

# ALLERGENICS INGREDIENT MATRIX

## THE SANDWICHMAN

ASSESSOR: Pablo Server

DATE ASSESSED: 08/08/17 V2



DISH / PRODUCT		BUTTER / NO BUTTER	PEANUTS	TREENUTS	FISH	CRUSTACEANS	MOLLUSCS	MILK	CEREALS (GLUTEN)	SOYABEANS	EGGS	SESAME SEEDS	MUSTARD	CELERY	SULPHITES	LUPIN
<b>100 BAGEL</b>																
1108510F	SMOKED SALMON, CREAM CHEESE, LEMON JUICE & BLACK PEPPER	NO BUTTER			✓			✓	WHEAT RYE BARLEY			✓				
2100190F	BACON, AVOCADO, CREAM CHEESE, TOMATO & RED ONION	NO BUTTER						✓	WHEAT	✓		✓				
<b>120 BAGUETTE</b>																
2120012H	HAM & CHEDDAR CHEESE WITH BUTTER	BUTTER						✓	WHEAT							
2120110H	BLT BACON, LETTUCE & TOMATO	BUTTER						✓	WHEAT		✓		✓			
2120160H	BACON & BRIE	BUTTER						✓	WHEAT							
2120515H	CLASSIC CHICKEN MAYONNAISE & SALAD	NO BUTTER							WHEAT		✓		✓			
2120520H	CHICKEN & BACON BAGUETTE	NO BUTTER							WHEAT		✓		✓			
2120591H	CHICKEN ESCALOPE, CHIVE AIOLI & BABYLEAF	BUTTER						✓	WHEAT		✓		✓			
3120120H	CHEDDAR CHEESE & PICKLE IN A FRENCH BAGUETTE	BUTTER						✓	WHEAT BARLEY							
3120120H	CLASSIC CHEDDAR CHEESE & SALAD	BUTTER						✓	WHEAT							
<b>125 BAGUETTE GRANARY MULTI-CEREAL</b>																
1125110F	TUNA MAYO & CUCUMBER	NO BUTTER			✓				WHEAT		✓	✓	✓			
1125180H	TUNA, BLK OLIVES,SLICED EGG & LEAVES	BUTTER			✓			✓	WHEAT		✓	✓	✓			
2125310H	ROAST BEEF, HORSERADISH MAYO,RED ONION AND ROCKET	NO BUTTER							WHEAT			✓				
3125216H	BRIE,CRANBERRY,PINENUTS & ROCKET	BUTTER		PINENUTS				✓	WHEAT			✓				
3125266H	MOZZARELLA, PESTO, TOMATO & BASIL	NO BUTTER		CASHEW				✓	WHEAT			✓				
3125333F	GOAT'S CH.,FRT CHUT,CHILLI & BABY LEAF	BUTTER						✓	WHEAT			✓		✓		
3125615H	HOUMUS, FALAFEL, GRATED CARROT & BABY SPINACH	NO BUTTER							WHEAT			✓				
<b>130 HERITAGE STONEBAKED BAGUETTE</b>																
2128092F	SMOKED HAM, EGG MAYO & SPINACH	NO BUTTER							WHEAT		✓	✓	✓			
3128136H	4 C'S - CHEDDAR,CHIPOTLE CHILLI JAM & CORIANDER	NO BUTTER						✓	WHEAT			✓				
<b>130 BAGUETTE LEVAIN - RUSTIC BAGUETTE</b>																
2129020F	HOME COOKED HAM & SALAD	BUTTER						✓	WHEAT							
<b>130 BAGUETTE WHOLEMEAL</b>																
2130550F	CHAR GRILLED CHICKEN, LOW FAT MAYO & SALAD	NO BUTTER							WHEAT		✓		✓			

