



FOI REF: 24/100

1st March 2024

Tel: 0300 131 4500

Website: www.esht.nhs.uk

FREEDOM OF INFORMATION ACT

I am responding to your request for information under the Freedom of Information Act. The answers to your specific questions are as follows:

Please could you provide me with the nutritional content of the meals provided to patients by ESHT.

[Please see the attached documents.](#)

If I can be of any further assistance, please do not hesitate to contact me.

Should you be dissatisfied with the Trust's response to your request, you have the right to request an internal review. Please write to the Freedom of Information Department (esh-tr.foi@nhs.net), quoting the above reference, within 40 working days. The Trust is not obliged to accept an internal review after this date.

Should you still be dissatisfied with your FOI request, you have the right of complaint to the Information Commissioner at the following address:

The Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire SK9 5AF

Telephone: 0303 123 1113

Yours sincerely

The Punjab Kitchen Ltd / Simply Puree
Nutritionals per Portion

Nutritional Profile Per Portion													
		ptn	Energy		Protein	Fat	Saturates	CHO	Sugars	Dietary Fibre	Sodium	Salt	Potassium
Dish Title	Product Code	(g)	kcal	KJ	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)
Level 3 Liquidised													
Cream of Tomato Soup	CATB04	170	136	564	1.5	9.9	4.4	9.4	2.9	1.3	340	0.86	196
Cream of Chicken Soup	CATB05	170	142	593	6.4	9.5	3.7	7.7	0.6	0.1	290	0.72	133
Cream of Leek & Potato Soup	CATB06	170	94	392	2.0	5.2	3.2	9.4	1.9	0.7	240	0.60	197
Cream of Mushroom Soup	CATB07	170	114	475	2.1	7.8	3.2	8.6	1.4	0.8	240	0.59	223
Chicken and Potato Pie	CATB01	220	249	1041	19.5	14.2	4.4	10.5	1.8	0.4	200	0.51	461
Bean & Vegetable Casserole	CATB02	220	216	790	12.8	10.1	3.3	17.6	2.0	5.7	450	1.13	176
Beef Stew & Dumpling	CATB08	220	220	922	18.0	11.0	2.5	11.0	1.1	2.2	391	0.98	359
Lancashire Hotpot	CATB10	220	220	925	17.0	12.0	4.6	9.1	0.8	1.1	217	0.54	367
Level 4 Pureed Mains													
Chicken stuffing rich in gravy with mash potatoes, carrots and Broccoli	SP001	380g	502	2093	22.4	30.2	11.0	32.0	5.7	6.2	730	1.81	602
Chicken and potato pie rich gravy with mash potatoes, broccoli and carrots	SP003	380g	500	2082	20.0	31.4	11.7	31.0	6.3	6.0	450	1.11	680
Hearty chicken casserole rich in gravy with mash, peas and Swede, parsnip	SP002	380g	510	2119	20.6	31.0	11.1	33.5	5.2	6.2	630	1.59	627
Tangy Lemon Chicken in rich lemon sauce with mash potato, green beans and carrots	SP004	380g	585	2436	22.9	40.0	15.5	30.6	9.3	5.3	577	1.44	689
Chicken curry rich in Masala sauce with mash potatoes, cauliflower and peas	SP006	380g	501	2088	21.4	32.2	10.9	28.4	5.7	6.2	590	1.46	434
Traditional roast lamb with mint rich in gravy with mash potatoes, peas and swede parsnip	SP007	380g	505	2106	19.7	31.0	12.9	33.2	4.9	6.1	820	2.06	468
Lancashire hotpot rich in gravy with mash, carrots and peas	SP008	380g	510	2134	19.5	30.8	12.8	35.3	6.1	6.6	560	1.41	540
Beef stew and Dumpling in rich gravy with mash potatoes, carrots and peas	SP009	380g	507	2119	20.4	30.2	11.1	35.1	6.3	6.7	720	1.79	529
Roast beef rich in gravy with mustard mash, carrot, cauliflower and Yorkshire pudding	SP010	380g	502	2092	20.5	32.8	11.3	28.5	6.2	5.9	500	1.26	566

