

The European Parliament's Food Information to Consumers Act



Declaration of Ingredients and Allergens 2014

Catering Products Buffets

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Danish Filled Rolls

Ingredients

Wheat flour, water, calcium carbonate, iron, niacin,(B3), thiamin (B1) salt, yeast, vegetable fat (rapeseed, palm), sugar, ascorbic acid, **Soya** flour, whey powder (**Milk**), linseeds, maw seeds, **Sesame** seeds, sunflower seeds, cooked British beef, cooked Danish Ham, Cooked Turkey, Mature Cheddar Cheese (**Milk**), **Egg**, vinegar, spring onion, Tuna (**Fish**), cucumber, cress, tomato, watercress, sage, onion.

Vegetarian Quiche

Ingredients

Wheat flour, water, calcium carbonate, iron, niacin,(B3), thiamin (B1) salt, water, vegetable fat (rapeseed, palm), **Milk**, spices, **Egg**, broccoli, tomatoes, cheese (**Milk**), fresh cream (**Milk**).

Pork Pies

Ingredients:

Wheat flour, water, calcium carbonate, iron, niacin (B3), thiamin (B1), salt, **Rice** flour, British Pork 20%, animal fat (pork), water, **Milk**, gelatine, carrageenan, potassium chloride, rusk (**wheat**), preservative E250, spices, Emulsifier E451, flavour enhancer E621.

Beef Pies

Ingredients:

Wheat flour, water, calcium carbonate, iron, niacin (B3), thiamin (B1), salt, vegetable fat (rapeseed, palm), British Beef 20%, gelatine, carrageenan, potassium chloride, rusk (**wheat**), pepper.

Cheese Patties

Ingredients:

Wheat flour, water, calcium carbonate, iron, niacin (B3), thiamin (B1), salt, vegetable fat (rapeseed, palm), Cheddar **Cheese**, onions, **Milk**, potato flour, cornflour, colour E150c, **Maize** flour, flavour E621.

Sausage Rolls

Ingredients:

Wheat flour, water, calcium carbonate, iron, niacin (B3), thiamin (B1), salt, vegetable fat (rapeseed, palm), Pork 11.5%, Rusk (**Wheat**), colour E150c, **Maize** flour, flavour enhancer E621, **Milk**, spice, **Soya** flour.

Onion Bhajees

Ingredients:

Onion, **Wheat** flour, calcium carbonate, iron, niacin (B3), thiamin (B1), Vegetable Oil (rapeseed), Gram Flour (Chick Peas, Yellow Split Peas), Rusk (**Wheat** flour), Water, Salt, Raising Agent (Ammonium Carbonate), Cumin, Salt, Chilli, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Fenugreek, Turmeric, Paprika, Dried Coriander Leaf.

Spring Rolls

Ingredients:

Carrots, Cabbage, Sweetcorn, Onion, Red Pepper, Leeks, Dried Onion, Beansprouts, Dried Cabbage, **Wheat** flour, calcium carbonate, iron, niacin (B3), thiamin (B1), Vegetable Oil (rapeseed), Water, **Maize** flour, Water, Sugar, Salt, Molasses, Acetic Acid, Soya Beans, Yeast Extract, Parsnip, Onion, Sugar, **Celery**, White Pepper, Garlic, Mace, Lovage, Nutmeg, Parsley, Cornflour, **Sesame** Oil, Dextrose, Stabiliser (Methylcellulose), Black Pepper, Malt Extract, Turmeric, Citric Acid.

Vegetarian Samosas

Ingredients:

Potato, Onion, Carrot, Peas, **Wheat** flour, calcium carbonate, iron, niacin (B3), thiamin (B1), Vegetable Oil (rapeseed), Water, Cornflour, Coriander, Cumin, Cayenne, Fennel, Ginger, Dill, Cloves), Salt, Black Onion Seed, Tomato Purée, Stabiliser (Methylcellulose), Lemon Juice Concentrate, Maltodextrin, Dextrose, Rice Starch, Dried Coriander Leaf, Malt Extract, Turmeric.

Chicken Drumsticks

Ingredients:

Cooked chicken, salt, spices.

Coleslaw

Ingredients:

Cabbage, Carrots, Iceberg lettuce, Vegetable Oil (Rapeseed) Water, Spirit Vinegar, Sugar, **Mustard** Flour, Salt, Turmeric, pepper, **Egg** Yolk, Stabiliser (xanthan Gum), acetic acid, potassium sorbate.

