

FoodWise Recipe Ingredients and Allergy Information

Bolognese Sauce*

Ingredients: Oil, garlic, minced beef, **lentils**, carrot, onion, **celery**, tomato purée, tomatoes, passata, beef stock, oregano, salt, pepper.

*Separate Pasta Dried 500gr - **Wheat and Gluten**

Shepherd's Pie

Ingredients: Onion, **celery**, carrot, **lentils**, lamb, potatoes, lamb stock, peas, sweetcorn, salt, pepper, rosemary.

Ratatouille

Ingredients: Oil, tomatoes, passata, onion, courgette, aubergine, bell peppers, green beans, sweetcorn, basil.

Cheesy Pasta

Ingredients : Pasta (**wheat**), butter (**milk**), **mustard**, Flour (**wheat**), **milk**, Cheese (**milk**), salt, pepper.

Sweet and Sour Chicken*

Ingredients: Oil, chicken, onion, carrot, garlic, bell peppers, courgette, pineapple, tomatoes, passata, chicken stock, brown sugar, **vinegar**, cornflour

*Separate Basmati Rice 500gr Bag

Vegetable Curry*

Ingredients: Oil, onion, garlic, carrot, **celery**, sweetcorn, green beans, peas, bell peppers, courgette, **chickpeas**, tomatoes, passata, vegetable stock, curry paste.

*Separate Basmati Rice 500gr Bag

Important Information!