

Meal Allergen Information

Autumn Menu 2026

Recipe														
Creamy Tomato Pasta	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
	*Served with carrot batons	*					*							
Ingredients:	Chopped tomatoes, oregano, garlic puree, cream Pasta: Durum WHEAT semolina													

Recipe														
Apple and Cinnamon Flapjacks	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
	*													
Ingredients:	Oats (WHEAT), syrup (partially inverted refiners syrup) apples, cinnamon													

Recipe

Chicken & Sweet potato katsu curry	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
Rice, naan & cucumber	*												*	
Ingredients:	Chicken, sweet potato katsu curry sauce: water, vegetable oil, coconut cream (9%), modified maize starch, sugar, curry powder (6%) dark SOY, SOY extract, WHEAT flour, salt, BARLEY, garlic puree, ginger powder, turmeric, acid (lactic) acid (citric) chilli powder Naan: flour, water, rapeseed oil, raising agents, yeast, salt, kalonji seeds (0.5%) dextrose													

Recipe

Fresh fruit	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
Ingredients:	Watermelon, honeydew melon, pineapple, satsuma, apples, raisins													

Recipe

[illegible]

Ingredients:	Sausages, roast potatoes, mix veg which contains, peas, sweetcorn, carrots, broccoli, cauliflower, broad beans													
Recipe														
Yogurt & Apple	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
							*							
Ingredients:	Natural yogurt (MILK), mixed berries, apples													

Recipe														
Spaghetti Bologanise	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
Garlic bread & carrot stick														
	*	*					*							
Ingredients:	Beef mince, chopped tomatoes, CELERY , carrot, garlic puree, oregano Pasta: Durum WHEAT semolina Garlic bread: carbonate, iron, niacin, thiamin, margarine (rapeseed oil, palm oil, water, emulsifier) flavouring, colour (carotenes), water, garlic puree, salt, yeast, parsley, flour, WHEAT													

Recipe

	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
Jelly & Ice Cream							*							
Ingredients:	Jelly: sugar, bovine gelatine, acidity regulator, (citric acid) antioxidant (trisodium citrate) flavouring, colour ice cream: Reconstituted Skimmed Milk Concentrate, Glucose Syrup, Water, Coconut Oil, Sugar, Whey Powder (Milk), Flavourings, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Carob Bean Gum), Colours (Beetroot Red, Carotenes)													

Recipe

	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
Chickpea & Sweet potato katsu curry	*												*	
Rice, naan & cucumber														
Ingredients:	Sweet potato Chickpea: Chickpeas, Water, Antioxidant (Sodium Metabisulphite) katsu curry sauce: water, vegetable oil, coconut cream (9%), modified maize starch, sugar, curry powder (6%) dark SOY, SOY extract, WHEAT flour, salt, BARLEY, garlic puree, ginger powder, tumeric, acid (lactic) acid (citric) chilli powder Naan: flour, water, rapeseed oil, raising agents, yeast, salt, kalonji seeds (0.5%) dextrose													

Recipe														
Sausage Roast	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
	*			*										
Ingredients:	Quorn Sausages: Mycoprotein (41%), Rehydrated Free Range Egg White, Vegetable Oils (Rapeseed, Palm), Rusk [Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Yeast, Salt], Onion, Natural Flavouring, Casing (Calcium Alginate), Textured Wheat Protein (Wheat Flour, Stabiliser: Sodium Alginate), Firming Agents: Calcium Chloride, Calcium Acetate, Seasoning [Herbs (Sage, Parsley), Rapeseed Oil], Pea Fibre, Roasted Barley Malt Extract, Natural Caramelised Sugar Potatoes mix veg which contains, peas, sweetcorn, carrots, broccoli, cauliflower, broad beans													

Recipe														
Spaghetti Bologanise	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
	*	*					*							
Garlic bread & carrot stick														
Ingredients:	Quorn mince: Mycoprotein (91%), Rehydrated Free Range Egg White, Pea Fibre, Gluten Free Barley Malt Extract Chopped tomatoes, garlic puree, oregano, CELERY , carrots Pasta: Durum WHEAT semolina Garlic bread: carbonate, iron, niacin, thiamin, margarine (rapeseed oil, palm oil, water, emulsifier) flavouring, colour (car otenes), water, garlic puree, salt, yeast, parsley, flour, WHEAT													

Recipe														
Chicken Chunks, Fries & Sweetcorn	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites

Ketchup	*	*		*								*		
Ingredients:	Quorn chunks: Mycoprotein (52%), Water, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Rehydrated Free Range Egg White, Maize Flour, Wheat Starch, Milk Proteins, Natural Flavouring, Salt, Raising Agents: Disodium Diphosphate, Sodium Carbonate, Ammonium Bicarbonate, Firming Agents: Calcium Chloride, Calcium Acetate, Wheat Gluten, Dextrose, Gelling Agent: Pectin Fries: sunflower oil, coating (distarch phosphate) rice flour, salt, potato dextrin, raising agents, dextrose, maltodextrin, thickener, spice extract (curcumin, paprika) Ketchup: Water, tomato paste (10%) thickener (modified maize starch) salt, acidity regulator (acetic acid) preservative (potassium sorbate) onion powder, spice and spice extracts, sweeteners (aspartame, sodium, saccharin) colour (ammonia caramel) contains a source of phenylalanine													

Recipe														
Cheese & Ham Pasta With carrot stick	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
	*						*							
Ingredients:	Pasta: Pasta: Durum WHEAT semolina Cheese: Mature Cheddar Cheese (Pasteurised Milk) Ham Carrot stick													

Recipe														
Dorset Apple Cake	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
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Ingredients:	Flour: Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Raising Agents (Calcium Phosphates, Sodium Carbonates) Sugar, eggs, butter: Water, Vegetable Oils (45%) [Rapeseed Oil, Palm Oil], Reconstituted Buttermilk (3%), Salt (1.3%), Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Acidity Regulator (Lactic Acid), Vitamin E, Colour (Carotenes), Flavouring, Vitamin A, Vitamin D Apples (99%), Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid, Firming Agent: Calcium Lactate													

Recipe

Chicken & Vegetable Pie	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
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Ingredients:	Chicken Breast mix veg which contains, peas, sweetcorn, carrots, broccoli, cauliflower, broad beans, green beans New potatoes Bisto: Potato Starch, Maltodextrin, Palm Fat, Salt, Wheat Flour (with added Calcium, Folic Acid, Iron, Niacin, Thiamin), Colour (Ammonia Caramel), Sugar, Flavourings, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Emulsifier (Soya Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil Chicken Stock: Flavouring, glucose syrup, salt, yeast extract, sugar Puff Pastry: Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin], Water, Palm Oil, Rapeseed Oil, Salt, Preservative (Potassium Sorbate), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Lemon Juice, Acidity Regulator (Citric Acid)													

Recipe

Gammon Roast	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
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Ingredients:	Gammon Roast potatoes Peas Gravy: Potato Starch, Maltodextrin, Palm Fat, Salt, Wheat Flour (with added Calcium, Folic Acid, Iron, Niacin, Thiamin), Colour (Ammonia Caramel), Sugar, Flavourings, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Emulsifier (Soya Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil													

Recipe														
Pulled Pork Tacos Sweetcorn & rice	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
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Ingredients:	Pork Tortilla wrap: wheat flour (contains calcium carbonate, iron, nicotinamide, thiamin), water, rapeseed oil, humectant (glycerol) raising agents (diphosphates, sodium bicarbonate), acidity regulator (malic acid) sugar, preservatives (potassium sorbate, calcium propionate) emulsifier (mono and di-glycerides of fatty acids) salt, wheat starch for allergens, including cereals containing gluten BBQ sauce: water, sugar, tomatoes (15%), acidity regulator, acetic acid, modified starch, salt, colour, caramel, spices, smoke flavouring, preservatives, potassium sorbate, tamarind extract, molasses, stabilisers xanthan gum & guar gum Parboiled Long Grain Rice Sweetcorn													

Recipe														
Fish Fingers & Fries Peas & Ketchup	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
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Ingredients:	Fish Fingers: minced alaska Pollock (FISH) (58%), WHEAT flour (calcium carbonate, iron, niacin (B3) thiamin (B1) rapeseed oil, water, yeast, salt, colours, capsanthin, curcumin, turmeric Fries: sunflower oil, coating (distarch phosphate) rice flour, salt, potato dextrin, raising agents, dextrose, maltodextrin, thickener, spice extract (curcumin, paprika) Ketchup: Water, tomato paste (10%) thickener (modified maize starch) salt, acidity regulator (acetic acid) preservative (potassium sorbate) onion powder, spice and spice extracts, sweeteners (aspartame, sodium, saccharin) colour (ammonia caramel) contains a source of phenylalanine													

