

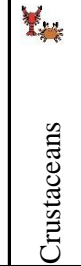
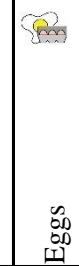
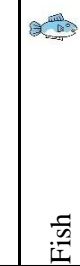
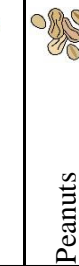
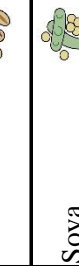


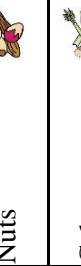
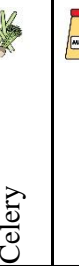
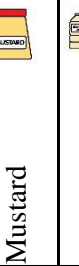

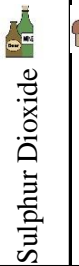
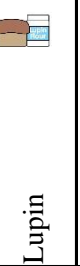


Gluten Free (NGCI) Menu - Allergen Information

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
Aloo Saag with Toor Dal & Basmati Rice	✓														
Ingredients: Plain Rice, Water, Basmati Rice, Salt. Aloo Saag, Potatoes, Spinach, Crushed Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Onions, Rapeseed Oil, Garlic Puree, Coriander, Ginger, Garam Masala Powder (Black Pepper, Coriander, Cumin, Ginger, Cinnamon, Cloves, Fennel, Nutmeg, Star Aniseed), Salt, Chilli Powder, Coriander Leaves, Turmeric. 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, Turmeric Powder.															
Baked Beans on GF Toast	×														
Ingredients: Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract. Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, Egg White Powder , Stabiliser: E464; Sugar, Vegetable Fibre (Psyllium), Calcium Carbonate, Fruit Extract (Carob and Apple), Salt, Humectant: Vegetable Glycerine; Preservative: Calcium Propionate; Natural Flavouring, Iron.															
Cauliflower, cheese and broccoli bake	×														
Ingredients: potato, water, cauliflower, broccoli, West Country Cheddar cheese (milk), vegetable oils (rapeseed, palm), Cheddar cheese (milk), skimmed milk powder, onion, cheese (milk), modified starch, starch, parsley, salt, mustard powder, pepper, vitamins (vitamin E, vitamin A, vitamin D2).															

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Cheddar Cheese Sandwich (Warburtons GF Bread)	×														
Ingredients: Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, Egg White Powder, Stabiliser: E464; Sugar, Vegetable Fibre (Psyllium), Calcium Carbonate, Fruit Extract (Carob and Apple), Salt, Humectant: Vegetable Glycerine; Preservative: Calcium Propionate; Natural Flavouring, Iron. Cheddar Cheese (MILK), (Pasteurised Cow's MILK , Salt, Starter Culture, Non Animal Rennet)															
Cheese, onion, leek and potato Bake	×														
Ingredients: potato, water, green beans, carrot, swede, cheese (milk), leeks, onion, vegetable oils (sunflower, rapeseed, palm), skimmed milk powder, cornflour, chives, parsley, starch, salt, yeast extract, dried onion, dried leek, sugar, dried carrot, dextrose, pepper, dried tomato, ground turmeric, dried thyme, ground bay leaf.															
Dhal Makhani	×														
Ingredients: Plain Rice, Water, Basmati Rice, Salt. Dhal Makhani, Water, Whole Brown Lentils, Single Cream (FROM MILK), Rapeseed Oil, Garlic Puree, Salt, Paprika, Chilli Powder, Garam Masala Powder (Black Pepper, Coriander, Cumin, Ginger, Cinnamon, Cloves, Fennel, Nutmeg , Star Aniseed), Tumeric. Bombay Potatoes, Potatoes, Coriander Leaves, Rapeseed Oil, Cumin Seeds, Lemon Juice (Lemon Juice, Preservative: Potassium metabi SULPHITE), Ginger Puree, Garlic Puree, Coriander Powder.															
Ham Sandwich (Warburtons GF Bread)	×														
Ingredients: Pork , Water, Cure (Modified Starch, Salt, Stabiliser (E451), Antioxidant (E301), Preservative (E250)), Salt, Preservatives (E325, E262). Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, Egg White Powder, Stabiliser: E464; Sugar, Vegetable Fibre (Psyllium), Calcium Carbonate, Fruit Extract (Carob and Apple), Salt, Humectant: Vegetable Glycerine; Preservative: Calcium Propionate; Natural Flavouring, Iron.															
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, haricot beans, water, broccoli, peas, sweetcorn, peppers, borlotti beans, butter beans, sultanas, vegetable oils (rapeseed, sunflower), cornflour, sugar, tomato puree, ground cumin, yeast extract, ground coriander, dried carrot, ginger, dried tomato, ground turmeric, salt, coriander leaf, ground cinnamon, chilli powder, mint, dextrose, cane molasses, ground nutmeg, pepper, dried thyme, ground bay leaf.															
Rice Pudding Pot	×														
Ingredients: Full Cream milk , skimmed milk , Whey (milk), Rice, Sugar															

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Salmon & Broccoli Supreme	x														
Ingredients: Water, potato, carrot, peas, salmon (FISH), broccoli, dried MILK , vegetable oils (rapeseed, sunflower), cream (MILK), cornflour, butter (MILK), yeast extract, salt, parsley, FISH stock, natural flavourings (contains FISH), dill, pepper															
Savoury Minced Beef	x														
Ingredients: Potato (water, cream (MILK), potato flakes, palm oil, MILK protein, EGG , salt, natural butter flavour, glucose syrup, turmeric, extract), beef, water, carrot, pea, onion, gravy powder (modified maize starch, salt, onion, palm oil, colour: E150c, whey [MILK], hydrolysed vegetable protein [SOYA , maize], black pepper), modified starch, salt, gravy browning (water, colour: E150c, salt), black pepper															
Stewed Apple & Cinnamon	✓														
Ingredients: Apple (Apple, Water, Citric Acid), Sugar, Cinnamon.															
Thick & Creamy Yoghurt	x														
Ingredients for strawberry: Yogert (MILK). Water, Sugar, Modified Maize Starch, Flavourings, Caramel, Acidity Regulator, Citric Acid. Ingredients for toffee: Yogurt (MILK). Water, Sugar, Modified Maize Starch, Flavourings, Caramel, Acidity Regulator, Citric Acid															
Tuna Mayonnaise Sandwich (Warburtons GF Bread)	x														
Ingredients: Tuna chunks (FISH), Water, salt. Rapeseed oil, Water, Spirit Vinegar, Free range pasteurised egg yolks, Sugar, Salt, Stabilisers(Xanthan Gum & Guar Gum), Mustard seeds, Antioxidant(Calcium disodium EDTA) , Spices. Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, Egg White Powder, Stabiliser: E464; Sugar, Vegetable Fibre (Psyllium), Calcium Carbonate, Fruit Extract (Carob and Apple), Salt, Humectant: Vegetable Glycerine; Preservative: Calcium Propionate; Natural Flavouring, Iron.															