

## Chicken tikka Masala

Water, Tomatoes (14%), Onions (10%), Yogurt (**MILK**) (6%), Single Cream (MILK) (4%), Modified Maize Starch, Rapeseed Oil, Sugar, Concentrated Tomato Puree, Dried Onion, Coriander, Ground Cumin, Salt, Ginger Puree, Garlic Puree, Ground Coriander, Concentrated Lemon Juice, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Turmeric, Ground Cardamom, Paprika, Chilli Powder, Dried Fenugreek, Ground Cassia, Ground Fenugreek. Onion (71%), Gram Flour (16%), **WHEAT** Flour, Coriander, Corn Oil, Salt, Sugar, Chilli Powder, Garlic powder, Turmeric Powder, Cumin Powder, Raising Agent: Sodium Bicarbonate; Ginger Powder, Black Pepper Powder, Acidity Regulator: Citric Acid; Cinnamon Powder, Fenugreek Seed Powder, Clove Powder. **Gluten**

Allergens = **Milk, Wheat, Gluten**

## Creamy Vegetable Pie served with Roasted vegetables and potatoes

(PIE) Water, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm Oil, Rapeseed Oil), Vegetable Fat Spread (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier: Mono And Diglycerides Of Fatty Acids), Swede (6%), Carrots (4.5%), Seasoning (Vegetable Oil (Palm Oil), Whole **MILK** Powder, Skimmed **MILK** Powder, Cream (**MILK**) Powder, Lactose (**MILK**), Sugar, Salt, Nutmeg, **MILK** Protein, Onion Powder, Herb Extract), Mature Cheddar Cheese (**MILK**, Salt, Vegetarian Rennet, Potato Starch), Diced Onion (3.8%), Diced Potato (3.8%), Whipping Cream (**MILK**), Peas (1%), Modified Maize Starch, Glucose Syrup, Cornflour, **MILK** Proteins, Potatoe, Mixed Roasted vegetables (GRAVY) Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs(Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic.

Allergens – **Wheat, Milk, Gluten**

## Vegetable Tikka Masala, Naan, Bhaji, Rice

Water, Tomatoes (14%), Onions (10%), Yogurt (**MILK**) (6%), Single Cream (**MILK**) (4%), Modified Maize Starch, Rapeseed Oil, Sugar, Concentrated Tomato Puree, Dried Onion, Coriander, Ground Cumin, Salt, Ginger Puree, Garlic Puree, Ground Coriander, Concentrated Lemon Juice, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Turmeric, Ground Cardamom, Paprika, Chilli Powder, Dried Fenugreek, Ground Cassia, Ground Fenugreek. Onion (71%), Gram Flour (16%), **WHEAT** Flour, Coriander, Corn Oil, Salt, Sugar, Chilli Powder, Garlic powder, Turmeric Powder, Cumin Powder, Raising Agent: Sodium Bicarbonate; Ginger Powder, Black Pepper Powder, Acidity Regulator: Citric Acid; Cinnamon Powder, Fenugreek Seed Powder, Clove Powder. **Gluten**

Allergens = **Milk, Wheat, Gluten**

**Quorn vegan sausage served with roast potatoes/carrots/broccoli/gravy**  
**Served in a Yorkshire pudding**

Mycoprotein (37%) Textured **WHEAT** Protein (**WHEAT** Flour, Stabiliser: Sodium Alginate.), Water, Vegetable Oils (Rapeseed, Palm) Onions, Rusk (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine) Salt, Yeast, Potato Protein, **WHEAT Gluten**, Casing (Stabiliser: Sodium Alginate, Cellulose, Modified Starch.), Tapioca Starch, Potato Starch, Natural Flavouring, Seasoning [Dextrose, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Spices (Coriander, White Pepper, Nutmeg) Yeast Extract, Roast Garlic Powder, Salt, Rapeseed Oil, Natural Flavouring] Pea Fibre, Firming Agent: Calcium Chloride. **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), **EGG** White, Whole **EGG**, Rapeseed Oil, Water, Skimmed **MILK** Powder, Salt.

**ALLERGEN – WHEAT , EGG**

**Roast Gammon with roast potatoes/carrots/broccoli/gravy**

Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs(Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic.

**ALLERGENS – none**

**Bean sausage potato pie Served with mashed potato**

Potato (87%), water, concentrated butter (from **MILK**), full cream **MILK** powder, salt, flavour, white pepper, nutmeg. Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings. Fortified **WHEAT** Flour (**WHEAT** flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Salt), Margarine (Palm and Rapeseed Oil, Water, Salt), Water, Preservative: Potassium Sorbate. Pork (65%), Water, Rusk [**WHEAT**Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt(Anti-Caking Agent (E535)), Raising Agent (E503(ii))], Seasoning [Salt (Anti-Caking Agent (E535)),Sugar, Spices (Black Pepper, White Pepper, Nutmeg, Mace) Yeast Extract, Dehydrated Onion,Preservative (E223) [ **SULPHITE** ], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300),Marjoram, Natural Onion Flavouring], Dextrose, Pea Protein, **SOYA**Protein, Onion Powder,Mixed Herbs (Parsley, Basil, Thyme, Marjoram, Oregano), Sage, Beef Collagen Casing (Collagen,Water, Glycerol, Cellulose, Oil)

**Allergens – milk, wheat, sulphite, soya.**

**SALMON, LEEK, STILTON PASTA**

Salmon (*Salmo salar*) (**FISH**)(100%)leek, Blue Stilton Cheese (**MILK**) Durum **WHEAT** Semolina, Tomato Powder (4%), Spinach Powder (3%).\_Cheese powder [cheddar cheese (**MILK**) (11%), cheese (**MILK**), whey powder (**MILK**)], **WHEAT** flour, skimmed **MILK** powder, maltodextrin, palm fat, modified potato starch, salt, sweetcorn powder, spices (**MUSTARD** seed, turmeric), sugar, yeast extract, anti-caking agent (silicon dioxide), pea starch, flavourings.

**ALLERGENS – MILK, MUSTARD, WHEAT, FISH**

**Vegetarian Chilli pasta**

Mycoprotein (88%), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar; Firming Agents: Calcium Chloride, CalciumAcetate; Gluten Free **BARLEY** Malt Extract. Tomato Passata (30%), Tomatoes (24%), Red Kidney Beans, Onion, Red Pepper, Tomato Paste, Sugar, Garlic Puree, Water, Roasted Cumin Powder, Lemon Juice, Vegetable Oil, Salt, Paprika, Coriander Leaf, Parsley,**soya** Roasted Coriander Powder, Oregano, Chilli Powder, Ground Roasted Black PepperCorn (Maize)Vegetable Oils (Corn, Sunflower, Rapeseed, in varying proportions)SaltDurum **WHEAT** Semolina, Tomato Powder (4%), Spinach Powder (3%).

**ALLERGENS – WHEAT, EGG, BARLEY**