Recipe

Recipe														
Sweet & Sour Chicklen Stir Fry	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
	*	*												
Rice & Cucumber														
Ingredients:	Chicken Sweet & sour sauce: tomatoe (31%) wateer, sugar, pineapple chunks (3.5%) modified maize starch, green pepper (3%) onion, red pepper (3%) spirit vinegar, rapeseed oil, bramley apple puree, acacia fibre, carrot puree, concentrated pineapple juice, garlic puree, ginger puree, carrot, CELERY , salt, vitamin C, natural flavouring, vitamin D, colour (paprika extract) Parboiled Long Grain Rice Cucumber													

Recipe														
Turkey Roast	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
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Ingredients:	Gammon Roast Potatoes Carrots & Peas Gravy: Potato Starch, Maltodextrin, Palm Fat, Salt, Wheat Flour (with added Calcium, Folic Acid, Iron, Niacin, Thiamin), Colour (Ammonia Caramel), Sugar, Flavourings, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Emulsifier (Soya Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil													

Recipe														
Beef Stew & Dumplings	Gluten Cereals	Celery	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from trees	Sesame	Soybeans	Sulphur/DO2 Sulphites
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Ingredients:	Beef Beef stock: water, Onion, tomato, carrot extract, herbs & spice, garlic, salt, glucose, syrup, flavourings, maltodextrin, yea st extracts, rapeseed oil, colour (caramel) sugar mix veg which contains, peas, sweetcorn, carrots, broccoli, cauliflower, broad beans, green beans Bisto: Potato Starch, Maltodextrin, Palm Fat, Salt, Wheat Flour (with added Calcium, Folic Acid, Iron, Niacin, Thiamin), Colour (Ammonia Caramel), Sugar, Flavourings, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Emulsifier (Soya Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil Dumplings: Beef Fat (85%), Wheat Flour (with added Calcium, Iron, Niacin, Thiamin)													

Recipe														
Chicken Burger & Fries Crudites (cucumber & cherry tomato) Mayo (optional)	Gluten Cereals	Celery	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from trees	Sesame	Soybeans	Sulphur/DO2 Sulphites
	*			*			*		*					
Ingredients:	Chicken burgers Burger buns: Wheat Flour [with Calcium, Niacin (B3), Iron, Folic Acid and Thiamin (B1)], Water, Vegetable Oils (Rapeseed and Sustainable Palm), Yeast, Salt, Sugar, Emulsifiers: E481, E472e, E471, Soya Flour, Preservative: Calcium Propionate, Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (Vegetarian) Fries: sunflower oil, coating (distarch phosphate) rice flour, salt, potato dextrin, raising agents, dextrose, maltodextrin, thickener, spice extract (curcumin, paprika) Mayo: Rapeseed Oil, Water, Pasteurised Free Range Whole Egg (6%), Spirit Vinegar, Pasteurised Free Range Egg Yolk, Sugar, Salt, Concentrated Lemon Juice, Stabiliser (Xanthan Gum), Antioxidant (Extracts of Rosemary), Flavourings (contains Mustard) Lettuce, cucumber, cherry tomato													

Recipe

Banana Cake	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
	*			*			*							
Ingredients:	Flour: Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Raising Agents (Calcium Phosphates, Sodium Carbonates) Sugar, eggs, butter: Water, Vegetable Oils (45%) [Rapeseed Oil, Palm Oil], Reconstituted Buttermilk (3%), Salt (1.3%), Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Acidity Regulator (Lactic Acid), Vitamin E, Colour (Carotenes), Flavouring, Vitamin A, Vitamin D Banana's													

Recipe

Cheesy Pasta	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
	*						*							
Ingredients:	Pasta: Pasta: Durum WHEAT semolina Cheese: Mature Cheddar Cheese (Pasteurised Milk)													

Recipe

[illegible]

Ingredients:	Quorn pieces: Mycoprotein (96%), Rehydrated Free Range Egg White, Natural Flavouring BBQ sauce: BBQ sauce: water, sugar, tomatoes (15%), acidity regulator, acetic acid, modified starch, salt, colour, caramel, spices, smoke flavouring, preservatives, potassium sorbate, tamarind exccratc, molasses, stablisers xanthan gum & guar gum Parboiled Long Grain Rice Sweetcorn
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Recipe

Veggie Fingers	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
Fries, peas, ketchup	*													

Ingredients:

Veggie fingers: Vegetables (51%) [Carrots, Sweetcorn, Peas, Onions, Potatoes], Fortified Wheat Flour [**W**heat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Rapeseed Oil, Potato Flakes, Maize Starch, **W**heat Gluten, Salt, **R**ye Flour, Sugar, Yeast Extract, Pea Fibre, Garlic Powder, Onion Powder, Yeast, White Pepper, Tomato Powder, Red Pepper Powder, Parsley, Flavouring, Sage, Black Pepper Extract, Sage Extract