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Dish Title	Product Code	(g)	kcal	KJ	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)
Beef Bolognese with pasta in rich tomato sauce with mash potatoes, carrots and broccoli	SP011	380g	500	2041	21.2	33.3	12.6	25.7	7.9	6.6	540	1.35	723
Cottage pie in a rich gravy with mash, carrots and broccoli	SP037	380g	502	2069	19.8	31.1	11.6	31.4	6.5	5.9	520	1.31	572
Hearty beef casserole in rich gravy with mash potatoes, carrots and peas	SP012	380g	500	2090	21.6	30.3	11.0	32.2	6.0	6.3	600	1.49	588
Fish in creamy cheese sauce with mash potatoes, carrots and peas	SP015	380g	505	2107	20.5	31.2	12.8	32.7	5.5	4.9	630	1.57	549
Fisherman pie in a rich white sauce with mash potatoes peas and carrots	SP013	380g	544	2226	20.0	33.1	14.5	37.9	8.0	6.0	550	1.38	549
Salmon in Dill and cream sauce with mash, carrots and peas	SP017	380g	590	2455	21.5	40.6	14.5	32.3	5.5	5.1	680	1.69	532
Hearty Bean and vegetable Casserole rich in tomato sauce with mash potatoes, Swede parsnip and broccoli	SP019	380g	519	2055	15.4	32.9	13.6	36.9	6.9	10.3	590	1.48	513
Lentil Bolognese in Rich Tomato sauce with mash potatoes, green beans and Swede/parsnip	SP018	380g	527	2125	15.0	33.6	11.7	36.8	9.9	8.1	510	1.27	907
Really cheesy Macaroni rich in a cheesy sauce with mash, carrots and broccoli	SP020	380g	593	2393	15.2	38.0	16.7	41.5	9.9	6.5	800	2.01	499
Vegetable lasagne rich in cheese sauce with mash potatoes, carrots and green beans	SP022	380g	531	2137	14.8	33.8	13.0	37.1	9.0	7.5	560	1.40	814
Vegetable chilli rich in tomato sauce with mash potato, green beans, Swede and parsnip	SP023	380g	524	2111	15.1	31.7	11.7	39.7	8.7	9.5	510	1.26	910
Potato and onion gratin in a cheese sauce with mash potatoes, cauliflower and broccoli	SP021	380g	527	2056	14.9	37.2	16.2	29.3	5.5	6.7	680	1.70	476
Roast Turkey and Stuffing rich in cranberry sauce with mash potato, Swede and parsnip and broccoli	XMAS3	380g	451	1879	20.8	25.1	9.8	32.3	6.5	6.2	670	1.67	535
Omelette in cheese sauce with mash and baked beans	SP034	380g	633	2633	14.5	43.1	21.5	39.9	10.2	12.7	720	1.79	519
Sausages in gravy with mash, carrots and peas	SP035	380g	439	1834	14.7	24.2	9.6	37.5	6.0	6.3	670	1.66	407
All day breakfast (sausages with scramble egg rich in tomato sauce and baked beans)	SP025	380g	508	2080	21.6	31.8	15.0	29.7	8.1	7.9	590	1.46	637

The Punjab Kitchen Ltd / Simply Puree
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Dish Title	Product Code	(g)	kcal	KJ	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)
Traditional Roast Lamb with Mint In gravy, with carrot and mash potato	RAP004	280g	333	1392	15.6	20.7	8.5	19.2	3.8	3.4	620	1.55	323
Fish and chips with tomato sauce and mushy peas	RAP014	280g	244	1025	8.3	10.0	2.9	28.0	2.9	3.1	630	1.20	283

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Dish Title	Product Code	(g)	kcal	KJ	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)
Level 4 Pureed Hot Desserts													
Rice Pudding	PD20	150g	134	563	3.1	4.4	2.8	20.5	16.1	0.1	30	0.08	N/A
Spiced apples & custard	PD25	150g	181	825	2.3	6.0	2.2	27.5	10.5	1.0	30	0.08	N/A
Sticky toffee pudding	PD33	150g	346	1443	2.3	22.0	10.0	29.0	19.0	0.4	98	0.24	N/A
Lemon Sponge and Custard	PD26	150g	289	1217	3.1	8.8	3.3	42.0	23.2	0.8	60	0.16	N/A
Chocolate Sponge and Custard	PD22	150g	256	1078	3.3	8.8	3.2	33.7	14.3	0.7	40	0.11	N/A
Syrup Sponge and Custard	PD23	150g	302	1267	3.3	12.1	5.3	37.9	19.2	0.8	60	0.14	N/A
Summer fruit and vanilla sauce recipe	PD24	150g	265	1107	2.1	14.4	7.3	32.8	17.9	0.7	40	0.09	N/A
Porridge	SSP11	150g	233	976	3.0	12.3	7.2	27.0	13.5	1.6	60	0.15	N/A
Chocolate orange sponge and custard	PD34	150g	267	1121	3.2	10.0	2.3	26.7	12.9	0.6	240	0.60	N/A
Banoffee pie and custard	PD32	150g	366	1530	2.9	22.0	9.3	33.0	22.0	0.7	236	0.59	N/A
Level 4 Pureed Snack pot													
Hearty Chicken Casserole with Broccoli Mash	SSP01	180g	269	1116	13.5	17.3	5.9	13.4	1.4	2.2	310	0.78	351
Level 4 Pureed Hot snack													
Bean on toast	PS01	160	228	949	3.5	15.4	3.9	16.3	2.6	5.3	360	0.90	185
Egg on toast	PS03	160	262	1086	3.6	21.7	7.2	12.5	1.7	0.7	310	0.78	120
Christmas Meals													
Roast Turkey and Stuffing, Cranberry Gravy, Parsley Potato, Swede Parsnip, Broccoli. Level 4	XMAS3	380	451	1879	21.0	25.0	9.8	32.0	6.5	6.2	668	1.67	536
Christmas Pudding, with Brandy Flavoured Sauce. Level 4	XMAS1	150	156	658	2.7	3.2	2.0	29.0	22.0	N/A	33	0.08	N/A
Level 5 Minced & Moist													
Savoury Beef with mash potato and carrots	EASY22	380	397	1659	18.7	22.8	9.5	26.5	7.7	4.9	436	1.10	558
Lamb Casserole with minted potato mash and carrot/swede	EASY23	380	482	2012	21.0	28.0	13.0	33.0	6.5	4.2	565	1.41	516
Chicken Casserole with mash potato and carrots/swede	EASY25	380	460	1916	20.0	28.0	12.0	31.0	6.3	4.0	540	1.30	528