# ALLERGENICS INGREDIENT MATRIX

## THE SANDWICHMAN

ASSESSOR: Pablo Server

DATE ASSESSED: 08/08/17 V2



DISH / PRODUCT		BUTTER / NO BUTTER	PEANUTS	TREENUTS	FISH	CRUSTACEANS	MOLLUSCS	MILK	CEREALS (GLUTEN)	SOYABEANS	EGGS	SESAME SEEDS	MUSTARD	CELERY	SULPHITES	LUPIN
159	FLAGUETTE BAP															
3159525F	CHUNKY EGG MAYO, TOMATO & ROCKET	NO BUTTER							WHEAT RYE BARLEY		✓		✓			
2153185F	BIG BREAKFAST BAP (SAUSAGE, BACON, EGG & CHEESE)	BUTTER						✓	WHEAT RYE BARLEY		✓				✓	
205	BLOOMER GRANARY EXTRA THICK															
2205525F	CHICKEN ROYALE & COS LETTUCE	NO BUTTER							WHEAT	✓	✓		✓			
2205593F	CHICKEN ESCALOPE, ITALIAN C/SLAW, ROASTED TOMATO & HERBS, MAYO	NO BUTTER							WHEAT	✓	✓		✓			
1	BLOOMER WHITE EXTRA THICK															
2240045F	HAM, SLICED EGG, TOMATO, LETTUCE & MUSTARD MAYO	BUTTER						✓	WHEAT	✓	✓		✓			
1	CIABATTA															
2300550F	CHICKEN CORIANDER MAYO, AVOC & BABY LEAF	NO BUTTER							WHEAT		✓		✓			
1	CIABATTA BAP															
2302210F	PULLED PORK, BBQ SAUCE, CHILLI-SLAW & BABY LEAF	NO BUTTER							WHEAT		✓		✓			
1	RUSTIC BROWN CIABATTA															
2302210F	PRAWN PIRI-PIRI & ROCKET	NO BUTTER				✓			WHEAT RYE BARLEY OATS		✓	✓	✓			
1	SQURE CIABATTA															
3308365F	PAN FRIED HALLOUMI, HOUMUS & ROCKET	NO BUTTER						✓	WHEAT			✓				
1	SUNDRIED TOMATO CIABATTA															
2320550F	CHICKEN MAYONNAISE, TOASTED ALMONDS & ROCKET	NO BUTTER		ALMONDS					WHEAT		✓		✓			
3320672F	HOUMUS, CRUMBLER FETA & JALAPENO PEPPERS	NO BUTTER						✓	WHEAT							
1	FILONCINO															
2328096F	PARMA HAM, ITALIAN MOZZARELLA & TOMATO	BUTTER						✓	WHEAT							
330	ITALIAN BAGUETTE															
2330120F	EGG MAYO & BACON	NO BUTTER							WHEAT		✓		✓			
2330415F	CHORIZO & CHEDDAR	BUTTER						✓	WHEAT							
2330455F	SALAMI & SMOKED CHEESE	BUTTER						✓	WHEAT							
2330509F	CHICKEN MAYO & AVOCADO	NO BUTTER							WHEAT		✓		✓			
2330514F	CHICKEN MAYO, SWEETCORN & BABY LEAF	NO BUTTER							WHEAT		✓		✓			

