Microwave meals 2020. ver 2 (23/04/20)	vegitarian, vegan or Gluten free	celery	cerels containing gluten	crustasions	eggs	fish	lupin	milk/ dairy	mollacs	mustard	nuts	peanuts	sesame seeds	soya	sulpher dioxide
Description: Beef lasagne **Ingredients:** beef mince, tomato coulis: (sun-ripened tomatoes (48.5%), puree of sun-ripened tomato (41.5%), onion, sunflower oil, sugar, salt, black pepper, basil, oregano, garlic,citric acid, firming agent (calcium chloride)), tomato paste, onion, carrot, **celery**, garlic, **milk**, bay leaves, dried mixed herbs, vegetable stock: (water, onion, carrot, tomato, **celeriac**, garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil), pasta sheets **(wheat, gluten),** butter **(milk),** flour **(wheat, gluten),** salt, pepper, vegetable oil, gravy granules (vegetable stock: water, onion, tomato, carrot extract, herb, modified tapiocca starch, flavourings, glucose syrup, salt, sugar, yeast extracts, colour (caramel), rapeseed oil, maltodextrin), **cheese: (**palm oil, sunflower oil, water, starch, **milk** solids**,** emulsifying salts: (di-sodium phosphate, tri calcium phosphate), salt, colour (beta carotene), ant-caking agent: potato starch)**.**		x	x					x							
Description: Vegetable lasagne **Ingredients:** carrots, aubergine, swede, butternut squash, peppers, courgettes, onions, **celery**, vegetable oil, tomato coulis (sun-ripened tomatoes (48.5%), puree of sun-ripened tomato (41.5%), onion, sunflower oil, sugar, salt, black pepper, basil, oregano, garlic,citric acid, firming agent (calcium chloride)), tomato paste, garlic, vegetable stock: (water, onion, carrot, tomato, **celeriac**, garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil), butter **(milk),** flour **(wheat, gluten), milk,** salt, pepper, vinegar, sugar, cheese (palm oil, sunflower oil, water, starch, **milk** solids, emulsifying salts: (di-sodium phosphate, tri calcium phosphate), salt, colour (beta carotene), ant-caking agent: potato starch), dried mixed herbs, pasta sheets **(wheat, gluten).**	**v**	x	x		x			x							
Description: Spaghetti bolognaise with cheese **Ingredients:** spaghetti pasta (durum **wheat**, semolina, water) beef mince, tomato coulis: (sun-ripened tomatoes (48.5%), puree of sun-ripened tomato (41.5%), onion, sunflower oil, sugar, salt, black pepper, basil, oregano, garlic,citric acid, firming agent (calcium chloride)), tomato paste, onion, carrot, **celery**, garlic, **milk**, bay leaves, dried mixed herbs, vegetable stock: (water, onion, carrot, tomato, **celeriac**, garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil)**,** salt, pepper, vegetable oil, gravy granules (vegetable stock: water, onion, tomato, carrot extract, herb, modified tapiocca starch, flavourings, glucose syrup, salt, sugar, yeast extracts, colour (caramel), rapeseed oil, maltodextrin), **cheese: (**palm oil, sunflower oil, water, starch, **milk** solids**,** emulsifying salts: (di-sodium phosphate, tri calcium phosphate), salt, colour (beta carotene), ant-caking agent: potato starch)**.**		x	x					x							
Description: Spaghetti with Mediterranean vegetables in tomato sauce with cheese **Ingredients:** spaghetti pasta (durum wheat, semolina, water), carrots, aubergine, swede, butternut squash, peppers, courgettes, onions, **celery**, vegetable oil, tomato coulis (sun-ripened tomatoes (48.5%), puree of sun-ripened tomato (41.5%), onion, sunflower oil, sugar, salt, black pepper, basil, oregano, garlic,citric acid, firming agent (calcium chloride)), tomato paste, garlic, vegetable stock: (water, onion, carrot, tomato, **celeriac**, garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil), butter **(milk)**, flour (**wheat, gluten**), **milk**, salt, pepper, vinegar, sugar, cheese (palm oil, sunflower oil, water, starch, **milk solids**, emulsifying salts: (di-sodium phosphate, tri calcium phosphate), salt, colour (beta carotene), ant-caking agent: potato starch), dried mixed herbs.															