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Dish Title	Product Code	(g)	kcal	KJ	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)
Macaroni Cheese with mash potato, lentils and carrots/swede	EASY26	380	656	2730	15.0	45.0	22.0	46.0	11.0	4.4	854	2.10	294
Creamed Chicken with mash potato and swede	EASY27	380	454	1882	18.0	32.0	14.0	22.0	5.6	4.3	554	1.40	517
Fish in Cheese Sauce with mash potato and mushy peas	EASY28	380	532	2217	23.0	30.0	15.0	40.0	8.5	4.0	896	2.20	496
Vegetable Tikka Masala with lentil daal and bombay potatoes	EASY29	380	542	2193	14.0	31.0	13.0	47.0	6.6	4.3	837	2.09	797
Cottage Pie with cauliflower cheese, carrots/swede	EASY30	380	415	1738	21.0	23.0	10.0	30.0	8.1	4.7	629	1.60	604
Beef Stew and Dumplings with mash potato and carrots/swede	EASY31	380	438	1828	18.0	25.0	11.0	33.0	6.3	4.4	560	1.40	510
Beef Bolognese with mash potato, carrots/swede	EASY32	380	452	1888	21.0	26.0	11.0	30.0	7.7	5.0	708	1.80	658
Chicken Supreme with mash potato and carrots/swede	EASY34	380	484	2018	18.0	30.0	12.0	34.0	6.7	4.4	584	1.50	630
Lancashire Hotpot with mash potato, and mushy peas	EASY36	380	437	1826	18.0	24.0	11.0	35.0	4.3	6.4	618	1.50	529
Chicken Pie with potato mash, mushy peas and Swede	EASY37	380	435	1809	19.0	26.0	12.0	29.0	5.6	5.8	483	1.20	550
Roast Beef with mustard mash and cauli cheese	EASY38	380	343	1428	21.0	21.0	10.0	15.0	6.0	1.4	489	1.20	558
Chicken Curry with Bombay potatoes and lentil daal	EASY39	380	488	1964	21.0	29.0	11.0	31.0	3.8	1.7	808	2.00	720
Vegetable Lasagne with potato mash and carrots	EASY41	380	438	1834	13.0	22.7	9.9	42.2	9.7	6.2	514	1.30	555
Roast Lamb and mint with potato mash and Swede	EASY42	380	418	1749	19.0	27.0	13.0	23.0	4.8	4.4	749	1.90	440
Level 6 Soft & Bite Sized													
Lentil Bolognese with cheesy potatoes and carrot and swede	SOFT21	380	404	1688	13.0	20.0	7.9	40.0	8.3	5.4	558	1.40	820
Savoury Beef with diced potato in parsley sauce and bubble /squeak	SOFT22	380	330	1382	21.0	17.0	8.3	21.0	5.2	2.8	421	1.05	765
Lamb Casserole with diced potato in mint sauce and mushy peas	SOFT23	380	363	1524	22.0	16.0	8.0	30.0	6.2	4.5	554	1.38	707

