

Foodwise recipe ingredients & allergy information February 2021

Moussaka

Allergens: WHEAT, CELERY, MILK

Ingredients: Lamb, Green Lentils, Aubergine, Cavolo Nero, Potato, Onion, Garlic, Tomato, Lamb Stock (**CELERY**) Flour (**WHEAT**) Oat Milk, Vegetable Oil, Oregano, Cheese (**MILK**), Salt, Pepper

Creamy Colcannon topped Cottage Pie made with Pasture fed Beef Mince from Hampton Estate in Farnham

Allergens: CELERY, BARLEY, WHEAT, MILK,

Ingredients: Beef mince, Onion, Carrot, Peas, Organic beef stock (Beef, **CELERY**, Yeast Extract, Salt, Mushrooms, Garlic, **BARLEY, WHEAT, MILK**) Chicken Stock. Potato, Cabbage, Onion. Vegetable Stock (**CELERY**) Butter (**MILK**) Cheese (**MILK**) Salt & Pepper

Stuffed Pepper with Mushroom Risotto

Allergen: CELERY, WHEAT, SULPHITES, MILK

Peppers, Red Lentil, Green Lentil, Onion, Mushroom, Carrot, **CELERY**, Vegetable Stock (**CELERY**) Sage, Sunflower Seed, Flaxseed, Breadcrumb (**WHEAT**), Vegetable Suet, Rapeseed Oil, Cranberry (**SULPHITES**), Salt. Arborio Rice, Garlic, Butter (**MILK**) Roule Cheese (**MILK**), Mixed Herbs, Pepper

Mushroom Risotto

Allergen: CELERY, WHEAT, MILK

Onion, Mushroom, Vegetable Stock (**CELERY**) Breadcrumb (**WHEAT**), Rapeseed Oil, Butter (**MILK**) Salt. Arborio Rice, Garlic, Roule Cheese (**MILK**), Mixed Herbs, Pepper

Chicken Tagine

Ingredients: Chicken Thigh, Sweet Potato, Butternut Squash, Potato, Mushroom, Red Lentil, Chickpea, Peppers, Cauliflower, Aubergine, Onion, Tomato, Chicken Stock (**CELERY**) Dates (**SULPHITES**) Garlic, Ginger, Spices (Turmeric, Cumin, Coriander, Paprika, Chilli, Cinnamon, Cardamom, Fennel, Star Anise) Lemon Juice, Sugar, Salt, Pepper.

Roast Chicken Meal:

Allergens: WHEAT, CELERY, BARLEY, MILK, NITRATES

Chicken, Potato, Veg oil, beetroot, cauliflower, cabbage, carrot, Butter **MILK**, Gravy, (chicken stock, **CELERY**, onion, Thyme, flour **WHEAT**) Pigs in Blankets (pork, **WHEAT**, bacon **NITRATES**) Stuffing, Lentils, Veg suet, Sunflower seed, cranberries **NITRATES**, Breadcrumb, **WHEAT**

Fish Pie

Allergens: SEAFOOD, WHEAT, MILK, CELERY

Ingredients: Whitefish, Salmon, Smoked Fish (**SEAFOOD**) Carrot, Potato, Cornflour, Flour (**WHEAT**) Peas, Vegetable Stock (**CELERY**) Rapeseed Oil, Butter (**MILK**), Oat Milk, Roule Cheese (**MILK**), Garlic, Mixed Herbs (Parsley, Thyme, Rosemary), Salt, Pepper

Tomato Basil & Rocket Risotto with Mozzarella Herb Crust

Allergens: CELERY, MILK, WHEAT

Ingredients: Arborio rice, Onion, Vegetable Stock (**CELERY**) Tomato, Basil, Breadcrumb (**WHEAT**) Mozzarella (**MILK**), Butter (**MILK**) Roule Cheese (**MILK**) Garlic, Cream (**MILK**) Mixed Herbs (Parsley, Thyme, Rosemary) Salt & Pepper.

