



Ingredients & Allergens – ALTERNATIVE MAINS

Allergens are noted in **BOLD**

Jacket Potato with Various Toppings

Potato

Baked Beans – Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose – Fructose Syrup, Sat, Onion Powder, Paprika, Flavourings

Tuna (FISH) Chunks in Brine

Mayonnaise – Rapeseed Oil, Free Range Pasteurised **EGG** and **EGG** Yolk, Water, Spirit Vinegar, Sugar, Salt, Lemon Juice Concentrate, Flavouring, Antioxidant (Calcium Disodium EDTA), Paprika Extract

Minstrel Grated White Mild Cheddar – **MILK**, Potato Starch

Cheese Flan with Beans

Minstrel Grated White Mild Cheddar – **MILK**, Potato Starch

EGG

Baked Beans – Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose – Fructose Syrup, Sat, Onion Powder, Paprika, Flavourings

Frozen Puff Pastry Block – **WHEAT** Flour, Margarine, Palm Oil, Water, Salt, Emulsifier: Mono and Di-Glycerides of Fatty Acid, Water

Potato Flour – Skimmed **MILK** Powder, Emulsifiers (Mono and Di-Glycerides of Fatty Acid), Salt Thickener (Xanthan Gum), Flavouring, Colour (Curcuma Extract), Preservative (Sodium Bisulphite Sulphites), Citric Acid

Fish Finger Sandwich with Coleslaw

Cod Fish Fingers in Batter – Cod (FISH), **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Sunflower Oil, Rapeseed Oil, Palm Oil, **WHEAT** Starch, Salt, Flavourings (Contains **MUSTARD**) Raising Agents: Diphosphates, Sodium Hydrogen Carbonate; **MUSTARD** Flour, Maize Flour, Dextrose, **WHEAT** Gluten, Dried Skimmed **MILK**, Colours: Curcumin, Capsanthin; Chilli Powder

Cod Fillet Fish Fingers Coated in Golden Breadcrumbs – Cod Fillet (**FISH**), **WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin, Sunflower Oil, Water, Yeast, Salt, Colours: Capsanthin, Curcumin; Turmeric

Gluten Free Fish Fingers – Alaska Pollock (**FISH**), Rapeseed Oil, Breadcrumb Coating, Flour, Rice, Ground Chickpea, Starch, Potato, Maize, Pea, Water, Rice Semolina, Salt, Dried Potato, Pea Fibre

Roberts 50/50 – Wholemeal **Wheat** Flour, **Wheat** Flour, Calcium, Iron, Niacin, Thiamine, Water, Yeast, Salt, Emulsifiers (Sunflower and Palm), **Soya** Flour, Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid (Vitamin C)

Kingsmill 50/50 – **Wheat** Flour, Calcium, Iron, Niacin, Thiamin, Wholemeal **Wheat** Flour, Water, Yeast, Salt, Vegetable Oils, Rapeseed, Sustainable Palm, Vinegar, Sustainable **Soya** Flour, Emulsifier: E472e; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid (Vitamin C)

Roberts Thick Soft White – **WHEAT** Flour, Calcium, Iron, Niacin, Thiamine, Water, Yeast, Salt, Sustainable **SOYA** Flour, Emulsifiers: E472e, E471 (from Sunflower and Sustainable Palm), Preservative: Calcium Propionate, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid (Vitamin C)

Beans on Toast

Baked Beans – Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose – Fructose Syrup, Sat, Onion Powder, Paprika, Flavourings

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Tuna Pasta with Salad

Authentic Italian Pasta – Durum **WHEAT** Semolina

Gluten Free Pasta – Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)

Tuna (FISH) Chunks in Brine

Mayonnaise – Rapeseed Oil, Free Range Pasteurised **EGG** and **EGG** Yolk, Water, Spirit Vinegar, Sugar, Salt, Lemon Juice Concentrate, Flavouring, Antioxidant (Calcium Disodium EDTA), Paprika Extract

Bacon and Mushroom Stir-Fry

Beansprouts, Cabbage, Mushroom, Carrots, Red Pepper

Bacon

Soya Sauce – Water, Sugar, Salt, **SOYA** Extract, **SOYA** Bean, **WHEAT**, Flour, Salt, Colour: Plain Caramel; Yeast Extract Powder, Acidity Regulator, Lactic Acid, Preservative (Potassium Sorbate)

Noodles

Cheese on Toast

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Mature Cheddar Cheese Slices – Whole **MILK**, Salt, Starter Culture, Non-Animal Rennet

Spaghetti Hoops on Toast

Spaghetti Rings – Cooked Pasta, Water, Durum Whole **WHEAT** Semolina, Water, Tomato Puree, Sugar, Modified Maize Starch, Maize Starch, Salt, **WHEAT** Flour, Acidity Regulator (Citric Acid), Rapeseed Oil, Onion Powder, Ground Paprika, Paprika Extract, Flavouring

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Cheese and Ham Toastie with Salad

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Mature Cheddar Cheese Slices – Whole **MILK**, Salt, Starter Culture, Non-Animal Rennet

Farmhouse Ham – Pork, Water, Cure Mix, Pea Starch, Dried Glucose Syrup, Dextrose, Tapioca Starch, Stabilisers (E451, E450), Salt, Yeast Extract, Antioxidant (E301), Potato Fibre, Preservative (E250), Waxy Maize Starch

Tomato Pasta

Authentic Italian Pasta – Durum **WHEAT** Semolina

Gluten Free Pasta – Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)

Dolmio Sauce – tomatoes, tomato paste, onions, modified maize starch, sugar, salt, olive oil, basil, acidity regulator (citric acid), garlic, herbs, parsley, spices

Rainbow Cous Cous

Dried Cous Cous – Durum **WHEAT** Semolina

Carrot, Red Pepper, Cucumber, Tomato, Peas, Sweetcorn

Frittata with Beans

Baked Beans – Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose – Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings

EGG

Minstrel Grated White Mild Cheddar – **MILK**, Potato Starch

Potato Starch

Tomato

Red Pepper

Courgettes

New Potatoes

Potato Alternatives

Croquettes – Potato, Breadcrumbs (Yeast), Salt, **WHEAT** Flour, **WHEAT** Starch, Emulsifier: Hydroxypropyl-Methylcellulose, Spices.

Mini Potato Waffles – Potato, Rapeseed Oil, Potato Granules, Potato Starch, Salt, Stabiliser (Hydroxypropyl Methylcellulose), White Pepper