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		ptn	Energy		Protein	Fat	Saturates	CHO	Sugars	Dietary Fibre	Sodium	Salt	Potassium
Dish Title	Product Code	(g)	kcal	KJ	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)
Tuna Bake with diced potato in cheese sauce and carrots	SOFT24	380	328	1378	22.0	14.0	6.5	26.0	11.0	4.7	597	1.49	639
Chicken Casserole with diced potato in parsley sauce and carrots	SOFT25	380	318	1325	18.0	15.0	6.9	26.0	8.5	3.6	716	1.80	742
Macaroni Cheese with diced potato in mustard sauce and carrots/ swede	SOFT26	380	410	1669	15.0	19.0	9.0	43.0	15.0	2.9	854	2.10	384
Cottage Pie with potato top, cauliflower cheese and carrot/swede	SOFT27	380	301	1266	21.0	9.8	2.7	30.0	7.0	3.9	497	1.20	868
Creamed Chicken with diced potato in parsley sauce and bubble /squeak	SOFT28	380	441	1839	19.0	28.0	15.0	26.0	7.0	2.4	584	1.50	828
Fish in cheese sauce with diced potato in parsley sauce and mushy peas	SOFT29	380	413	1727	25.0	19.0	9.8	34.0	9.2	3.9	789	2.00	724
Vegetable Tikka Masala with bombay potatoes and lentil daal	SOFT30	380	410	1713	13.0	20.0	4.0	41.0	5.8	5.0	521	1.30	942
Beef Stew and Dumpling with diced potato in parsley sauce and carrots	SOFT31	380	324	1355	20.0	15.0	6.9	25.0	8.3	3.8	348	0.87	742
Beef Bolognese with diced potato in parsley sauce and carrots	SOFT32	380	332	1391	20.0	17.0	6.8	24.0	11.0	4.5	545	1.40	869
Roast beef with diced potato in mustard sauce and cauliflower cheese	SOFT33	380	314	1318	24.0	13.0	4.7	25.0	7.2	2.1	563	1.40	693
Lancashire Hotpot with diced potato in parsley sauce and mushy peas	SOFT34	380	363	1514	19.0	16.0	7.8	32.0	6.0	4.8	570	1.40	711
Roast Lamb and mint with diced potato in parsley sauce with swede	SOFT35	380	326	1360	19.0	18.0	8.4	21.0	6.2	3.0	642	1.60	631
Vegetable Lasagne with diced potato in cheese sauce and carrots	SOFT36	380	415	1736	13.0	23.0	11.0	38.0	11.0	5.1	526	1.30	694
Chicken and Stuffing with diced potato in parsley sauce and swede	SOFT37	380	314	1306	18.0	17.0	7.1	21.0	5.3	2.8	609	1.50	674
Chicken Supreme withdiced potato in herby sauce with diced carrot/swede	SOFT38	380	351	1469	18.0	19.0	8.3	25.0	6.9	2.7	605	1.50	836
Chicken Curry with bombay potatoes and lentil daal	SOFT39	380	345	1444	21.0	15.0	1.5	31	2.4	2.8	805	2.00	912

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Dish Title	Product Code	(g)	kcal	KJ	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)
Vegetable casserole with diced potatoes in cheese sauce, carrots and swede	SOFT41	380	353	1477	12.0	17.0	7.0	37.0	9.8	5.9	540	1.30	762
Fisherman's Pie with potato top, carrots and mushy peas	SOFT42	380	359	1504	18.0	14.0	6.7	36.0	10.0	7.1	424	1.10	897
Level 6 Soft & Bite Sized Desserts													
Rice Pudding	FPUD	150	230	967	5.5	10.0	6.4	29.5	15.2	0.2	60	0.15	195
Chocolate Sponge & Custard	PD29	150	211	887	2.7	8.3	2.7	16.8	8.4	0.5	210	0.51	72
Jam Sponge & Custard	PD28	150	215	904	2.5	7.8	2.3	21.7	12.2	0.5	200	0.51	66
Level 4 Pureed - Allergen Aware													
Traditional Roasted Lamb with onion gravy, mash potato, root vegetables and peas	GLP04	380	301	1269	16.8	9.6	3.4	34.3	3.9	5.4	720	1.79	441
Chicken Casserole with onion gravy, mash potato, root vegetables, peas	GLP05	380	286	1200	16.7	8.2	1.5	33.7	3.9	5.4	590	1.48	543
Beef Casserole with onion gravy, mash potato, root vegetables, peas	GLP06	380	286	1206	21	5.8	1.1	34.9	4.2	5.9	660	1.66	617
Chick Pea Stew with tomato sauce, mash potato, root vegetables, peas	GLP07	380	263	1109	8.7	3.9	0.4	44.1	5.3	9.4	700	1.76	555
Level 5 Minced and Moist - Allergen Aware													
Level 6 Soft & Bite Sized - Allergen Aware													
Minted lamb, mash potato and swede	SOFT53	380	265	1118	17.8	9.0	4.0	26.2	5.7	4.5	710	1.77	488
Vegetable casserole with crushed herby potato and carrot	SOFT54	380	244	1038	9.8	3.8	0.5	39.5	8.5	7.0	550	1.37	887
Chicken casserole with crushed herby potatoes and carrots	SOFT55	380	218	922	15.6	5.5	1.4	24.8	6.4	4.3	490	1.21	735
Savoury beef with crushed herby potatoes and swede	SOFT56	380	198	840	20.9	2.0	1.0	23.0	3.0	3.0	500	1.25	789
Allergen Aware Meals													
Beef Casserole with New Potatoes, Sweetcorn and Green Beans.	DNC001	380	311	1298	19.7	13.3	4.2	24.0	5.4	6.4	380	0.95	911
Chicken Casserole with Parmentier Potatoes, Cauliflower and Green Beans.	DNC002	380	347	1461	20.1	8.7	1.0	43.3	5.8	7.2	519	1.30	1067
Lamb Casserole with Parmentier Potatoes and Broccoli	DNC005	380	361	1514	19.9	11.3	0.8	40.4	4.7	8.7	280	0.70	970