# ALLERGENICS INGREDIENT MATRIX

## THE SANDWICHMAN

ASSESSOR: Pablo Server

DATE ASSESSED: 08/08/17 V2



DISH / PRODUCT		BUTTER / NO BUTTER	PEANUTS	TREENUTS	FISH	CRUSTACEANS	MOLLUSCS	MILK	CEREALS (GLUTEN)	SOYABEANS	EGGS	SESAME SEEDS	MUSTARD	CELERY	SULPHITES	LUPIN
2330630F	CHICKEN PIRI PIRI & CORIANDER	NO BUTTER							WHEAT		✓		✓			
3330510F	FREE RANGE EGG MAYO & CRESS	NO BUTTER							WHEAT		✓		✓			
1	SEEDED ITALIAN BAGUETTE															
2332614F	CORONATION CHICKEN WITH MIXED LEAF LETTUCE	NO BUTTER							WHEAT		✓	✓	✓			
350	ALL BUTTER CROISSANT															
2350031F	HAM & EMMENTAL CROISSANT	BUTTER						✓	WHEAT		✓					
3350000F	PLAIN CROISSANT	NO BUTTER						✓	WHEAT		✓					
3350110F	CHEDDAR CHEESE & TOMATO CROISSANT	BUTTER						✓	WHEAT		✓					
370	PLAIN SQUARE FOCCACIA															
2370581F	CHICKEN TARRAGON MAYO, TOMATO & BABY LEAF	NO BUTTER							WHEAT		✓		✓			
395	FOCCACIA OLIVE															
1395120F	TUNA, PESTO, MAYO, SUN DRIED TOM, PARMESAN CHEESE & ROCKET	NO BUTTER		CASHEW				✓	WHEAT		✓		✓			
500	SMALL ROLL															
1500110F	TUNA MAYONNAISE & CUCUMBER CRUSTY ROLL	NO BUTTER			✓				WHEAT		✓		✓			
2500030F	HAM & CHEDDAR CHEESE	BUTTER						✓	WHEAT							
2500032F	HAM & TOMATO	BUTTER						✓	WHEAT							
2500520F	CHICKEN MAYONNAISE & SWEETCORN	NO BUTTER							WHEAT		✓		✓			
2510015F	HAM & ENGLISH MUSTARD	BUTTER						✓	WHEAT				✓			
3500110F	CHEDDAR CHEESE & TOMATO	BUTTER						✓	WHEAT							
3500111F	CHEDDAR CHEESE & BRANSTON PICKLE	BUTTER						✓	WHEAT/BARLEY						✓	
3500112F	CHEDDAR CHEESE & ONION	BUTTER						✓	WHEAT							
3500510F	EGG MAYO & CRESS	NO BUTTER							WHEAT		✓		✓			
0	HEAT-ME ROLLS															
1515810T	FISH FINGERS, CHEESE AND TARTAR SAUCE	BUTTER			✓			✓	WHEAT		✓		✓			
2420100T	BACON	BUTTER						✓	WHEAT							
2420150T	BACON & EGG	BUTTER						✓	WHEAT		✓					
2420200T	SAUSAGE	BUTTER						✓	WHEAT							

# ALLERGENICS INGREDIENT MATRIX

## THE SANDWICHMAN

ASSESSOR: Pablo Server

DATE ASSESSED: 08/08/17 V2



DISH / PRODUCT		BUTTER / NO BUTTER	PEANUTS	TREENUTS	FISH	CRUSTACEANS	MOLLUSCS	MILK	CEREALS (GLUTEN)	SOYABEANS	EGGS	SESAME SEEDS	MUSTARD	CELERY	SULPHITES	LUPIN
2420250T	SAUSAGE & EGG	BUTTER						✓	WHEAT		✓					
3420310T	DOUBLE EGG	BUTTER						✓	WHEAT		✓					
772	DELI SUB ROLL															
2772850F	TURKEY 3 MUSTARD MAYO & SALAD	NO BUTTER							WHEAT		✓		✓			
810	TORPEDO SUNFLOWER SEED															
1810670F	ROASTED SALMON, TARTARE SAUCE, ICEBERG	NO BUTTER			✓				WHEAT		✓		✓			
850	TORTILLA WRAP															
2850513P	CHICKEN, SPINACH, SWEET CHILLI WITH A HONEY & LIME MAYO	NO BUTTER							WHEAT		✓	✓	✓			
2850601B	CAJUN CHICKEN, YOG & MINT DRESSING & CORIANDER	NO BUTTER							WHEAT		✓		✓			
2850912B	HOI-SIN DUCK, RED ONION, CUCUMBER & ICEBERG	NO BUTTER							WHEAT	✓		✓	✓			
3850615B	HOUMUS, FALAFEL, GRATED CARROT & BABY SPINACH	NO BUTTER							WHEAT			✓				
3850710B	FALAFEL, TABOULEH, MINTED YOGHURT & BABY LEAF	NO BUTTER							WHEAT		✓		✓			
850	PANINETTE ORIGINAL WRAP															
2855605B	CHICKEN FAJITA WRAP	NO BUTTER							WHEAT							
850	PANINETTE WHOLEMEAL WRAP															
3861646F	HOUMUS, AUBO, RSTED TOM, CORIANDER & BABY LEAF	NO BUTTER							WHEAT			✓				
0	FRESH SALADS															
4100116P	TUNA ENERGY BOWL				✓						✓					
410045E	ROASTED SALMON, WILD RICE, EDAMAME & CRANBERRY				✓					✓					✓	
4200205P	ULTIMATE PROTEIN POWER SALAD							✓	BARLEY		✓					
4200543P	BLACK RICE PROTEIN BOWL							✓		✓	✓					
4200586P	SUMMER CHICKEN PIRI PIRI SALAD							✓								
4200588P	TANDOORI CHICKEN SALAD							✓			✓		✓			
4300109P	QUINOA BLISS BOWL								WHEAT	✓		✓				
4300255R	FETA, COUSCOUS & CHICKPEAS SALSA SALAD							✓	WHEAT							
4300540P	CRUNCHY VEG PASTA BOWL		CASHEW					✓	WHEAT		✓		✓			
0	PROTEIN POTS															

