

Redfearns Allergens

Cottage Pie with a side of cabbage

Minced Beef, Onions, Peas, Carrots, Mixed herbs, Worcestershire Sauce, Brown Sauce, Pepper, Salt, Gravy granules (**soya, Wheat**), potatoes, **milk**, cabbage

Plant based Minced Meat Cottage Pie with a side of Cabbage

Plant based minced meat, Onions, Peas, Carrots, Mixed Herbs, Worcestershire Sauce, Brown Sauce, Pepper, Salt, Gravy granules (**soya, Wheat**), potatoes, **Milk**, Cabbage

Cornbeef Hotpot with a side of Beetroot

Cornbeef, potatoes, Peas, Carrots, Onions, Gravy granules (**soya, Wheat**), Pepper, Salt, Mixed herbs, **Wheat flour**, margarine (Palm fat, sunflower oil, water, rapeseed oil), Emulsifiers (mono-and Diglycerides of fatty acids), Lecithins (sunflower), Citric acid, Dextrose, Ethanol

Plant based Minced Beef Chilli Con Carne with a side of white boiled rice

Plant based meat free mince (Rehydrated textured **Soya** protein (96%), Rapeseed Oil, Yeast, Extracts, Malted **Barley** Extract, Onion Powder, Garlic Powder, Cornflour, Dextrose, Salt, White Pepper) Onion, Tomatoes, Baked beans, Split Red Lentils, gravy granules (**soya, Wheat**), chilli pepper

Ham, Cheese & Leek Pie with a side of lightly spiced Wedges & Broccoli

Roast Ham, Cheddar Cheese, **egg**, Leeks, potatoes, sunflower oil, rice flour, maize flour, salt, modified potato starch, Diphosphates, Garlic powder, Onion powder, Paprika, Pepper, Xanthan Gum, Cumin Seeds, Sugar, Cumin Extract, Broccoli, **Wheat flour**, margarine (Palm fat, sunflower oil, water, rapeseed oil), Emulsifiers (mono-and Diglycerides of fatty acids), Lecithins (sunflower), Citric acid, Dextrose, Ethanol

Cheese & Leek Pie with a side of wedges & Broccoli

Cheddar Cheese, **egg**, Leek, potatoes, sunflower oil, rice flour, maize flour, salt, modified potato starch, Diphosphates, Garlic powder, Onion powder, Paprika, Pepper, Xanthan Gum, Cumin Seeds, Sugar, Cumin Extract, Broccoli, **Wheat flour**, margarine (Palm fat, sunflower oil, water, rapeseed oil), Emulsifiers (mono-and Diglycerides of fatty acids), Lecithins (sunflower), Citric acid, Dextrose, Ethanol

Roast Ham Pasta Bake in a Tomato base sauce with hidden cauliflower

Roast Ham, Pasta (**Wheat**, Semolina, Water), tomato sauce (tomato puree, tomatoes, modified Maize Starch, salt, Rapeseed Oil, Citric Acid, Dried Onion, Garlic Powder, Sugar, Herbs, Spices, Sodium Saccharin), cauliflower

Macaroni Cheese

Durum Pasta (**Wheat**, Semolina, Water) Cheddar Cheese, **Milk, Butter**, mustard, salt & pepper

Fish Fingers, Slightly spiced wedges, with Mushy Peas

Fish, Wheat flour, Rapeseed oil, Salt, Paprika, Turmeric, Yeast, potatoes sunflower oil, rice flour, maize flour, salt, modified potato starch, Diphosphates, Garlic powder, Onion powder, Paprika, Pepper, Xanthan Gum, Cumin Seeds, Sugar, Cumin Extract, Mushy peas (Sugar, Salt, Riboflavin, Brilliant Blue Fcf)

Cheese & Tomato Quiche with a side of Wedges & Salad

Cheddar Cheese, Tomatoes, **Eggs, Milk**, Pastry (**Wheat flour**, margarine (Palm fat, sunflower oil, water, rapeseed oil), Emulsifiers (mono-and Diglycerides of fatty acids), Lecithins (sunflower), Citric acid, Dextrose, Ethanol) potatoes (sunflower oil, rice flour, maize flour, salt, modified potato starch, Diphosphates, Garlic powder, Onion powder, Paprika, Pepper, Xanthan Gum, Cumin Seeds, Sugar, Seeds, Sugar, Cumin Extract)

Minced Beef, Onion & Potato Pie with a side of lightly spiced Wedges & Broccoli

Minced Beef, Onions, Potatoes, Gravy Granules (**soya, Wheat**), Salt, Pepper, Pastry (**Wheat flour**, margarine (Palm fat, sunflower oil, water, rapeseed oil), Emulsifiers (mono-and Diglycerides of fatty acids), Lecithins (sunflower), Citric acid, Dextrose, Ethanol), Broccoli, potatoes (**Wheat flour**, Rapeseed oil, Salt, Paprika, Turmeric, Yeast, potatoes sunflower oil, rice flour, maize flour, salt, modified potato starch, Diphosphates, Garlic powder, Onion powder, Paprika, Pepper, Xanthan Gum, Cumin Seeds, Sugar, Cumin Extract)

Plant based Minced Meat, Onion & Potato Pie with a side of wedges & Broccoli.