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Dish Title	Product Code	(g)	kcal	KJ	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)
Ratatouille with Rice and Peas	DNC007	380	333	1396	11.3	10.2	0.8	44.1	12.2	9.7	560	1.39	621
Savoury Bean Casserole with Roast Potatoes, Carrots and Mixed Vegetables.	DNC008	380	337	1412	10.6	10.7	1.1	46.9	8.0	11.4	290	0.72	792
Chilli Con Carne & rice and mixed vegetable	DNC003	380	327	1381	20.4	8.2	1.4	41.1	4.5	4.7	480	1.20	596
Vegetable Chilli & rice and Chickpea stew	DNC012	380	305	1288	8.6	7.9	0.7	47.9	3.6	5.3	680	1.69	522
Harvester casserole with Roast potatoes, sweetcorn and mixed vegetable	DNC004	380	301	1268	8.9	7.7	1.0	45.0	7.1	10.4	625	1.60	1044
Mediterranean stew with diced potatoes, sweetcorn and cauliflower	DNC006	380	347	1454	9.7	10.9	1.2	47.1	7.0	9.8	540	1.35	1026
Renal													
Chicken Casserole with diced potatoes and peas	RI038	300	329	1373	18.0	18.2	2.3	20.0	4.1	6.1	40	0.11	449
Vegetable Masala with yellow rice and Lentil Daal	RI019	400	423	1682	14.7	19.4	1.6	44.5	2.7	4.6	40	0.10	498
Halal 3 Compartment													
Lamb Biryani with Moong Daal and Vegetable Masala	HTC01	380	363	1521	20.0	13.0	0.8	39.0	3.4	4.2	615	1.50	468
Chicken Tikka Masala, Chana Daal with Rice	HTC02	380	437	1831	23.0	15.0	3.8	51.0	3.3	4.6	688	1.70	791
Chicken Korma with Masoor Daal with Rice	HTC03	380	471	1970	24.0	19.0	5.1	48.0	2.1	1.8	646	1.60	622
Chicken Biryani with Moong Daal and Vegetable Masala	HTC04	380	364	1531	24.0	9.7	1.1	43.0	3.3	4.0	619	1.50	868
Mixed Vegetable Curry, Masoor daal & rice	HTC05	380	367	1535	11.0	10.0	0.9	55.0	3.1	3.9	597	1.40	543
Aloo Gobi, Moong Daal & rice	HTC06	380	350	1474	9.8	9.7	0.8	54.0	2.4	4.6	594	1.50	601
Chick Pea Masala, Toor Daal & rice	HTC07	380	386	1615	11.0	11.0	0.9	57.0	1.6	5.2	750	1.90	396
Aloo Saag with Black Eye Bean Daal & rice	HTC09	380	348	1462	8.6	11.0	0.9	55.0	2.8	5.8	694	1.70	497
Minced Lamb & Peas, Vegetable Masala & rice	HTC10	380	386	1617	17.0	14.0	3.6	46.0	3.4	3.9	576	1.40	605
Lamb & Potato Masala, Masoor Daal & Rice	HTC11	380	429	1799	21.0	14.0	0.9	53.0	1.6	2.3	575	1.40	404
Beef Curry with Tarka Daal & rice	HTC12	380	388	1633	22.0	11.0	1.3	50.0	1.5	2.0	606	1.50	560
Cauliflower & Aubergine Masala, Masoor Daal & rice	HTC13	380	360	1513	10.0	11.0	0.9	54.0	2.5	3.8	619	1.50	540
Chicken and Saag , Moong Daal and Rice	HTC15	380	382	1605	19.0	13.0	1.7	47.0	1.2	2.7	629	1.60	649
Fish Masala, Masoor Daal and rice	HTC16	380	397	1664	23.0	12.0	1.0	48.0	2.2	2.6	544	1.30	690
Halal 2 Compartment													
Halal Butter Chicken with rice	HM126	350	495	2070	20.0	23.0	7.4	51.0	2.9	3.3	679	1.70	219