# ALLERGENICS INGREDIENT MATRIX

## THE SANDWICHMAN

ASSESSOR: Pablo Server

DATE ASSESSED: 08/08/17 V2



DISH / PRODUCT		BUTTER / NO BUTTER	PEANUTS	TREENUTS	FISH	CRUSTACEANS	MOLLUSCS	MILK	CEREALS (GLUTEN)	SOYABEANS	EGGS	SESAME SEEDS	MUSTARD	CELERY	SULPHITES	LUPIN
4300780D	EGG & SPINACH PROTEIN POT										✓					
0	FRUIT, FRUIT SALADS & YOGHURTS															
7100100N	FRUIT - APPLES															
7100110N	FRUIT - BANANAS															
7300200J	FRESH FRUIT SALAD ROUND BOWL															
7300300Y	FRESH PINEAPPLE SMALL POT															
7300310Y	FRESH SEEDLESS GRAPE POT															
7600600Y	GREEK YOGHURT			ALMOND/ HAZELNUTS				✓	OATS							
0	HOT FOODS	WEEK														
5100600W	MALAYSIAN FISH CURRY	1			✓	✓										
5200510W	CHICKEN ESCALOPE WITH POTATOES	1						✓	WHEAT							
5200803W	SHEPHERD'S PIE	1						✓						✓		
5300220W	RICOTTA & SPINACH CANNELLONI	1						✓	WHEAT							
5100220W	SALMON WITH WATERCRESS SAUCE, PEAS & POTATOES	2			✓			✓						✓	✓	
5200110W	BEEF LASAGNE	2						✓	WHEAT							
5200560W	MOROCCAN CHICKEN COUSCOUS	2						✓	WHEAT				✓	✓		
5300365W	THAI RED VEGETABLE CURRY & RICE	2						✓								
5100100W	TUNA PASTA, OLIVES & CAPERS	3			✓			✓	WHEAT							
5200101W	CREAMY CHICKEN & MUSHROOM PASTA	3						✓	WHEAT							
5200200W	THAI GREEN CHICKEN CURRY & RICE	3													✓	
5300430W	MIXED BEANS CHILLI WITH RICE	3						✓						✓		
0	JACKET POTATOES IN MICRO WAVEABLE BOWLS															
5500100W	BAKED POTATO WITH TUNA MAYO SWEETCORN MELT				✓			✓			✓		✓			
5500300W	BAKED POTATO WITH CHEDDAR, BAKED BEANS AND CHIVES							✓								
5500302W	BAKED POTATO WITH GRATED CHEDDAR							✓								
5500320W	BAKED POTATO WITH VEGETABLE CURRY							✓					✓			
0	SOUP	Week														