Plant based meat free mince (Rehydrated textured **Soya** protein (96%), Rapeseed Oil, Yeast, Extracts, Malted **Barley** Extract, Onion Powder, Garlic Powder, Cornflour, Dextrose, Salt, White Pepper), Onions, Broccoli, Potatoes (**Wheat flour**, Rapeseed oil, Salt, Paprika, Turmeric, Yeast, potatoes sunflower oil, rice flour, maize flour, salt, modified potato starch, Diphosphates, Garlic powder, Onion powder, Paprika, Pepper, Xanthan Gum, Cumin Seeds, Sugar, Cumin Extract) gravy granules (**soya, Wheat**)

Jacket Potato with Tuna Mayonnaise & a side of Salad

Tuna, Mayonnaise, Butter, Potato

Jacket Potato with Beans & a sprinkle of Cheese with a Side of Salad

Potato, Baked beans, **Cheddar Cheese**

Beef Meatballs with Spaghetti in a tomato base sauce and hidden Cauliflower

Beef Meatballs, Spaghetti (Durham **Wheat**) Tomato Sauce (tomato puree, tomatoes, modified Maize Starch, salt, Rapeseed Oil, Citric Acid, Dried Onion, Garlic Powder, Sugar, Herbs, Spices, Sodium Saccharin), cauliflower

Plant based Meatballs with Spaghetti in a tomato base sauce with hidden Cauliflower

Plant based meat free mince (Rehydrated textured **Soya** protein (96%), Rapeseed Oil, Yeast, Extracts, Malted **Barley** Extract, Onion Powder, Garlic Powder, Cornflour, Dextrose, Salt, White Pepper), spaghetti (Durham **Wheat**), Cauliflower

Pork Sausage with Mash, Peas & Gravy

Lean pork meat (61% belly&shoulder), Rusk (**wheat**) seasoning (salt, Rusk(**wheat**) stabilizer(E451) raising Agents (E503), spices, Flavor Enhancer(E621) Preservative(E221 **Sulphur Dioxide**) Antioxidant(E301) Spice Extracts, Colour (E120) Sage Extract, potatoes, peas, gravy granules (**soya, Wheat**)

Quorn Sausages, Mash, Peas & Onion Gravy

Mycoprotei, Rehydrated Free Range **Egg**, Rapeseed Oil, Palm Oil, Rusk (**Wheat Flour**), Yeast, Salt, Onion, Herbs (Sage, Parsley) Pea Fibre, Roasted **Barley Malt** Extract, Natural Caramelized Sugar, Potatoes, **Milk, Butter**, Garden Peas, onion Gravy Granules (**soya, Wheat**)

Fish cake with a side of Wedges & Mushy Peas

Minced **Cod**, Dried Potatoes, **Wheat Flour**, Salt, Parsley, Yeast, Black Pepper Extract, Parsley Extract

Cheese & broccoli Quiches with a side of Wedges & Salad

Cheddar Cheese, Egg, Milk, Pastry (**Wheat flour**, margarine (Palm fat, sunflower oil, water, rapeseed oil), Emulsifiers (mono-and Diglycerides of fatty acids), Lecithins (sunflower), Citric acid, Dextrose, Ethanol) potatoes (sunflower oil, rice flour, maize flour, salt, modified potato starch, Diphosphates, Garlic powder, Onion powder, Paprika, Pepper, Xanthan Gum, Cumin Seeds, Sugar, Seeds, Sugar, Cumin Extract), Broccoli

Chicken Tikka Masala with Boiled White Rice

Chicken Breast, Sauce (Tomatoes, Calcium Carbonate, Citric Acid, Yogurt, **Milk**, Tomato Puree, Rapeseed Oil, **Single Cream**, Modified Maize State, Ground Spices Coriander, Paprika, Cumin, Turmeric, Fenugreek, Ginger, Black Pepper, Cinnamon, Fennel, Chilli, Clove, Dried Onion, Sugar, Ginger Puree, Garlic Puree, Salt, Lactic Acid, Paprika Extract, Cumin Seeds, Coriander Leaf, Rice