Description: Shepherd's Pie **Ingredients:** Lamb (31%), potatoes, vegetable oil, onion, carrots, peas, **celery**, tomato puree, vegetable stock, **butter, milk,** sa**lt,** pepper, gravey granules (vegetable stock: water, onion, tomato, carrot extract, herb, modified tapiocca starch, flavourings, glucose syrup, salt, sugar, yeast extracts, colour (caramel), rapeseed oil, maltodextrin) vegetable stock: (water, onion, carrot, tomato, celeriac, garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil), bay leaves, garlic, mixed	**gf**	x						x							x
Description: Fish Pie **Ingredients**: potatoes, **fish**: (cod, smoked haddock, salmon), onion, flour (**wheat, gluten)**, peas, butter **(milk), milk**, peas, parsley, bay leaves.			x	x				x							x
Description: Chicken korma and rice **Ingredients:** Chicken (32%), onion, garlic, ginger, curry powder (cumin, chilli powder, ground coriander, paprika, turmeric), coconut oil, coconut milk, ground **almonds,** carrots, cauliflower, peas, courgette, vegetable stock: (water, onion, tomato, carrot extract, herb, modified tapiocca starch, flavourings, glucose syrup, salt, sugar, yeast extracts, colour (caramel), rapeseed oil, maltodextrin), rice, salt and pepper, cornflour. Sulphur dioxide is not added however it may be present as a carry over ingredient.	gf										x				
Description: Chick pea, lentil and sweet potato curry with rice **Ingredients:** onions, chickpeas, red lentils, black lentils, sweet potato, carrots, butternut squash, spinach, peppers garlic, ginger, curry powder (cumin, chilli powder, ground coriander, paprika, turmeric), coconut oil, coconut milk, vegetable stock: (water, onion, tomato, carrot extract, herb, modified tapiocca starch, flavourings, glucose syrup, salt, sugar, yeast extracts, colour (caramel), rapeseed oil, maltodextrin), rice, salt and pepper, cornflour. Sulphur dioxide is not added however it may be present as a carry over ingredient.	gf, vegan														

Description: Cauliflower and pea mac and cheese **Ingredients**: cauliflower, peas, vegetable oil, macaroni pasta **(durum wheat,** semolina, water), butter **(milk),** plain flour **(wheat, gluten), milk,** double cream **(dairy), mustard** powder**, cheese** (palm oil, sunflower oil, water, starch**, milk solids,** emulsifying salts: (di-sodium phosphate, tri calcium phosphate) salt, pepper	vegitarian		x					x		x					
Description: Salmon teriyakki **Ingredients: Salmon** (**27%**), carrot, peppers, butternut squash, courgette, baby sweetcorn, Chinese cabbage, mange tout, teriyaki sauce: (honey, **soya** sauce, lemon juice, **sesame oil**, garlic, ginger), egg noodles: (contains **egg, Wheat)**,			x		x	x							x	x	
Description: Roast chicken dinner with vegetables, roast potatoes, stuffing and gravy **Ingredients:** chicken breast (32%), gravy granules: (vegetable stock, water, onion, tomato, carrot extract, herb, modified tapiocca starch, flavourings, glucose syrup, salt, sugar, yeast extracts, colour (caramel), rapeseed oil, maltodextrin), seasonal vegetables (depening on availability: carrot, green beans, cauliflower, brocoil), vegetable oil, potatoes, bread crumbs **(wheat, gluten),** onions, dried mixed herbs, garlic, salt and pepper.			x												
Description: Vegetarian suasage dinner with vegetables, roast potatoes, stuffing and gravy **Ingredients:** Vegetarian sausage (28%): rehydrated textured **soya** protein (70%), water, rapeseed oil, **soya** protein concentrare, seasoning (**sulphites**, dextrose, salt, flavouring, onion powder, yeast extract, colour: red iron oxide), fortified **wheat** flour: (**wheat** flour, calcium carbonate, iron, niacin, thiamin), stabaliser:methyl cellulose; tomato puree, salt, raising agent: ammonium carbonates. gravy granules: (vegetable stock, water, onion, tomato, carrot extract, herb, modified tapiocca starch, flavourings, glucose syrup, salt, sugar, yeast extracts, colour (caramel), rapeseed oil, maltodextrin), seasonal vegetables (depening on availability: carrot, green beans, cauliflower, brocoil), vegetable oil, potatoes, bread crumbs (**wheat, gluten**), onions, dried mixed herbs, garlic, salt and pepper.	vegan		x											x	x
Description: Thai green chicken curry and rice **Ingredients:** Chicken breast(31%), rice, coconut milk, Chinese cabbage, mange tout, carrots, baby corn, pak choi, onions, peppers, **celery**, courgette, vegetable stock powder, garlic, coriander, salt, pepper, vegetable oil, green curry paste: (fresh green chillies(35%), garlic, ginger, shallot, lemongrass(7%), salt, basil(3%), kaffir lime (3%), sugar, coriander seeds, pepper, cumin, cardamom, turmeric, galangal, citric acid) vegetable stock: (water, onion, carrot, tomato, **celeriac**, garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil).															
