

Individual Hot Foods

Category	Item	Ingredients	ALLERGENS
Meat Options	Chicken escalope with Penne pasta & Mozzarella & Spinach	chicken breast, wheat flour, calcium carbonate, iron, niacin thiamin, salt, yeast ,rye flour, water, rapeseed oil, wheat starch, onion powder, garlic powder, sugar, white pepper, black pepper, paprika extract,sunflower oil, sage, flavourings, Mozzarella , durum wheat semolina, eggs, cheese, beef, carrots, onion, garlic, vegetable oil,salt, pepper, tomatoes, onion, basil , tomato puree, garlic, sugar, water, nutmeg, black pepper, wheat flour, butter,maltodextrin, salt, yeast extract, potato starch, sugar , flavourings, onion, carrot juice concentrate, extra virgin olive oil, parsley root, parsnip,onion juice concentrate, garlic powder, pepper, lovage root, bay leaves and turmeric, spinach	Gluten,Milk,Eggs
	Pork Sausage and Mash with onion gravy	Pork meat, water, wheat flour, salt, e503-ii, pea starch, herbs, salt, sodium diphosphate, e621, spices, spice and herb extracts, sulphur dioxide, natural hog casings, red wine, thyme, mixed herbs,salt, pepper, peas, onion, potatoes , water, palm oil, whey powder, lactose,milk protein, butter oil, natural flavouring, salt, dextrose, milk powder, onion powder, spices, Potato Starch, Palm Oil, Salt, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Barley Malt Extract, Maltodextrin, Flavourings (contain Wheat), Onion Powder, Soya Lecithins, peas.	Gluten,Sulphites,Milk,Soya
	Thai Green Chicken Curry with Basmati Rice	Chicken, water, salt, onions, rapeseed oil, spinach, coriander, garlic puree, lemongrass, green chilli puree, basil, galangal, lime leaves, sesame, celery, coriander seeds, black pepper, chilli powder, cumin seeds, coconut water, fish sauce,sugar, palm sugar,gluten free flour, sweet potatoes, red peppers, sweet corn, carrots, fish sauce, palm sugar, glucose syrup, rice flour, rice	Fish,Sesame,Celery
	Chicken Korma with basmati	Chicken breast, milk, water, salt, pepper, rapeseed oil, dessicated coconut, sugar, concentrated tomato puree, ginger puree, acetic acid, cumin powder, cashew, almonds, peanuts, paprika powder, turmeric powder, garlic puree, maize flour, coriander powder, spices, fennel powder, mustard powder, dried coriander leaf,rice	Milk,Mustard,Nuts,Peanuts
	Beef Bolognese lasagna	Beef mince, durum wheat semolina, eggs, cheese, beef, carrots, onion, garlic, vegetable oil,salt, pepper, tomatoes, onion, basil , tomato puree, garlic, sugar, water, nutmeg, black pepper, wheat flour, butter,maltodextrin, salt, yeast extract, potato starch, sugar , flavourings, onion, carrot juice concentrate, extra virgin olive oil, parsley root, parsnip,onion juice concentrate, garlic powder, pepper, lovage root, bay leaves and turmeric	Gluten,Milk,Eggs
	Chicken Katsu curry and rice	Chicken, rice, lime, cucumber, onion, carrots, garlic, ginger, turmeric, coconut milk, coriander, chilli, mustard, cumin, black pepper, fenugreek, salt, fennel , leek, soya beans, cloves, sesame, wheat flour, sunflower oil	Mustard,Sesame,Soya,Gluten
	Chicken Noodle & Vegetable Stirfry	Chicken, vegetable oil, green peppers, been shoots, red peppers, peas, carrots, mushrooms, broccoli, baby corn, Wheat Flour, Calcium Carbonate, Iron, Thiamin, Niacin, Pasteurised Free Range Egg, Salt, Turmeric, Rapeseed Oil.	Gluten,Egg
Veg Options	Veggie Shepherds Pie	Lentil, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate, Barley Malt Extract, Potatoes, palm oil, water, natural flavouring, salt, dextrose, onion powder, spices, onion, carrot ,peas, tomato puree, soya beans, salt , pepper.	Gluten,Soya
	Mediterranean Ratatouille, Steamed Basmati & Crumbled Feta	Aubergines, courgettes, peppers, tomatoes, olive oil, basil, onion, cloves, red cooking wine,potassium metabisulfite, sugar, rice, feta cheese.	Milk,Sulphites
	Vegetable & Mexican Bean Burrito with Rice & Cheese	Red beans ,black beans, butter beans, borlotti beans, chickpeas, wheat flour, calcium carbonate, iron , niacin,thiamin, water, green peppers, rice, cheese	Milk,Gluten
	Mac & Cheese	Durum wheat semolina, Cooked Pasta, Skimmed Milk, Water, Mature Cheddar Cheese, Single Cream , Medium Fat Soft Cheese, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour, Maize Flour, Rapeseed Oil, Salt, Parsley, Extra Virgin Olive Oil, Sugar, mustard, Chilli Powder, White Pepper, Cumin, Oregano, Garlic Powder, Yeast	Gluten,Milk,Mustard
Vegan Options	Chickpea, Coconut and Spinach Curry	chickpeas, spinach, onion, garlic, turmeric, cumin, chilli, powder, coconut milk, cloves, cinnamon, coriander, pimiento, mustard,nutmeg, cardamon, fennel, bay leaves	Mustard
	Aubergine Rendang with steamed rice (Vegan)	Rice,Aubergines, green beans, cardamon, White Wine Vinegar, potasium metabisulphite, Demerara Sugar, Tomato Paste, Onion Purée, Water, Dried Chipotle Chilli Flakes , Balsamic Vinegar [Red Wine Vinegar, Grape Must], potasium metabisulphite, Garlic Purée, Rapeseed Oil, Salt, Smoked Paprika, Chilli Powder, garlic ginger, coconut cream	Sulphites
	Vegetable & Potato Curry with Basmati Rice	Potatoes, rice, carrot, cauliflower, onion, chopped tomatoes, turmeric, coriander, cumin, paprika , ginger, bay leaves, fenugreek, peas, coconut yogurt	
	Thai Veg Curry & Rice (VEGAN)	Coconut milk, tomato passata, red pepper, water, onion, red chilli puree, tomato paste, lemongrass puree, rapeseed oil, garlic puree, galangal puree, ginger puree, lime leaves, salt, lemon zest, chilli powder, coriander, cumin, red pepper, aubergines, sweet potatoes, sweet corn, carrot, onion, brown rice, tamari, soya beans, water, spirit vinegar,salt, coriander, rice flour,	Soya,Sulphites

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	Chickpea & Vegetable Dhansak Curry with Steamed Basmati (Vegan/GF)	Rice, chickpeas, lentil, tomato passata, onion, chilli, garlic, ginger, cumin, star anise, paprika coriander, turmeric, pimiento, nutmeg, pepper, cardamon, lemon juice, potassium metabisulphite, clove, fennel, bay leaves, mustard, green pepper, red pepper,	Mustard,Sulphites