The Punjab Kitchen Ltd / Simply Puree
Nutritionals per Portion

Nutritional Profile Per Portion													
		ptn	Energy		Protein	Fat	Saturates	CHO	Sugars	Dietary Fibre	Sodium	Salt	Potassium
Dish Title	Product Code	(g)	kcal	KJ	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)
Kosher Meals													
Kosher Soups													
Hermolis Chicken Soup	HKS001	250	208	868	8.8	9.8	0.8	22.5	3.5	2.3	415	1.05	211
Hermolis Vegetable Soup	HKS002	250	68	280	1.5	1.8	0.5	11.8	3.0	2.5	343	0.85	152
Hermolis Tomato Soup	HKS003	250	100	425	3.3	2.3	0.8	17.8	4.8	2.3	312	0.78	751
Kosher Main Courses													
Hermolis Roast Chicken	HKM001	475	729	3038	50.1	47.3	11.1	27.6	3.6	2.5	749	1.85	1194
Hermolis Chicken Schnitzel	HKM002	365	672	2819	33.8	31.0	3.0	68.5	23.9	3.0	702	1.75	941
Hermolis Beef Goulash	HKM004	345	485	2030	29.4	27.8	11.5	31.4	12.4	0.0	155	0.38	515
Hermolis Meat Balls	HKM005	495	683	2868	41.0	27.2	8.3	68.7	8.2	10.4	979	2.43	779
Hermolis Grilled Plaice	HKM006	465	314	1324	30.8	9.4	0.9	26.6	5.9	4.4	818	2.05	1461
Hermolis Sliced Beef	HKM012	480	930	3902	49.7	42.7	15.1	84.9	11.6	1.4	562	1.39	859
Hermolis Steak Pie	HKM014	450	768	3923	32.0	45.3	11.4	62.3	7.9	10.4	692	1.71	1344
Hermolis Cottage Pie	HKM015	460	539	2256	32.8	26.5	9.6	45.8	13.9	7.7	895	2.25	1094
Hermolis Spaghetti Neapolitan	HKM020	575	313	1317	9.7	6.0	0.5	59.2	19.4	9.0	482	1.27	725
Hermolis Macaroni Cheese	HKM022	410	578	2414	28.4	32.8	12.4	45.2	9.2	0.2	1546	3.85	629
Hermolis Tomato Omelette	HKM024	475	342	1432	22.8	16.4	4.4	25.8	6.1	6.4	765	1.90	1464
Hermolis Chicken Chasseur	HKM025	450	625	2628	42.4	29.5	7.4	51.5	7.1	7.6	608	1.53	817
Hermolis Veg Schnitzel	HKM026	410	436	1828	25.3	20.1	1.8	40.1	14.5	7.2	696	1.72	935
Hermolis Fried Cod	HKM028	400	453	1896	22.0	21.9	1.8	41.8	6.8	4.4	502	1.35	980
Hermolis Shepherd's Pie	HKM029	480	729	3030	23.3	52.3	21.7	43.6	13.5	12.3	923	2.30	966
Hermolis Spaghetti Bolognese	HKM031	590	877	3679	59.0	40.0	14.1	70.9	9.1	13.9	1299	3.25	409
Kosher Desserts													
Hermolis Peach Melba	HKD007	100	213	895	0.8	11.0	6.9	29.6	29.6	0.4	15	0.04	121
Hermolis Apple Crumble	HKD008	100	172	720	1.8	8.5	2.7	23.4	13.3	1.2	131	0.33	110
Gluten Free Meals													
Beef Dishes													
Cottage Pie	AF009	380	338	1425	13.3	8.7	3.4	47.9	4.9	8.7	304	0.72	1094

