









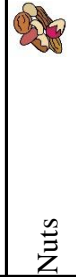





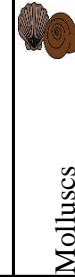
Children's Alternative Menu - Allergen Information



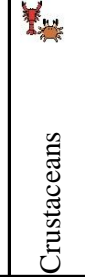
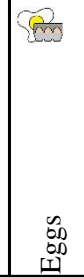

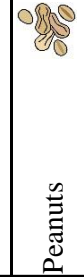
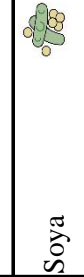

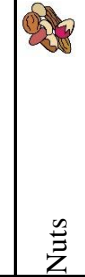




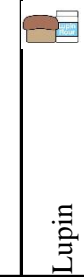
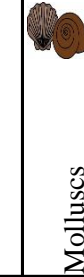
Key



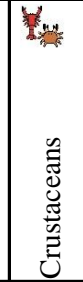
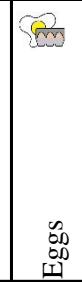
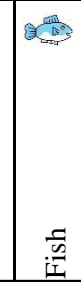
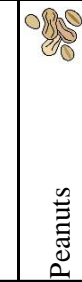
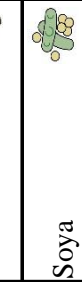
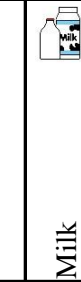
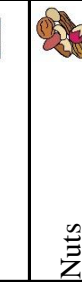

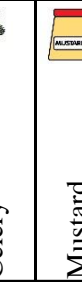
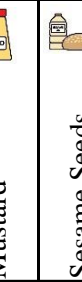


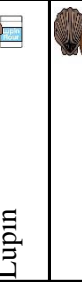
	Suitable for a vegan diet		Does Not contain allergen		May Contain this allergen
	Not suitable for a vegan diet		Contains allergen		















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 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 Juice Ingredients: Apple Concentrate, Water															
Baked Beans Ingredients: Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract															
Boiled Rice Ingredients: Water, Rice															

Meal Item Description (alphabetical)	 Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Chicken Nuggets	x														
Ingredients: Chicken Breast Meat, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Maize, Maize Flour, Maize Starch, Salt, Bamboo Fiber, Maize Starch, WHEAT Starch, Onion Powder, Yeast, Dextrose, Garlic Powder, Raising Agents (E450i, E500ii), Flour Treatment Agent (E300), Yeast Extract, Natural Spices (Turmeric), Pepper, Yeast.															
Chicken Tikka Masala	x														
Ingredients: cooked chicken, tomato, water, onion, yoghurt (milk), tomato puree, coconut, ginger, desiccated coconut, garlic, vegetable oils (rapeseed, sunflower), salt, smoked paprika, modified starch, starch, roast chicken carcass, ground coriander, ground cumin, ground cardamom, ground fenugreek, ground ginger, onion powder, chilli powder, sugar, yeast extract, cornflour, carrot juice concentrate, leek juice concentrate.															
Custard	x														
Ingredients: Sugar, Whey Powder (MILK), modified maize starch, palm oil, palm fat, MILK proteins, anti-caking agent (silicon dioxide), flavouring, colour (annatto norbixin)															
Fish Fingers	x														
Ingredients: Cod (FISH), WHEAT Flour (WHEAT flour, Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt, Colours (Paprika Extract, Curcumin), Turmeric.															
Fromage Frais	x														
Ingredients Raspberry flavour: Organic fromage frais (MILK), organic concentrated grape juice, organic raspberry puree, MILK protein, organic maize starch, natural flavouring, organic concentrated lemon juice.															
Garden Peas	✓														
Ingredients peas															
Garlic Bread	x														
Ingredients: Fortified Wheat flour (Wheat flour , calcium carbonate, Iron, niacin, Thiamin), Water. Margarine (Rapeseed and palm oils, water, Emulsifier: Mono- and Di-glycerides of Fatty Acids; Flavouring, Colours: Annatto, Curcumin). Garlic Puree, Yeast, Salt, Flour Treatment Agent: Calcium Sulphate, Ascorbic Acid; Parsley, Marjoram, Sage, Oregano, 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
Gravy	x														
Ingredients: Potato Starch, Maltodextrin, Palm Oil, Salt, Wheat Flour (with Added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain Barley), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains Soya)															
Macaroni Cheese	x														
Ingredients: water, durum wheat semolina, vegetarian Regato cheese (milk), vegetarian Cheddar cheese (milk), skimmed milk powder, modified starch, palm oil, butter (milk), starch, salt, pepper, ground nutmeg.															
Mashed potato	x														
Ingredients: Potato, Milk , Butter (Milk), Salt, White Pepper															
Orange Juice	✓														
Ingredients: Orange Concentrate, Water															
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															
Penne pasta in tomato and basil sauce	x														
Ingredients: tomato, water, durum wheat semolina, onion, courgette, peppers, tomato puree, wheat gluten, vegetable oils (rapeseed, sunflower), cornflour, basil, natural flavouring, garlic, salt, dried oregano, yeast extract, pepper, dried onion, dried leek, sugar, dried carrot, dried tomato, ground turmeric, dried thyme, ground bay leaf.															
Plain Omelette	x														
Ingredients: EGG , MILK , EGG White , Rapeseed Oil, Thickener (Xanthan Gum), Salt, White Pepper.															
Rice pudding	x														
Ingredients: Skimmed MILK , Rice, Sugar, Acidity Regulator: Sodium Carbonates.															
Salad Sticks	✓														
Ingredients: Cucumber, Carrots, Celery , Yellow Peppers, Red Peppers, Cherry Tomatoes															

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Satsuma	✓														
Ingredients: satsuma															
Sliced Bread (to make a Fish Finger Sandwich)															
Ingredients: 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															
Sliced carrots	✓														
Ingredients: carrots															
Syrup sponge	×														
Ingredients: partially inverted sugar syrup, water, wheat flour (with calcium, iron, niacin, thiamin), rapeseed oil, sugar, stabiliser blend [sucrose, egg powder , wheat starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], natural flavouring.															
Thick & Creamy Yogurt (all flavours)	×														
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 pasta bake	×														
Ingredients: water, tomato, durum wheat semolina , tuna (fish), vegetable oils (rapeseed, palm, sunflower), onion, cornflour, skimmed milk powder , cheese (milk), tomato puree, salt, sugar, basil, garlic, pea protein, pepper, starch, yeast extract, dried onion, dried leek, dried carrot, dried tomato, ground turmeric, dried thyme, ground bay leaf.															
Vanilla ice cream	×														
Ingredients: water, invert sugar syrup, coconut fat, sugar, whey proteins (MILK), glucose syrup, skimmed MILK powder, emulsifier (mono- and diglycerides of fatty acids), stabilisers (guar gum, locust bean gum), vanilla flavouring, colour (beta-carotene).															
Children's Ward Snack Box															
Apple	✓														
Ingredients: apple															

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Banana	✓														
Ingredients: banana															
Chocolate Muffin	✗														
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).															
Laughing Cow Cheese & Crackers	✗														
Ingredients Skimmed milk (water, skimmed milk powder), cheeses, milk protein, emulsifying salts: polyphosphates, triphosphates, citric acid, butter, flavouring.															
Wotsits	✗														
Ingredients Maize, Rapeseed Oil, Cheese Flavour [Dried Cheese (from Milk), Milk Lactose, Flavour Enhancer (Disodium 5-Ribonucleotide), Acid (Lactic Acid), Colours (Paprika Extract, Annatto), Natural Flavourings, Salt, Potassium Chloride															