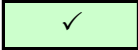

















































































Core lunch menu - Allergen Information

Key			
	Suitable for a vegan diet		Does Not contain allergen
	Not suitable for a vegan diet		Contains allergen
			May Contain this 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															
Ingredients: apple															
Apple juice															
Ingredients: Apple Concentrate, Water															
Baked beans															
Ingredients: Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract															

Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Banana	✓														
Ingredients: banana															
Beans on toast	✓														
Ingredients: Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract. 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 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.															
Beef and onion pie	×														
Ingredients: Water, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Beef, Onion, Palm Oil, Palm Stearin, Rapeseed Oil, Modified Maize Starch, Salt, Kibbled Onion, Yeast Extract, Barley Malt Extract, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Dried Potato, Colours (Caramel, Carotenes), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Soya Lecithin), Potato Starch, Tapioca Starch, White Pepper, Caramelised Sugar Syrup, Black Pepper, Acidity Regulators (Citric Acid, Sodium Polyphosphate), Milk Proteins, Dried Onion, Lemon Juice.															
Beetroot salad	×														
Ingredients: Beetroot, Sweet & Sour Sauce (Sugar, Water, Spirit Vinegar, Rapeseed Oil, Thickener (E415), Salt, Preservative (E202), Paprika Extract), Carrot, Onion															
Bread roll	×														
Ingredients: 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.															
Caramel shortcake	×														
Ingredients: Wheatflour , 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															

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 and coleslaw salad	x														
Ingredients: Coleslaw - Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar whole EGG Powder, Salt, Stabiliser (Xanthan Gum), MUSTARD flour, Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Carrot, Onion. Cheddar cheese - Cheddar Cheese (MILK) Pasteurised Cows MILK , Salt (contains anticaking agent E535), Non Animal Rennet (sodium benzoate free), starter culture, Anti-caking Agent(Potato Starch). Salad - Iceberg Lettuce, Lollo Rosso Lettuce, Raddicio Lettuce, Tomatoes, Cucumber, Shredded Carrot															
Cheese and pickle on white	x														
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.															
Cheese and onion pasty	x														
Ingredients: Water, fortified WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin and thiamin), vegetable oil spread (vegetable oils (palm oil, rapeseed oil), water, salt, emulsifier: mono- and diglycerides of fatty acids), mature cheddar cheese (MILK , salt, vegetarian rennet, potato starch), diced onion, diced potato, modified waxy maize starch, red leicester cheese MILK , salt, natural colour: annatto, vegetarian rennet, potato starch), seasoning (maltodextrin, cheese (MILK) powder, yeast extract, salt, flavouring, onion powder, cheese (MILK), pepper), stabiliser: methylcellulose, dried glucose syrup, cornflour, MILK protein.															
Cheese and onion quiche	x														
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.															















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 on white	x														
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															
Chicken and mushroom pie	x														
INGREDIENTS: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Cooked Chicken Breast (Chicken Breast, Water, Salt), Palm Oil, Mushroom (4%), Palm Stearin, Palm Fat, Modified Maize Starch, Rapeseed Oil, Salt, Lactose (Milk), Milk Proteins, Chicken, Yeast Extract, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Chicken Fat, Whole Milk Powder, Glucose Syrup, Maltodextrin, Flavouring (contain Celery), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Soya Lecithin), Flavour Enhancer (Monosodium Glutamate), Sugar, Potato Starch, Tapioca Starch, Hydrolysed Vegetable Protein, Chicken Extract, Concentrated Lemon Juice, Acidity Regulators (Citric Acid, Sodium Polyphosphate), Dried Onion, Lemon Juice, Colour (Carotenes).															
Chicken goujons in a bread roll	x														
INGREDIENTS: 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. 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 .															
Chocolate ice cream	x														
Ingredients: water, invert sugar syrup, whey proteins (MILK), coconut fat, sugar, glucose syrup, skimmed MILK powder, chocolate (cocoa mass, sugar, emulsifier (SOYA lecithin), natural vanilla flavouring), fat reduced cocoa powder, emulsifier (mono- and diglycerides of fatty acids), stabilisers (guar gum, locust bean gum).															
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).















Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	
Coleslaw	x															
Ingredients: Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar whole EGG Powder, Salt, Stabiliser (Xanthan Gum), MUSTARD flour, Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Carrot, Onion.																
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)																
Egg mayonnaise on white	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). 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 ,																
Egg mayonnaise on wholemeal	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 .																
Falafel and spinach burger	✓															
INGREDIENTS: 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)																
Falafel and spinach burger in a bun	✓															

INGREDIENTS: **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) **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.

Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Fish burger in a bun	×														
Alaska Pollack (FISH), WHEAT Flour (Calcium Carbonates, Iron, Niacin, Thiamin), Water, Sunflower Oil, Rapeseed Oil, Palm Oil, Cornflour, Sea Salt, MUSTARD Powder, Yeast, Yeast Extract, Salt.															
Fish finger sandwich	×														
INGREDIENTS: Cod (FISH), WHEAT Flour (WHEAT flour, Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt, Colours (Paprika Extract, Curcumin), Turmeric.															
Garden peas	✓														
Ingredients: peas															
Ham on white	×														
INGREDIENTS: 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															
Ham on wholemeal	×														
INGREDIENTS: Pork, Water, Cure (Modified Starch, Salt, Stabiliser (E451), Antioxidant (E301), Preservative (E250), Salt, Preservatives (E325, E262). Spread - Plant Oils (Sunflower Oil, rapeseed, Palm, linseed), Water, Salt, plant based emulsifer (sunflower lecithin), vnegar, natural flavourings, vitamin A. 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.															
Hot falafel and houmous salad	✓														

Ingredients: Rehydrated Chickpeas(Water, Chickpeas), Water, Onion (8%), 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. Cooked Chickpeas (Chickpeas, Water), Rapeseed Oil, Water, SESAME Seed Paste, Salt, Garlic Powder, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate). Iceberg Lettuce, Lollo Rosso Lettuce, Raddicio Lettuce, Tomatoes, Cucumber, Shredded Carrot															
Jacket potato	✓														
Ingredients: Potato															
Meal Item Description (alphabetical)	Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Jacket potato with cheddar cheese	✗														
Ingredients: potato. Cheddar Cheese (MILK) Pasteurised Cows MILK , Salt (contains anticaking agent E535), Non Animal Rennet (sodium benzoate free), starter culture, Anti-caking Agent(Potato Starch).															
Jacket potato with cottage cheese	✗														
INGREDIENTS: Potato. MILK , Skimmed MILK , Skimmed MILK powder, Cream (MILK), Salt, MILK proteins, Preservative (Potassium Sorbate), Lactic Starter Culture															
Jacket potato with tuna mayo	✗														
Ingredients: potato. 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)															
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															
Lamb pasty	✗														
Ingredients: PUFF PASTRY: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm & Rapeseed Oil, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids). FILLING: Water, Potato, Mixed Vegetables (Onion, Carrot, Swede), Mutton, Rusk [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Hydrogen Carbonates)], Mutton Fat, Potato Starch, Salt, White Pepper, Herbs (Rosemary, Thyme, Marjoram, Oregano, Parsley, Sage). GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract).															
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	x														
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															
Meal Item Description (alphabetical)	Vegan Suitable	 Cereal inc Gluten	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soya	 Milk	 Nuts	 Celery	 Mustard	 Sesame Seeds	 Sulphur Dioxide	 Lupin	 Molluscs
Mackerel and beetroot salad	x														
Ingredients: Salad, Smoked Mackerel Fillet, Beetroot															
Mandarins in juice	✓														
Ingredients :Mandarin, Apple Juice from Concentrate, Citric Acid, Ascorbic Acid															
Mushroom soup	x														
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															
Parkin cake	x														
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.															
Pasta Italienne	✓														
Ingredients: Herby Tomato Sauce (Water, Sugar, Spirit Vinegar, Rapeseed Oil, Tomato Paste, Thickener (E1422, E415), Salt, Onion, Garlic, Herbs (Parsley, Basil, Mint), Paprika Extract, Preservative (E202), White Pepper), Pasta (Durum WHEAT (GLUTEN) Semolina), Tomatoes, Mixed Peppers, Onion															
Pineapple in juice	✓														
Ingredients: Pineapple, Mixed Fruit Juice from Concentrate (Apple, Pineapple), Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)															

Plain omelette	x																	
Ingredients: EGG, MILK, EGG White , Rapeseed Oil, Thickener (Xanthan Gum), Salt, White Pepper.																		
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 .																		
Meal Item Description (alphabetical)	Vegan Suitable																	
Salmon and dill fishcakes	x																	
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).																		
Side salad	✓																	
Ingredients: Iceberg Lettuce, Lollo Rosso Lettuce, Raddicio Lettuce, Tomatoes, Cucumber, Shredded Carrot																		
Spicy bean burger without 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.																		
Spicy bean burger with bun	✓																	
INGREDIENTS: 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, 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	x																	

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 (**Milk**) 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).

Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Strawberry and 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).															
Tomato soup	×														
Ingredients: tomato, water, onion, tomato puree, rapeseed oil, cream (milk), sugar, modified starch, pea protein, natural flavouring, salt, pepper.															
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 and coleslaw salad	×														
Ingredients: (tuna mayonnaise) 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)). Coleslaw - Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, whole EGG Powder , Salt, Stabiliser (Xanthan Gum), MUSTARD flour , Preservative (Potassium Sorbate), Stabiliser (Guar Gum), Carrot, Onion. Salad - Iceberg Lettuce, Lollo Rosso Lettuce, Raddicio Lettuce, Tomatoes, Cucumber, Shredded Carrot															
Tuna mayonnaise on white	×														

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**

Meal Item Description (alphabetical)	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
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Tuna mayonnaise on wholemeal	x														
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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). 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.

Vegetable soup	✓														
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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)].

Vanilla ice cream	✓														
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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).