Rice Salad

Ingredients:

Long grain Rice, garden peas, sweetcorn, Lollo Rosso lettuce, salt, pepper

Pasta Salad

Ingredients:

Durum **Wheat** semolina, tomato, spinach, vegetable oil (rape seed), mixed peppers, sweetcorn, onion, Lollo Rosso lettuce, marjoram, basil, oregano, sage, parsley, thyme, sugar, salt, garlic, stabiliser E412 E415, **Maize** flour, citric acid.

Mixed Green Salad

Ingredients:

Lollo Rosso lettuce, tomatoes, cucumber, mixed peppers, sugar snaps.

Crisps

Ingredients:

Potatoes, vegetable oil (sunflower, rapeseed), salt.

Buttered Scone

Ingredients:

Wheat flour, water, calcium carbonate, iron, niacin (B3), thiamin (B1), vine fruit (sultanas), vegetable fat (rapeseed, palm), raising agents (E400, E450, E541), Butter (**Milk**), Sugar, **Maze** flour, emulsifier E481, **Soya** flour.

Cheese & Biscuits

Ingredients:

Various Cows Cheese (**Milk**), Butter (**Milk**), **Wheat** flour, calcium carbonate, iron, niacin (B3), thiamin (B1), sugar, salt, water, barley malt, yeast, black pepper, raising agents (E400, E450, E541), vegetable oil (rapeseed, palm), emulsifier E472.

Traditional Home Cooked Danish Roast Ham

Ingredients:

Cooked Danish Ham, seasoning, spices.

Home Cooked Roast British Topside of Beef

Ingredients:

Cooked British Beef, seasoning, spices.

Home Cooked Roast Norfolk Turkey

Ingredients:

Cooked Norfolk Turkey, seasoning, spices.

Fresh Dressed Scottish Salmon

Ingredients:

Cooked Scottish Salmon (**Fish**), seasoning, spices, cucumber, tomato, gelatine, water, carrageenan, potassium chloride.

Parsley New Potatoes

Ingredients:

Potatoes, Butter (**Milk**), Parsley, salt, spices.

Waldorf Salad

Ingredients:

Apple, Walnuts (**Nuts**), Vegetable Oil (Rapeseed), **Celery**, Water, Spirit Vinegar, Sugar, **Mustard** Flour, Salt, Turmeric, pepper, **Egg** Yolk, Stabiliser (xanthan Gum), acetic acid, potassium sorbate.

Tomato & Red Onion Salad

Ingredients:

Tomatoes, Red Onion, salt, pepper, spices.

Sliced Beetroot

Ingredients:

Beetroot, water, acetic acid, barley malt vinegar, sugar, salt, potassium sorbate.

Home Baked Rolls & Butter

Ingredients:

Wheat flour, water, calcium carbonate, iron, niacin (B3), thiamin (B1), salt, yeast, vegetable fat (rapeseed, palm), sugar, ascorbic acid, **Soya**, whey powder (**Milk**), Butter (**Milk**).

Selection of Fancies

Ingredients:

Wheat flour, water, calcium carbonate, iron, niacin (B3), thiamin (B1), salt, vegetable fat (rapeseed, palm), vine fruits (sultanas, currants), **Egg**, sugar, **Maize** flour, flavour enhancer E621, **Soya** flour), raising agents (E400, E450, E541), Rolled **Oats**, sugar, vegetable fat (rapeseed, palm), cocoa powder, cocoa solids, **Milk** powder, Fresh Cream (**Milk**).

Fresh Cream Sherry Trifle

Ingredients:

Wheat flour, water, calcium carbonate, iron, niacin (B3), sugar, thiamin (B1), salt, **Egg**, sugar, vegetable fat (rapeseed, palm), raising agents (E400, E450, E541), Sherry, Fresh Cream (**Milk**), mixed fruit jam (apple, plum), pectin, potassium sorbate E223, citric acid, glucose syrup, fruit cocktail, cherries, **Sulphur Dioxide**, emulsifier E481, **Soya** flour, colour E104.

Fresh Cream Gateaux

Ingredients:

Wheat flour, water, calcium carbonate, iron, niacin (B3), sugar, thiamin (B1), salt, **Egg**, sugar, vegetable fat (rapeseed, palm), raising agents (E400, E450, E541), Fresh Cream (**Milk**), mixed fruit jam (apple, plum), pectin, potassium sorbate E223, citric acid, glucose syrup, fruit (either cherries, mandarin, strawberries)

Apple Pie & Cream

Ingredients:

Wheat flour, water, calcium carbonate, iron, niacin (B3), thiamin (B1), salt, vegetable fat (rapeseed, palm), sugar, colour E150c, Bramley Apples, dextrose, potassium sorbate E223, citric acid, **Sulphur Dioxide**.