

Allergen List for Ready Meals

STARTER

LAIRD'S WELLINGTON - gluten, egg, milk, mustard

BUTTON MUSHROOMS - milk

MAINS

SPAGHETTI BOLOGNAISE - celery, gluten

*MOROCCAN SPICED SCOTCH BEEF - celery

SIRACHA SPICED CHICKEN - celery, milk

BAKED MACARONI - celery, gluten, milk

SLOW COOKED BEEF OR ROAST CHICKEN - celery, milk, soya

CAJUN CHICKEN PASTA - celery, milk, gluten

STEAMED SMOKED HADDOCK - celery, fish, milk

*SPICED CHICKPEA DAHL

DESERTS

Sticky toffee Pudding with toffee sauce - gluten, egg, milk

Apple Crumble - gluten

Carrot Cake – soya, milk, sulphur

SIDES

Hand cuts chips – Remove lid, 190° C for 10 mins.

Steamed Rice

Cooked pasta - gluten

Mash - milk

Steamed veg -

Salad box