The Punjab Kitchen Ltd / Simply Puree
Nutritionals per Portion

Nutritional Profile Per Portion													
		ptn	Energy		Protein	Fat	Saturates	CHO	Sugars	Dietary Fibre	Sodium	Salt	Potassium
Dish Title	Product Code	(g)	kcal	KJ	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)
Beef Bourguignon	AF004	380	300	1262	17.9	9.9	1.5	31.9	5.3	6.5	456	1.14	1079
Lamb Dishes													
Lamb Casserole	AF048	380	361	1509	19.8	11.4	1.1	40.3	4.9	8.4	304	0.72	840
Poultry Dishes													
Roast Chicken Dinner	AF051	380	266	1117	20.9	3.8	0.8	33.1	6.5	6.1	304	0.80	912
Sweet & Sour Chicken	AF022	350	385	1624	22.8	5.3	0.4	60.6	16.5	4.6	630	1.54	424
Chicken Casserole	AF020	380	308	1300	23.2	7.2	0.8	33.8	6.8	8.4	380	0.95	1037
Fish Dishes													
Vegetarian Dishes													
Ratatouille	AF074	380	323	1349	6.1	9.9	0.8	49.8	6.8	4.2	722	1.82	513
Mediterranean Stew	AF069	380	281	1178	6.5	8.4	1.1	40.7	7.2	8.0	456	1.18	897
Chinese Meals													
Caribbean Meals													
Caribbean Chicken Curry with Rice. 360g	AC022	360	511	2149	31.0	14.0	2.9	61.9	3.6	6.1	1080	2.70	709
Caribbean Brown Stew Chicken with Rice and Peas. 360g	AC019	360	461	1940	30.2	10.1	2.5	58.8	4.3	7.2	1080	2.70	742
Caribbean Escovitch Fish with Rice 360g	AC014	360	389	1642	25.2	4.7	0.7	61.2	1.8	2.2	1080	2.70	
Caribbean Callaloo, Saltfish with Rice 360g	AC015	360	533	2236	24.1	17.3	4.3	67.3	1.8	5.0	896	2.23	461
Caribbean Mutton Curry with Rice. 360g	AC024	360	554	2329	36.0	16.6	10.1	63.0	1.8	4.3	886	2.23	684
Caribbean Curry Goat with Rice and Peas 360g	AC018	360	958	4032	37.1	27.4	10.4	141.1	1.8	9.0	432	1.08	
Caribbean Curry Beef with Rice and Peas 360g	AC017	360	468	1976	41.8	9.7	2.5	53.3	1.1	6.5	288	0.72	
Caribbean Spicy Fried Chicken with Rice and Peas 360g	AC016	360	601	2527	36.7	25.2	7.9	54.4	1.8	5.8	1314	3.28	497
Caribbean Ackees, Saltfish with Rice 360g	AC023	360	655	2740	27.7	29.2	6.5	68.4	2.9	5.0	893	2.23	414
Caribbean Jerk Chicken with Rice and Peas. 360g	AC013	360	576	2426	31.7	18.4	6.1	67.7	1.8	7.2	1440	3.60	853
Caribbean Brown Stew Lamb with Rice and Peas 360g	AC021	360	554	2333	33.8	13.0	7.9	72.0	11.2	5.8	1260	3.17	605
Caribbean Okra Curry with Rice 360g	AC029	360	356	1490	10.8	14.0	1.1	46.4	5.0	8.3	58	0.14	
Caribbean Chicken Coconut and Rice 360g	AC025	360	504	2120	35.6	18.4	8.6	49.0	2.5	6.5	288	0.72	
Caribbean Fried Hake Fish, and Rice 360g	AC039	360	547	2308	27.4	16.2	1.4	71.0	2.5	4.7	1080	2.70	641

The Punjab Kitchen Ltd / Simply Puree
Nutritionals per Portion

Nutritional Profile Per Portion													
		ptn	Energy		Protein	Fat	Saturates	CHO	Sugars	Dietary Fibre	Sodium	Salt	Potassium
Dish Title	Product Code	(g)	kcal	KJ	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)
Naan Breads (130g, Pack of 2) (1 naan = 65g)	Nan	65g	180	666	4.9	4.2	1.8	29.9	3.2	1.4	520	1.30	112
iWave													
Savoury Minced Beef, mashed potatoes, carrots, peas	IW031	350	365	1512	19.8	22	9.8	21	8.1	3.9	460	1.1	43
Lamb Dishes													
Shepherds pie with carrots and green beans	IW023	375	320	1347	18.6	30.8	5.4	12	4.6	7	650	1.63	913
Lamb rogan josh with rice	IW009	400	409	1714	22.2	15.5	3.5	43.6	5.5	2.9	950	2.4	606
Sliced Roast Lamb	IW043	400	270	1133	17	8.1	2.7	28	7.2	6.4	647	1.62	824
Chicken dishes													
Mild chicken curry with rice	IW013	400	509	2132	22.6	20.4	8.4	45.2	6.8	2.8	105	2.7	660
Fish Dishes													
Breaded fish served with chips	IW032	320	514	2158	17	17.1	3.9	70.2	2	6.2	580	1.45	306
Desserts													
Rice Pudding	RPUD	150	166	701	4.1	4.7	2.8	26.8	12.4	0.3	400	0.1	n/a
Syrup Sponge	FEN11C	100	400	1674	4.3	19.5	2.2	52.3	34.8	n/a	156	0.39	n/a
Chocolate Sponge	FEN04	100	409	1711	4.6	23	3.4	45.8	29.1	n/a	204	0.51	n/a
Rhubarb Crumble	FEN05	100	217	911	2.4	8	2.9	34.8	18.8	n/a	84	0.21	n/a
Level 4 Pureed Childrens													
Level 5 Minced & Moist Childrens													
Level 6 Soft and Bite-sized Childrens													