# ALLERGENICS INGREDIENT MATRIX

## THE SANDWICHMAN

ASSESSOR: Pablo Server

DATE ASSESSED: 08/08/17 V2



DISH / PRODUCT		BUTTER / NO BUTTER	PEANUTS	TREENUTS	FISH	CRUSTACEANS	MOLLUSCS	MILK	CEREALS (GLUTEN)	SOYABEANS	EGGS	SESAME SEEDS	MUSTARD	CELERY	SULPHITES	LUPIN
8900021N	INDONESIAN CHICKEN NOODLE								WHEAT		✓			✓		
8900022N	RED THAI CHIKEN				✓	✓		✓			✓					
8900023N	CHICKEN SAMBAL DAHL														✓	
8900025N	CHICKEN & VEGETABLE BROTH							✓	WHEAT		✓			✓		
8900028N	CARIBBEAN CHICKEN										✓			✓		
8900041N	TUSCAN MEATBALLS													✓		
8900042N	CHORIZO & CANNELLINI BEANS							✓						✓	✓	
8900061N	MEDITERRANEAN ROASTED TOMATO & PEPPERS													✓		
8900063N	THAI GREEN LENTIL													✓		
8900064N	MOROCCAN SWEET POTATO													✓		
8900065N	ITALIAN MINISTRONE								WHEAT		✓			✓		
8900066N	SWEET POTATO & COCONUT								WHEAT	✓				✓	✓	
8900067N	WILD MUSHROOMS							✓						✓		
8900070N	CHUNKY SPICED TOMATO													✓		
8900071N	HUNGARIAN GOULASH															
8900074N	THAI GREEN CHICKEN													✓		
8900076N	BUTTERNUT SQUASH & LENTIL							✓					✓	✓	✓	
0	PASTRIES															
6700200F	PASTRY ROLL SAUSAGE / SPINACH							✓	WHEAT		✓					
6700202F	CHICKEN MUSHROOM SLICE							✓	WHEAT		✓					
6700300F	SPINACH RICOTTA LATTICE							✓	WHEAT		✓					
6800200F	SAMOSA LAMB								WHEAT							

# ALLERGENICS INGREDIENT MATRIX

## THE SANDWICHMAN

ASSESSOR: Pablo Server

DATE ASSESSED: 08/08/17 V2



DISH / PRODUCT		BUTTER / NO BUTTER	PEANUTS	TREENUTS	FISH	CRUSTACEANS	MOLLUSCS	MILK	CEREALS (GLUTEN)	SOYABEANS	EGGS	SESAME SEEDS	MUSTARD	CELERY	SULPHITES	LUPIN
6800250F	SAMOSA CHICKEN								WHEAT	✓				✓		
6800300F	SAMOSA VEGETABLE								WHEAT							
0	CAKES FROM FAMILY CAKE COMPANY															
6100100F	FAMILY CAKE - HOME MADE CAKES VARIOUS			WALNUTS				✓	WHEAT		✓					
6300300F	LUXURY MUFFIN - VARIOUS							✓	WHEAT		✓					
6400400F	PASTRY - DANISH							✓	WHEAT		✓					
6500500F	FLAPJACKS - LUXURY VARIOUS							✓	WHEAT							
6600100R	RICH CHOCOLATE BROWNIE							✓	WHEAT	✓	✓					