Description: Thai green vegetable curry and rice **Ingredients:** Rice, coconut milk, butternut squash, Chinese cabbage, mange tout, carrots, baby corn, pak choi, onions, peppers, **celery**, courgette, vegetable stock powder, garlic, coriander, salt, pepper, vegetable oil, green curry paste (fresh green chillies(35%), garlic, ginger, shallot, lemongrass(7%), salt, basil(3%), kaffir lime (3%), sugar, coriander seeds, pepper, cumin, cardamom, turmeric, galangal, citric acid) vegetable stock (water, onion, carrot, tomato, **celeriac**, garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil).															
Description: Spanish bean stew **Ingredients:** Roasted red peppers, salad beans (in variable proportions: red kidney beans, great northern beans, black turtle beans, dutch brown beans, rose cocoa beans, water, salt, firming agent: calcium chloride), vegetable oil, red onion, tomato coulis: (sun-ripened tomatoes (48.5%), puree of sun-ripened tomato (41.5%), onion, sunflower oil, sugar, salt, black pepper, basil, oregano, garlic,citric acid, firming agent (calcium chloride)), smoked paprika, tomato paste, garlic, salt, pepper, aubergine, whole plum tomatoes, butter beans, vegetable stock: (water, onion, carrot extract, tomato, **celariac**, garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings rapeseed oil).		x													
Description: Spanish bean stew with Chorizo **Ingredients:** Roasted red peppers, salad beans (in variable proportions: red kidney beans, great northern beans, black turtle beans, dutch brown beans, rose cocoa beans, water, salt, firming agent: calcium chloride), vegetable oil, red onion, tomato coulis: (sun-ripened tomatoes (48.5%), puree of sun-ripened tomato (41.5%), onion, sunflower oil, sugar, salt, black pepper, basil, oregano, garlic,citric acid, firming agent (calcium chloride)), Chorizo: (pork meat (135g pork meat per 100g product), pork fat, paprikia, salt, garlic, dextrine, dextrose, **Latose**, **milk protein**, **milk** powder, sugar, pepper, rosemary, antioxidants: (E-331, E-301), stabilisers: (E-450, E-452, E-451), preservative (E-250) and natural gut), smoked paprika, tomato paste, garlic, salt, pepper, aubergine, whole plum tomatoes, butter beans, vegetable stock: (water, onion, carrot extract, tomato, **celariac**, garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings rapeseed oil).		x						x							

Description: Vegan chilli and rice **Ingredients: ,** Rice, aubergine, courgette, sweet potato, butternut squash, onion, peppers, red kidney beans, salad beans (in variable proportions: red kidney beans, great northern beans, black turtle beans, dutch brown beans, rose cocoa beans, water, salt, firming agent (calcium chloride)), tomato paste, vegetable stock: (water, onion, carrot extract, tomato, **celariac,** garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings rapeseed oil), tomato coulis: (sun-ripened tomatoes (48.5%), puree of sun-ripened tomato (41.5%), onion, sunflower oil, sugar, salt, black pepper, basil, oregano, garlic, citric acid, firming agent (calcium chloride)), garlic paste, chilli peppers, chilli powder, paprika, salt, pepper, coriander.	vegan	x													
Description: Primavera risotto **Ingredients:** Risotto rice, white onion, courgettes, peppers, peas, broad beans, cherry tomtatoes, marscapone (**milk**), Vegetarian parmesan (**milk**), lemon juice, garlic, vegetable stock: (water, onion, carrot extract, tomato, **celariac**, garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings rapeseed oil), salt, pepper.	vetetarian, gf	x						x							
