

Title	Ingredients	Simple Allergens
Potato & Leek Soup	Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper. . Leeks (100%) McCain Chef's Solutions Simply Potato Dice <b>POTATOES, SALT</b> Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). . Onions Sysco Classic Ground Black Pepper Ground Black Pepper. Parsley, fresh	
Potato Wedges (George Anderson)	Potatoes, new and salad, boiled in unsalted water, flesh and skin Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Sysco Classic Paprika Ground ;Paprika.	
Quorn Vegan Dippers	Quorn Vegan Dippers Mycoprotein (55%), Water, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, <b>WHEAT</b> Gluten, Maize Flour, Stabiliser: Carrageenan. <b>WHEAT</b> Starch, Raising Agents: Ammonium Carbonate. Diphosphates, Sodium Bicarbonate, Dextrose, Durum <b>WHEAT</b> Semolina, Turmeric Extract	Allergens: Gluten, Wheat.
Roast Potatoes	Potatoes, old, wedges, with skin, homemade, cooked in rapeseed oil Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	
Shortbread	Icing Sugar Sugar (97%), Maize Starch Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D. Plain Flour <b>1WHEAT</b> Flour (with Calcium, Iron, Niacin, Thiamin) Sysco Classic Cornflour Maize Starch.	Allergens: Gluten, Wheat.
Strawberry Jelly with Berries	Brakes Fruits of the Forest Blackberries, Strawberries, Redcurrants, Blackcurrants, Raspberries. McDougalls Jelly Crystals Strawberry Vegan Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavourings. Water	
Sweet & Sour Chicken	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Green Gourmet Raw Chicken Breast Fillet Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates) . Onions Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). carrots Sysco Classic 8 Pineapple Slices in Pineapple Juice Pineapple (60%), Pineapple Juice (40%). Saucesome Tomato Ketchup Squeezy Water, Tomato 27%, Thickener (Modi-fied Starch), Sugar, Salt, Acidity Regulator (Acetic Acid), Colour (Plain Caramel), Preservatives (Potassium Sorbate, Sodium Benzoate), Colour (Paprika Extract), Sweetener (Sucralose) Sysco Classic Cornflour Maize Starch. Brakes Distilled Clear Malt Vinegar Distilled Malt Vinegar (from <b>Barley</b> )(Acidity 5%). Water Kikkoman Tamari Gluten Free Soy Sauce 1L Water, <b>SOY</b> beans, Salt, Spirit vinegar Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid.	Allergens: Barley, Soya.
Sweet Chilli Quorn Wrap	Pan Asia Sweet Chilli Dipping Sauce 1L Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate). Mission 30cm Bran Tortilla Wrap Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin) (59%), Water, Vegetable Oils (Rapeseed Oil, Palm Oil), WHEAT Bran (2.4%), Raising Agents (E500, E450), Sugar, Acidity Regulator (E296), Stabiliser (E466), Salt. Quorn Pieces Mycoprotein (95%), Rehydrated Free Range <b>Egg</b> White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate. Allergy Advice: For allergens, see ingredients in <b>bold</b> .	Allergens: Eggs, Gluten, Wheat.

Title	Ingredients	Simple Allergens
Pork Chipolata Sausages	Brakes Pork Chipolata Sausage Pork (42%), Water, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Pork Rind, Pork Fat, Salt, Dextrose, Spices (Black Pepper, White Pepper), Stabilisers (Tetrasodium Diphosphate, Disodium Diphosphate), Raising Agent (Ammonium Carbonate), Yeast Extract, Preservative (Sodium <b>Sulphite</b> ), Sugar, Spice Extracts(Coriander, Nutmeg), Antioxidant (Sodium Ascorbate), Herb Extract (Sage). Filled into Beef Collagen Casing (Beef Collagen, Water, Cellulose).	Allergens: Gluten, Sulphites, Wheat.
Raspberry & Apple Sponge	Craigmillar Extra Moist Cake Mix Sugar, <b>WHEAT FLOUR (WHEAT FLOUR</b> , Calcium carbonate, Niacin, Iron, Thiamine), Modified corn starch, <b>WHEY POWDER</b> , Raising agent (Diphosphates, Sodium carbonates), <b>WHEAT GLUTEN</b> , Emulsifier (Mono- and diglycerides of fatty acids, Propane-1,2-diol esters of fatty acids), Palm fat, Rapeseed oil, Stabiliser (Xanthan gum), Flavouring. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Water Vanilla Essence Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Brakes Solid Pack Apple Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid). Brakes Raspberries Raspberries Egg - George Andersons <b>Egg</b>	Allergens: Eggs, Gluten, Milk, Wheat. May Contain: Soya.
Sliced Carrots	Brakes Carrot Roundels Carrots	
Steak Pie	PGI Beef Shoulder Steak Diced 95% Visual Lean . Onions Brakes Carrot Roundels Carrots Brakes Gluten Free Fine Gravy Granules Potato Starch, Maltodextrin, Salt, Flavourings, Colour (Ammonia Caramel), Palm Oil, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Lactose ( <b>Milk</b> ), Acid (Citric Acid), <b>Milk</b> Proteins. Brakes Puff Pastry Squares <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate).	Allergens: Gluten, Milk, Wheat.
Turkey Saddle	Brakes Cooked Turkey Saddle Turkey Breast (81%), Turkey Skin, Potato <b>Starch</b> , Water, Dextrose, Salt, Stabiliser(Carrageenan, Disodium Diphosphate, Pentasodium Triphosphate), White Pepper, Colour(Plain Caramel).	
Vegetable Lasagne	. Onions Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Mushroom. Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). . sweetcorn Brakes Tomato Paste Tomatoes, Acidity Regulator(Citric Acid). Sysco Classic Cornflour Maize Starch. Brakes Italian Non Pre-Cook Lasagne Durum <b>Wheat</b> Semolina (100%). Milk, semi-skimmed, pasteurised, average Grated Cheddar Cheese Blend 1x2kg <b>MILK</b> , water, palm oil, potato starch, <b>MILK</b> protein, trisodium citrate, salt, tricalcium phosphate, citric acid, beta carotene, starter culture, microbial rennet, anti-caking agent (potato starch)	Allergens: Gluten, Milk, Wheat.

Middleton Gravy Allergen Information (Brakes code 188867):-

To be used in all gravy dishes (cottage pie, chicken fillet in gravy, steak pie).

**Contains:** None of the main 14 allergens

**May Contain:** Celery, Sulphites

**Also Contains:** Maltodextrin, Potato Starch, Sugar, Yeast Extract, Flavouring, Palm Oil, Onion Powder, Natural Flavourings, Vegetable Stock (Salt, Flavouring, Maltodextrin, Onion, Tomato, Sugar, Carrot Extract, Yeast Extract, Rapeseed Oil, Herbs, Spices, Garlic), Salt, Burnt Sugar Powder, Tomato Powder, Thickener (Guar Gum), Rapeseed Oil.

The only exception is if you have any children with allergies (listed above) which would make Middleton's gravy unsuitable, in which case you can continue to use the Knorr gravy.

**Please Note:-**

I have taken this information from our suppliers' product specifications however product food labels should always be checked to provide the most up-to-date allergen information.