**ALLERGENIC INGREDIENTS MATRIX**

**SOUP MENU**

CODE: SOUP SANDWICHMAN

ASSESSOR NAME: Pablo Server

DATE ASSESSED: 09/08/2017



SOUP	INGREDIENTS	WEEK	DAY	SUITABLE FOR VEGETARIANS	PEANUTS	TREENUTS	FISH	CRUSTACEANS	MOLLUSCS	MILK	CEREALS (GLUTEN)	SOYABEANS	EGGS	SESAME SEEDS	MUSTARD	CELERY	SULPHITES	LUPIN
R INDONESIAN CHICKEN AND NOODLE	Water, Chicken, Noodles ( <b>WHEAT, EGG</b> ), Spinach, Green Pepper, Red Pepper, Onion, Chicken Stock ((Water, Chicken Stock), Flavourings, Glucose Syrup, Salt, Yeast Extract, Vegetable Oil), Vegetable Stock (Water, Onion, Carrot Extract, Tomato, Celery ( <b>CELERY</b> ), Herbs, Garlic, Spice, Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar Flavourings, Vegetable Oil), Green Chili, Garlic, Ginger, Spices.	EVERY DAY									WHEAT		✓			✓		
BUTTERNUT AND LENTIL	Soup, Butternut and Lentil (78.9%):Water, Flaked coconut [Coconut 100%, colouring: <b>SULPHUR DIOXIDE</b> (E220)], Onions, Spinach, Chickpeas, Potato, Butternut squash, Yellow split peas, Green lentils, Ginger, Garlic, Red Chili, Organic vegetable stock (Sea salt, yeast extract, rice flour, onion, <b>CELERY</b> , carrot, parsley, turmeric), Salt, Coriander, Turmeric, Lemon grass, Pepper, <b>MUSTARD</b> seeds, Cardamom.	WEEK 1 & 3	MON	VEGAN											✓	✓	✓	
GREEN THAI CHICKEN	Soup, Thai Green Chicken (78.9%):Water, Chicken (10%), Edamame Beans, Green Beans, Carrot, Coconut, Mushroom, Red Pepper, Onion, Spinach, Fish Sauce, Garlic, Bamboo Shoots, Ginger, Green Chili, Rapeseed Oil, Chicken Stock (0.5%) (Water, Chicken Stock), Flavouring, Glucose Syrup, Salt, Yeast Extract, Vegetable Oil), Coriander, Soup Stock (Vegetable Stock (Water, Onion, Carrot Extract, Tomato, <b>CELERICAC</b> , Herb), Flavouring, Glucose Syrup, Salt, Yeast Extracts, Vegetable Oil, Maltodextrin, Sugar), Modified Tapioca Starch, Lemon Grass, Lime Leaf, Thai Basil (0.2%)	WEEK 1 & 3	MON													✓		
R MEDITERRANEAN ROAST TOMATO AND PEPPER	Tomato, Water, Red Pepper, Onion, Olive Oil, Tomato Puree, Garlic, Vegetable Stock ( <b>CELERY</b> ), Salt, Sugar, Black Pepper.	EVERY WEEK	TUE	VEGAN												✓		
R CHICKEN AND VEGETABLE BROTH	Water, Chicken, Carrots, Onions, <b>CELERY</b> , Leek, Cream ( <b>MILK</b> ), Pasta ( <b>WHEAT, EGG</b> ), Tapioca Starch, Chicken Stock, Butter ( <b>MILK</b> ), Vegetable Bouillon, Garlic Puree, Parsley.	WEEK 1	TUES							✓	WHEAT		✓			✓		
R MOROCCAN SWEET POTATO AND CHIKPEA	Vegetable Stock ( <b>CELERY</b> ), Tomato, Chickpeas, Sweet Potato, Onion, Red Pepper, Rapeseed Oil, Garlic, Harissa, Brown Sugar, Red Chili, Smoked Paprika, Ras El Hanout, Cumin, Salt.	EVERY WEEK	WED	VEGAN												✓		
R CHORIZO AND CANNELLINI BEAN	Cannellini Beans, Water, Carrot, Chorizo, Onion, Tomato, Bacon, Tomato Puree, Garlic, Maple Syrup, Roast Chicken Stock ((Water, Chicken Stock, Chicken Fat), Flavourings, Glucose Syrup, Salt, Yeast Extract, Vegetable Oil), Lemon Juice, Modified Tapioca Starch, <b>EGG</b> , Butter ( <b>MILK</b> ), Balsamic Vinegar, Smoked Paprika.	WEEK 1	WED							✓						✓	✓	
R WILD MUSHROOM	Water, Onions, Potatoes, Whipping Cream ( <b>MILK</b> ), Vegetable Bouillon ( <b>CELERY</b> ), Tapioca Starch, Wild Mushrooms, Garlic Puree, Mushroom Powder, Black Pepper.	WEEK 1	THU	✓						✓						✓		
S RED THAI CHICKEN AND COCONUT	Red Thai Chicken Stew (78.9%): Water, Chicken (25%), Butternut Squash, Sweet Potato, Onion, Bamboo Shoots, Coconut Cream, Red Pepper, Ginger, Tomato Puree, Chicken Stock (1.5%) (Water, Chicken Stock, <b>MILK</b> , Fish <b>EGG</b> ), Flavouring, Glucose Syrup, Salt, Yeast Extract, Vegetable Oil), Cream ( <b>MILK</b> ), Garlic, Rapeseed Oil, Lemon Grass, Coriander, Harissa, Red Chili, Cumin, Fish Sauce ( <b>FISH, CRUSTACEANS</b> ), Lime Leaf, Brown Sugar.	WEEK 2 & 3	TUE				✓	✓		✓			✓					
