeric, dried thyme, ground bay leaf, mustard, soya .															
Roast Potatoes	✓														
Ingredients: Potatoes, Batter (WHEAT flour (with Calcium, Iron, Niacin, Thiamin), Potato Dextrin, Rice flour, Salt, modified potato starch, turmeric extract, colour (paprika extract), sunflower oil),															
Salad Sticks & Hummous Dip	✓														
Ingredients: Cucumber, Carrots, Celery , Yellow Peppers, Red Peppers, Cherry Tomatoes. Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, Water, SESAME Seed Paste, Salt, Garlic Powder, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)															

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Salmon Fishcakes	×														
Ingredients: Salmon (Fish), Mashed Potato (Potato, Water, Skimmed Milk , rapeseed oil, salt, modified potato starch, stabilisers (disodium diphosphate, Guar gum), Dextrose, Milk , Pepper Extract), Wheat Flour (with calcium, Iron, Niacin, Thiamin), Rapeseed oil, Mozerella (Milk), Onion, Dried Potato, Water, Yeast, Salt, Dill, Maize Bran, Pepper, Lemon Zest, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Emulsifier (Mono and Di-glycerides of fatty acids).															
Spicy Bean Burger (no bun)	✓														
Ingredients: Onion, breadcrumb [Wheat flour (wheat flour, calcium carbonate, Iron, niacin, thiamine), Yeast Dextrose, Salt, Paprika, Tumeric], Rapeseed Oil, Water, Carrot, Wheat flour (wheat flour , calcium carbonate, iron, niacin, thiamine), cannellini beans, kidney beans, black turtle beans, harricot beans, pinto beans, Green pepper, red pepper, white rice, dried potato, tomato puree, salt, sugar, garlic puree (garlic, acidity regulator: citric acid), cumin, chilli powder, oregano.															
St Clements Muffin	×														
Ingredients: Wheat flour, Water, Sugar, Vegetable oil (Rapeseed, Palm), Orange and Lemon curd [Sugar, Water, Glucose syrup, Vegetable oil (Rapeseed, Palm), Modified waxy maize starch, Wheat Starch, Dried whole Egg , Modified Wheat starch, Gelling agent (E440a), Acidity regulators (E330,E331c), Lemon juice concentrate, Orange oil, Natural lemon flavouring, Salt, Preservative (E202), Acetic acid , Colours (E100, E161b, E163)], Whole egg powder, Sugar nibs, Whey solids, Emulsifier (E475), Raising agent (E500, E451),Modified starch, Wheat gluten , Stabiliser (E415), Salt, Preservatives (E202, E282), Maize starch, Citric acid, Flavourings, Colour (E160a), Antifoaming agent (E900).															
Strawberry & White Chocolate Muffin	×														
Ingredients: Muffin mix (Sugar,wheat flour, water, vegetable oil, whole egg powder, modified starch, emulsifier E477, raising agents 9E500, E451, E450), skimmed milk powder, wheat gluten , egg yolk powder , salt, flavouring), Vegetable Oil, Strawberry fruit filling (Strawberries, water,sugar, modified maize starch, citric acid E330, colours (E150c, E1220), acidity regulator E331, preservative E202, stabiliser: Xanthan gum,flavouring), Strawberry flavour, Citric acid, Potassium sorbate. Topping: white chocolate chunks (Sugar, whole milk , cacao butter, skimmed milk powder , emulsifier: soya lecithin, natural vanilla flavouring).															
Sunflower Spread Portion	×														
Ingredients:Plant Oils (Sunflower Oil, rapeseed, Palm, linseed), Water, Salt, plant based emulsifer (sunflower lecithin), vinegar, natural flavourings, vitamin A															
Tomato soup	×														
Ingredients: tomato, water, onion, tomato puree, rapeseed oil, cream (milk), sugar, modified starch, pea protein, natural flavouring, salt, pepper.															

Meal Item Description (alphabetical)	Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Tomato, red pepper and lentil soup Ingredients: water, tomato, red peppers, onion, lentils, vegetable oils (rapeseed, sunflower), cornflour, tomato puree, salt, sugar, yeast extract, dried onion, dried leek, basil, dried carrot, garlic, pepper, dried tomato, ground turmeric, dried thyme, ground bay leaf, mustard, soya.	✓						■				■				
Tuna mayonnaise on white bread Ingredients: Tuna (FISH), Extra Thick Mayonnaise (Rapeseed Oil, Water, Pasteurised Whole EGG , Spirit Vinegar, Liquid Sugar (Sugar, Water), Salt, Stabilisers (E412, E415), MUSTARD Flour, Preservative (E202). 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 soup Ingredients: water, onion, carrot, green beans, peas, swede, haricot beans, vegetable oils (rapeseed, sunflower), tomato puree, cornflour, tomato paste, sugar, yeast extract, salt, dried onion, modified starch, dried leek, dried carrot, dried tomato, white wine vinegar, ground turmeric, pepper, dried thyme, ground bay leaf, seasoning blend [onion powder, ground paprika, spice & herb extracts (basil, bay, capsicum, cassia, cinnamon, clove, coriander, garlic, nutmeg, onion, parsley, pepper, pimento)].	✓														