Cheddar Cheese & Onion Pie with a side of Wedges & Beans

Cheddar Cheese, Onion, Egg, Pepper, Pastry (**Wheat flour**, margarine (Palm fat, sunflower oil, water, rapeseed oil), Emulsifiers (mono-and Diglycerides of fatty acids), Lecithins (sunflower), Citric acid, Dextrose, Ethanol), potatoes ((sunflower oil, rice flour, maize flour, salt, modified potato starch, Diphosphates, Garlic powder, Onion powder, Paprika, Pepper, Xanthan Gum, Cumin Seeds, Sugar, Seeds, Sugar, Baked Beans

Beef Chilli Con Carne with Boiled White Rice

Minced Beef, Tinned Tomato, Baked Beans, Gravy Granules (**soya, Wheat**), Onion, Chilli Powder, Rice

Mild Cauliflower & Potato Curry with Boiled White Rice

Cauliflower, Potato, Rice, Sauce ((Tomatoes, Calcium Carbonate, Citric Acid, Yogurt, **Milk**, Tomato Puree, Rapeseed Oil, **Single Cream**, Modified Maize State, Ground Spices Coriander, Paprika, Cumin, Turmeric, Fenugreek, Ginger, Black Pepper, Cinnamon, Fennel, Chilli, Clove, Dried Onion, Sugar, Ginger Puree, Garlic Puree, Salt, Lactic Acid, Paprika Extract, Cumin Seeds, Coriander Leaf)

Beef Burger with Wedges & a side of Salad

Burger 70% beef, 20% beef heart, potato starch, sodium alginate E451, calcium sulphate E516, phosphate E450, salt, dextrose, **wheat flour, wheat gluten**, de-hydrated onion preservative E221 **sodium sulphite**, yeast extract, antioxidant E304, E307, ground white pepper, vegetable protein **soya, soya fibre, soya** beef, salt, onion powder, potatoes ((sunflower oil, rice flour, maize flour, salt, modified potato starch, Diphosphates, Garlic powder, Onion powder, Paprika, Pepper, Xanthan Gum, Cumin Seeds, Sugar, Seeds, Sugar, Salad

Meat Free Burger with Wedges & a side of Salad

Burger **Wheat flour**, carrot, sweet potato, red pepper, sweetcorn, potato flakes, rapeseed oil, peas, green beans, onion, cauliflower, cornflour, salt, sugar, paprika, white pepper, yeast. potatoes ((sunflower oil, rice flour, maize flour, salt, modified potato starch, Diphosphates, Garlic powder, Onion powder, Paprika, Pepper, Xanthan Gum, Cumin Seeds, Sugar, Seeds, Sugar, Salad

Slow cooked Minced Beef in Gravy, Mash Potato, Garden Peas & Yorkshire Pudding

Minced Beef, Onion, gravy granules (**soya, Wheat**), potatoes, **milk, margarine**, garden peas, Yorkshire pudding **Wheat flour**, pasteurized **egg** white, pasteurized **egg**, rapeseed oil, skimmed **milk** powder, salt

Slow Cooked Meat Free Mince in Onion Gravy, Mash Potato, Garden Peas & Yorkshire Pudding

Plant based meat free mince (Rehydrated textured **Soya** protein (96%), Rapeseed Oil, Yeast, Extracts, Malted **Barley** Extract, Onion Powder, Garlic Powder, Cornflour, Dexrose, Salt, White Pepper), Onions, Broccoli, Potatoes (**Wheat flour**, Rapeseed oil, Salt, Paprica, Turmeric, Yeast, onion gravy granules (**soya, Wheat**), potatoes, **milk, margarine**, garden peas, Yorkshire pudding **Wheat flour**, pasteurized **egg** white, pasteurized **egg**, rapeseed oil, skimmed **milk** powder, salt

Tuna Pasta Bake in a Tomato Sauce with hidden Cauliflower

Tuna, Pasta (**Wheat**, Semolina) Tomato Sauce (tomato puree, tomatoes, modified Maize Starch, salt, Rapeseed Oil, Citric Acid, Dried Onion, Garlic Powder, Sugar, Herbs, Spices, Sodium Saccharin), cauliflower

Cauliflower Pasta Bake with Onions in a Cheese Sauce

Cauliflower, pasta (**Wheat**, Semolina) onions, cheese sauce **Wheat flour**, Cheese powder, **milk**, cheddar cheese, whey powder, salt, corn starch, maltodextrin, yeast extract, **mustard**, curcumin, paprika extract