

## **KOREAN SPICY K POP CHICKEN THIGHS WEDGES/SLAW**

Chicken Thigh (73%), Potato Starch, Rice Starch, Hot & Spicy Peking Marinade (Sugar, Maize Starch, Dried Glucose Syrup, Salt, Dried Red Pepper, Garlic Powder, Yeast Extract, Ground Five Spice, Garlic Granules, Onion Powder, Ground Coriander, Tomato Powder, Ground Black Pepper, Ground Star Anise, **BARLEY** Malt Extract, Thickener (Guar Gum), Ground Cinnamon, Natural Colour (Paprika Extract), Acidity Regulator (Citric Acid), Chilli Powder, Natural Flavourings, Natural Flavourings (Chilli Flavouring), Chillies, Dried Parsley, Natural Flavourings (Capsicum Extract, Rapeseed Oil)), Rapeseed Oil, Garlic Powder, **SOY** Sauce (Fermented **SOY** Sauce (**SOY Beans, WHEAT**), Maltodextrin, Salt), Ginger, Onion Powder, Salt. POTATO. SUNFLOWER OIL

**Contains: Barley, Gluten, Soya and Wheat**

**May contain: Celery, Egg, Milk and Mustard**

## **PLANT-BASED KOFTA CHAPATI, SLAW, WEDGES**

Ingredients: Water, Pea Protein (13%), Vegetable Suet(Palm Oil, Sunflower Oil, **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin)), **Wheat** Protein, Pea Fibre (3.0%), Stabiliser(Methyl Cellulose), Kibbled Onion, Cumin Powder, Salt, Coriander Powder, Garlic Powder, Flavouring, Colour(Beetroot Red), Malted Barley Flour, Sugar, Cinnamon, Turmeric, Chilli Powder, Black Pepper, Sunflower Oil, Yeast Extract, Clove, Rapeseed Oil. Potato, Sunflower Oil. Ingredients: Water, Wheat Flour (**Wheat Flour**, Calcium Carbonate, Niacin, Iron, Thiamin), **Wholemeal Wheat Flour** (**Wheat** Flour, Wheat Gluten), Rapeseed Oil, Salt.

**Allergens are shown in Bold.**

**Contains: Barley, Gluten and Wheat**

**May contain: Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia/Queensland Nut, Peanuts, Pecan Nut, Pistachio, Sesame and Walnut**

## LOUISIANA CAJUN RED BEAN & RICE

Red Kidney Beans, Water, Firming Agent: Calcium chloride. Salt, paprika, dried onion, cayenne pepper, garlic powder, cumin (8%), black pepper, thyme (4%), dried chillies (2%), oregano, white pepper, acidity regulator (citric acid), anti-caking agent (silicon dioxide). Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], **WHEAT Gluten**, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Onions, garlic, thyme, sage Stabiliser: Sodium Alginate. **CELERY**

Allergens are shown in Bold.

**Contains: Gluten and Wheat Celery**

## NEW ORLEANS – CHICKEN & CHORIZO JAMBALAYA

Salt, paprika, dried onion, cayenne pepper, garlic powder, cumin (8%), black pepper, thyme (4%), dried chillies (2%), oregano, white pepper, acidity regulator (citric acid), anti-caking agent (silicon dioxide). Chicken Breast (97%), Rice Starch, Salt, Dextrose, D-xylose, Maltodextrin, Stabilisers (Sodium Bicarbonate), Acidity Regulators (Trisodium Citrate). ingredients: Pork (122g per 110g of finished product), lactose (**MILK**), salt, dextrin paprika, caseinate (**MILK**), dextrose, garlic, emulsifier (diphosphate), spices, antioxidant (sodium ascorbate), and preservatives (sodium nitrite, potassium nitrate). Casing not edible. Plum tomatoes, tomato juice, acidity regulator (citric acid) ingredients (as sold): Potato Starch, Salt, Maltodextrin, Flavourings (contain **CELERY**), Chicken Fat (12%), Vegetable Oils (Sunflower, Rapeseed, Palm), Sugar, Chicken Powder (2%) (Chicken, Antioxidant (E392)), Colour (150c), Spices, Acid (E363), Garlic Powder, Onion Powder, Sage. 100% Jasmine rice

Allergens are shown in Bold.

**MILK – CELERY -**

## **QUORN SAUSAGE SERVED WITH ROAST POTATOES/CARROTS/BROCCOLI/GRAVY**

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.

**Allergens are shown in Bold.**

Contains: **Gluten, Egg, Milk and Wheat**

## **ROAST OF THE DAY SERVED WITH ROAST POTATOES/CARROTS/BROCCOLI/GRAVY AND YORKSHIRE PUDDING**

Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole **EGG**, **EGG** White, Water, Rapeseed Oil, Skimmed **MILK** Powder, Salt.

**Allergens are shown in Bold.**

Contains: **Gluten, Egg, Milk and Wheat**

## **CHILLI BEEF WITH RICE & NACHOS**

Beef Trim. tomato Purée from Concentrate (36%), Tomatoes (34%), Red Kidney Beans (7%), Water, Onion, Red Pepper (3%), Modified Maize Starch, Sugar, Salt, Ground Cumin, Acidity Regulator (Lactic Acid), Paprika, Ground Coriander, Garlic Powder, Chilli Powder, Fat Reduced Cocoa Powder, Black Pepper. Corn (Maize), Rapeseed Oil, Salt, Antioxidants (Rosemary Extract, Ascorbic Acid, Tocopherol Rich Extract, Citric Acid). 100% parboiled basmati rice

**Contains: None of the 14 Food Allergens**

**May contain: Barley, Milk, Soya and Wheat**

## **VEGETARIAN CHILLI AND RICE WITH NACHOS**

100% parboiled basmati rice Tomato Purée from Concentrate (36%), Tomatoes (34%), Red Kidney Beans (7%), Water, Onion, Red Pepper (3%), Modified Maize Starch, Sugar, Salt, Ground Cumin, Acidity Regulator (Lactic Acid), Paprika, Ground Coriander, Garlic Powder, Chilli Powder, Fat Reduced Cocoa Powder, Black Pepper. Mycoprotein (88%), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar; Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **BARLEY** Malt Extract. Red Kidney Beans, Water, Firming Agent (Calcium Chloride) Corn (Maize), Rapeseed Oil, Salt, Antioxidants (Rosemary Extract, Ascorbic Acid, Tocopherol Rich Extract, Citric Acid).

**Allergens are shown in Bold.**

**Contains: Barley and Egg Milk, Soya and Wheat**