Fries: sunflower oil, coating (distarch phosphate) rice flour, salt, potato dextrin, raising agents, dextrose, maltodextrin, thickener, spice extract (curcumin, paprika)

Ketchup: Water, tomato paste (10%) thickener (modified maize starch) salt, acidity regulator (acetic acid) preservative (potassium sorbate) onion powder, spice and spice extracts, sweeteners (aspartame, sodium, saccharin) colour (ammonia caramel) contains a source of phenylalanine

Recipe

[illegible]

Ingredients:	veg mix: Carrot (20%), Yellow Pepper (14%), Red Pepper (13%), Beansprout (12%), Red Onion (10%), Sugar Snap Peas (9%), Baby Corn (8%), Water Chestnut (8%), Mushroom (7%) Sweet & Sour sauce: Sweet & sour sauce: tomatoe (31%) wateer, sugar, pineapple chunks (3.5%) modified maize starch, green pepper (3%) onion, red pepper (3%) spirit vinegar, rapeseed oil, bramley apple puree, acacia fibre, carrot puree, concentrated pineapple juice, garlic puree, ginger puree, carrot, CELERY, salt, vitamin C, natural flavouring, vitamin D, colour (paprika extract) Parboiled Long Grain Rice Cucumber
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Recipe														
Cheese & Onion rolls	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
	*												*	
Ingredients:	Pastry: Puff Pastry: Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin], Water, Palm Oil, Rapeseed Oil, Salt, Preservative (Potassium Sorbate), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Lemon Juice, Acidity Regulator (Citric Acid) Cheese, onion, potato, peas Gravy: Gravy: Potato Starch, Maltodextrin, Palm Fat, Salt, Wheat Flour (with added Calcium, Folic Acid, Iron, Niacin, Thiamin), Colour (Ammonia Caramel), Sugar, Flavourings, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Emulsifier (Soya Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil													

Recipe

Vegetable Stew & Dumplings	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
Wholewheat bread	*												*	
Ingredients:	Mix Veg: mix veg which contains, peas, sweetcorn, carrots, broccoli, cauliflower, broad beans, green beans Bisto: Potato Starch, Maltodextrin, Palm Fat, Salt, Wheat Flour (with added Calcium, Folic Acid, Iron, Niacin, Thiamin), Colour (Ammonia Caramel), Sugar, Flavourings, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Emulsifier (Soya Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil Dumplimngs: Vegetable Oils (85%) (Sustainable Palm, Sunflower), Wheat Flour (With added Calcium, Folic Acid, Iron, Niacin, Thiamin)													

Recipe														
Veggie Burger	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
Skin on fries. cherry tomatoes, cucumber, lettuce, mayo	*			*					*					
Ingredients:	veggie burger: Vegetables (56%) [Carrots, Peas, Sweetcorn, Onions, Red Peppers, Green Beans, Leek, Cauliflower, Potatoes], Water, Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Potato Flakes, Rapeseed Oil, Salt, Yeast Extract, Sugar, Garlic Powder, Onion Po wder, Yeast, Tomato Powder, Red Pepper Powder, Parsley, Sage, White Pepper, Flavouring, Black Pepper Extract, Sage Extract Burger buns: Wheat Flour [with Calcium, Niacin (B3), Iron, Folic Acid and Thiamin (B1)], Water, Vegetable Oils (Rapeseed and Sustainable Palm), Yeast, Salt, Sugar, Emulsifiers: E481, E472e, E471, Soya Flour, Preservative: Calcium Propionate, Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (Vegetarian) Fries: sunflower oil, coating (distarch phosphate) rice flour, salt, potato dextrin, raising agents, dextrose, maltodextrin, thickener, spice extract (curcumin, paprika) Mayo: Rapeseed Oil, Water, Pasteurised Free Range Whole Egg (6%), Spirit Vinegar, Pasteurised Free Range Egg Yolk, Sugar, Salt, Concentrated Lemon Juice, Stabiliser (Xanthan Gum), Antioxidant (Extracts of Rosemary), Flavourings (contains Mustard) Lettuce, cucumber, cherry tomato													

Recipe														
Chicken Chunks	 Gluten Cereals	 Celery	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Peanuts	 Nuts from trees	 Sesame	 Soybeans	 Sulphur/DO2 Sulphites
	*						*							