Description: Country vegetable soup **Ingredients**: Water, carrots, aubergine, swede, butternut squash, peppers, courgettes, onions, **celery**, **soya** beans, green beans, butter beans, vegetable oil, tomato coulis (sun-ripened tomatoes (48.5%), puree of sun-ripened tomato (41.5%), onion, sunflower oil, sugar, salt, black pepper, basil, oregano, garlic, citric acid, firming agent (calcium chloride)), tomato paste, garlic, vegetable stock: (water, onion, carrot, tomato, **celeriac**, garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil), butter (**milk**), flour (**wheat, gluten**), salt, pepper, vinegar, sugar.	gf Vegetarian	x													
Description: Rainbow cous-cous salad, lentil salad with mang chutney haloumi **Ingredients:** Haloumi (20%), cous-cous, cucumber, cherry tomatoes, peppers, spring onion, beetroot, spinach, puy lentils, vegetable stock: (water, onion, carrot, tomato, **celeriac**, garlic, spice, salt, glucose syrup, maltodextrin, yeast extracts, sugar, flavourings, rapeseed oil), natural yoghurt (**milk**), olive oil, mint, salt, pepper, Mango chutney: (sugar, mangoes, salt, acetic acid, spices, may contain nuts and sesame).	vegetarian, gf	x						x							
Description: mixed salad with vinegarette **Ingredients:** salad leaves, cucumber, cherry tomatoes, peppers, spring onion, spinach, olive oil, lemon, honey, cider vinegar, salt, pepper.	vegan, gf														
Description: Apple and fruit crumble with custard crumble **Ingredients:** Oats (**wheat, gluten**), flour (**wheat, gluten**), sugar, butter (**dairy**), apple, sugar, cornflour, mixed berries: (strawberries, blueberries, blackberries, blackcurrants, red currents), custard: (**milk**) (maize starch, salt, flavoring, colour (annatto).			x					x							
Description: Sticky toffee pudding with caramel sauce **Ingredients:** Dates, water, vanilla extract, self raising flour (**wheat gluten**), baking powder, bicarbonate of soda, **eggs**, butter (**Dairy**), dark brown sugar, golden syrup, **milk**, cream (**dairy**) light brown sugar.			x		x			x							
Description: Trifle (GF) **Ingredients:** Gluten Free Sponge: (butter, gluten free self raising flour blend: (rice, potato, tapioca, maize, buckwheat), raising agent: (mono-calcium phosphate, sodium bicarbonate), thickener (xanthan gum), caster sugar, **egg**, vanilla extract, flavouring preparations, flavouring substances, water, propylene glycol, caramel, sugar syrup, thickener: xanthan gum, acidity regulator: citric acid, preservative: potassium sorbate). Strawberry Jelly: (sugar, dextrose, beef gelatine, acid: citric acid, stabiliser: tri-sodium citrate, colours: (beetroot red, annatto), flavouring). Tinned fruit cocktail: (peaches, pears, pineapple, grapes, cherries (colour E127), glucose, syrup-fructose, water, sugar, acidity regulator: citric acid). Fruit compote: (raspberries, blackcurrants, blackberries, redcurrants, honey). Custard: (sugar, whey powder (**from milk**). Modified maize starch, vegetable oil (palm), sodium caseinates (**milk**), flavourings, anit-caking agent: silicon dioxide, colouring: annatto). Cream (**dairy**), fond neutral: (glucose, sugar, gelatine, salt, natural vanilla flavouring, with other natural flavourings).	gf				x			x							
														x	