Roast Gammon with vegetables & Gravy

Allergens: WHEAT, SOYA, CELERY

Ingredients: Gammon (pork, water, salt, preservatives E252, E250), Potato, Beetroot, Cabbage, Green Beans, Gravy, (**WHEAT, SOYA**) (Ham stock (**CELERY**), Vegetable Oil.

Foodwise recipe ingredients & allergy information February 2021

Shepherds Pie with Colcannon Mash

Allergens: CELERY, MILK

Ingredients: Lamb, Carrot, Onion, Green lentil, Stock (CELERY) Potato, Roule Cheese (MILK) Garlic, Parsley, Kale, Cream (MILK)

Roasted Cauliflower & Mixed Veg Curry

(Vegan)

Allergens: CELERY

Ingredients: Cauliflower, Courgette, Carrot, Sweet Potato, Butternut Squash, Onion, Garlic, Green Bean, Pea, Sweetcorn, Vegetable Stock (CELERY)

Shepherdess Pie

(Vegan)

Allergens: CELERY, SOYA

Green lentil,

Carrot, onion, CELERY, pea, Vegetable stock (CELERY) Potato, Oat Milk, Soya Yogurt (SOYA) salt, Olive oil

Veggie Chilli (with vegan cheese)

Allergens: CELERY,

Ingredients: Butterbeans, Flageolet Beans, Cannellini Beans, Black Eye Pea, Black Bean, Pinto Bean, White Kidney Bean, Green Lentil, Red Lentil, Celery (CELERY), Onion, Garlic, Peppers, Tomato, Vegetable Stock (CELERY) Paprika, Cumin, Chilli, Potato, Salt, Pepper, Vegan Cheese (coconut oil, water, potato starch, maize starch, carrageenan, yeast extract, lactic acid, sodium lactate)

Veggie Chilli with cheese

Allergens: CELERY, MILK

Ingredients: Butterbeans, Flageolet Beans, Cannellini Beans, Black Eye Pea, Black Bean, Pinto Bean, White Kidney Bean, Green Lentil, Red Lentil, Celery (CELERY), Onion, Garlic, Peppers, Tomato, Vegetable Stock (CELERY) Paprika, Cumin, Chilli, Potato, Salt, Pepper, Cheese (MILK)

Tuna melt pasta bake

Allergens: FISH, WHEAT, MILK

Ingredients: Onion, Garlic, Vegetable Oil, Tomato, Peppers, Tuna (FISH), Pasta (WHEAT), Mozzarella (MILK), Breadcrumbs (WHEAT)

Creamy Greens Vegetable Pasta Bake

Allergens: WHEAT, MILK,

Pasta (WHEAT), Roule Cheese (MILK), Garlic, Parsley, Kale, Peas, Courgette, White Cabbage, Mozzarella & Cheddar Cheese (MILK), Vegetable Oil, Salt, Pepper.

Veggie Bolognese – New addition to Foodwise regular meal production

Allergens : CELERY

Green Lentils, Red Lentils, Garlic, Onions, Carrots

CELERY, Tomato, Veg Stock (CELERY), Oregano

Vegetable Oil, Salt, Pepper.

Leeks wrapped in Ham with cheese sauce & creamy mash

Allergens: WHEAT, MILK, MUSTARD, SOYA, OAT,

Ingredients: Ham (pork 80%,water, salt, dextrose, potato starch, stabilisersE450,E451,antioxidantE301, preservative E250),

Leeks,Cheese (MILK), MUSTARD, Potato, Butter(MILK), Flour (WHEAT) MILK, Oat Milk, (OAT) Soya Yogurt (SOYA), Salt, Pepper.

Beetroot Coconut Curry

Allergens:

Beetroot, Sweet Potato, Courgette, Cauliflower, Kale, Tomato, Onion, Coconut, Coconut Milk, Curry Paste, Ginger, Garlic, Lemon, Chilli, Cumin, Sugar, Salt, Pepper