		EVERY WEEK	THU															
S SWEET POTATO AND COCONUT	Water, Sweet Potato, Carrots, Onions, <b>CELERY</b> , Flaked Coconut ( <b>SULPHITES</b> ), Soy Sauce Light ( <b>SOYA, WHEAT</b> ), Spring Onions, Organic Vegetable Stock ( <b>CELERY</b> ), Ginger, Garlic, Coriander, Rice flour, Salt, Chili.	WEEK 1	FRI								WHEAT		✓			✓	✓	
		WEEK 2 & 3	THU	VEGAN														
CARIBBEAN CHICKEN	Caribbean Chicken Soup (78.9%): Water, Blackeye Beans, Tomato, Chicken, Carrots, Onion, <b>CELERY</b> , Red Peppers, Dried Coconut, Sunflower Oil, Tomato Paste, Red Chili, Lime Juice, Chicken Stock, Flavouring (Contains <b>EGG</b> ), Glucose Syrup, Salt, Yeast Extract, Rapeseed Oil, Garlic Puree, Chopped Coriander, Ginger Puree, Vegetable Bouillon (Vegetable Stock (Water, Onion, Carrot Extract, Tomato, <b>CELERICAC</b> , Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil), Modified Tapioca Starch, Cumin Seeds, Salt, Thyme, Bay Leaf.	WEEK 1 & 3	FRI										✓			✓		
R THAI GREEN LENTIL	Water, Red Split Lentils, Onion, Coconut, Green Lentils, Spinach, Spring Onion, Vegetable Stock ( <b>CELERY</b> ), Lemon Grass, Red Chili, Coriander, Garlic Puree, Lime Juice, Ground Coriander, Paprika.	WEEK 2	MON													✓		
		WEEK 3	FRI	VEGAN														
R CHICKEN SAMBAL	Water, Onion, Tomato, Red Lentils, Chicken, Rapeseed Oil, Garlic, Ginger, Lemon Juice (Lemon Juice, Preservative: Potassium Metabisulphite E224, <b>SULPHITES</b> ), Salt, Fenugreek Seeds, Coriander, Tamarind (Water, Tamarind), Chili Powder, Red Chili, Garam Masala, Turmeric, Coriander Powder.	WEEK 2	MON														✓	
R TUSCAN MEATBALL SOUP	Cannellini Beans, Water, Tomato, Meatballs (Pork, Beef, Potato, Onion, Yeast Extract, Spices), Onion, Carrot, Tomato Puree, <b>CELERY</b> , Rapeseed Oil, Vegetable Stock ( <b>CELERY</b> ), Salt, Brown Sugar, Ham Stock, Rosemary, Balsamic Vinegar, Garlic, Basil, Green Chili.	WEEK 2 & 3	WED													✓		
R ITALIAN MINESTRONE	Water, Tomatoes, Potatoes, Cannellini Beans, Tomato Puree, Red Onion, Carrot, <b>CELERY</b> , Red Pepper, Green Beans, Pasta ( <b>WHEAT, EGG</b> ), Spinach, Vegetable Bouillon, Tapioca Starch, Olive Oil, Garlic Puree, Basil.	WEEK 2	FRI								WHEAT		✓			✓		
HUNGARIAN GOULASH	Water, Potato, Onions, Diced beef, Tomatoes, Tomato paste, Paprika, Salt, Pepper, Chili powder	WEEK 2	FRI															
CHUNKY SPICED TOMATO	Chunky spiced tomato (78.9%):Blended Tomato (29%), Water, Chopped Tomato (11%), Onions, <b>CELERY</b> , Red Peppers, Tomato Puree (3%), Rapeseed Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Preservative: Potassium Metabisulphite), Vegetable Bouillon (Water, Onion, Carrot Extract, Tomato, <b>CELERICAC</b> , Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil), Brown Sugar, Salt, Thyme, Modified Tapioca Starch, Bay Leaf, Chili Powder	OUT OF MENU CURRENTLY		✓												✓		
R CHICKEN LAKSA	Water, Chicken, Onion, Coconut, Noodles ( <b>WHEAT, EGG</b> ), Fish Sauce ( <b>FISH</b> ), Lemon Grass, Brown Sugar, Baby Corn, Red Pepper, Spinach, Roast Chicken Stock ((Water, Chicken Stock, Chicken Fat), Flavourings, Glucose Syrup, Salt, Yeast Extract, Vegetable Oil), Lime Juice, Ginger, Red Chili, Modified Tapioca Starch, Rapeseed Oil, Turmeric.	OUT OF MENU CURRENTLY					✓				WHEAT		✓					