Steamplicity Plated Menu Analysis

Menu Parameters	
High Energy High Protein E	Steamplicity dishes equal to or greater than 450 kcals per complete main course. This allows 350 kcals from the remainder of the meal (soup, dessert and custard) to enable the BDA target of 800kcal for patients who require this to be met. Desserts (before or without custard) greater or equal to 250 kcals will be coded as high energy. We have an increased focus on high protein linked to high energy meals. Meat and fish dishes coded E have >20g protein. Vegetarian dishes coded E have > 18g protein. Vegan dishes coded E have > 15g protein** (Please check individual data some vegan dishes may not hit the 15g target). Meals with ☒☒ on tab 3 indicate over 500kcal
Healthier Option/Moderate Fat and Salt ♥	Healthier Choice. These items have less fat, saturated fat, sugar and salt making them particularly suitable for people with diabetes. Main Courses coded as suitable contain < 16g fat, < 6g saturated fat and < 1.55g salt (equivalent to <625mg Sodium) per portion. We have also considered the carbohydrate content and the healthy hot main courses contain <60g CHO. Desserts coded as suitable contain <5.3g fat, <1.7g saturated fat and < 18g total sugars per portion.
Vegetarian V	Dishes containing no meat, fish or chicken but containing milk, vegetarian approved cheese and eggs (not necessarily free range)
Easy to Chew ★	These meals are suitable for patients requiring regular texture IDDSI level 7 easy to chew. People may find them more tender and easier to chew. These are not designed for people with dysphagia or who need a level 3, 4, 5 or 6 for which we have a separate menu.
Gluten Free GF	These dishes have been tested and contain fewer than 20ppm.
Low Fat	Dishes < 15g fat per portion
Moderate Sodium	Dishes provide less than or equal to 600mg/26mmols per complete main course. Daily max target of 100mmols calculated as breakfast - 30, lunch main course and dessert - 31 (26+5), evening meal main course and dessert - 31 (26+5), milk 3, snacks 5.

03/01/2024

Steamplicity Plated Menu Analysis

Recipe	High Energy	Healthier Option	Vegetarian	Vegan	Easy to Chew	Gluten Free	Low Fat	Mod Sodium	Finger Food
	E	♥	V		★	GF			
Battered Fish Goujons									
Fish in Parsley Sauce		✓			✓	✓	✓	✓	
Steamed Fillet of Salmon	✓					✓		✓	
Tuna Pasta Bake	✓				✓				
Chicken Goujons with Potato Wedges							✓		✓
Chicken, Leek and Gammon Pie	✓★								
Chicken Tikka and Rice	✓					✓		✓	
Creamy Chicken and Mushroom Pasta	✓								
Fruity Chicken Curry	✓					✓	✓	✓	
Mini Chicken Casserole with Dumpling		✓			✓		✓		
Roast Chicken		✓				✓	✓	✓	
Beef Casserole		✓				✓	✓	✓	
Beef Chilli Con Carne	✓★					✓		✓	
Cottage Pie					✓	✓		✓	
All Day Breakfast	✓★								
Sausage & Mash	✓								
Venison Bolognese		✓			✓		✓	✓	
Minced Lamb and Lentil Stew		✓			✓	✓	✓	✓	
All Day Vegetarian Breakfast			✓			✓		✓	
Cauliflower and Broccoli Cheese			✓			✓		✓	
Cheese & Tomato Pasta	✓		✓		✓			✓	
Macaroni Cheese	✓★		✓		✓				
Plain Omelette		✓	✓		✓	✓	✓	✓	
Butterbean and Vegetable Cobbler	✓		✓	✓					
Chickpea & Spinach Curry	✓★		✓	✓	✓	✓		✓	
Vegan Fishless Fingers		✓	✓	✓			✓	✓	✓
Vegan Shepherds Pie		✓	✓	✓		✓		✓	
Small, Simple and Light									
Chicken & Bacon Salad Topper						✓	✓	✓	
Chicken, Pearl Barley and Vegetable Soup		✓			✓		✓	✓	
Fortified Tomato Soup		✓	✓		✓	✓	✓	✓	
Green Vegetable Medley			✓	✓		✓	✓	✓	
Jacket Potato (without fillings and skin removed)		✓	✓	✓	✓	✓	✓	✓	
Plain Omelette (Special Diet Version)		✓	✓		✓	✓	✓	✓	
TOTAL	13	13	13	6	14	19	16	23	2
Desserts									
Apple Crumble			✓	✓					
Chocolate Sponge	✓		✓		✓				
Raspberry Jam Sponge	✓		✓		✓				
Pineapple Upside-down Cake			✓		✓				
Rhubarb & Mandarin Crumble			✓	✓					
Treacle Pudding	✓		✓		✓				
Strawberry Trifle			✓						

Steamplicity Plated Menu Analysis

Steamplicity Dishes Nutritional Profile Per Portion												
	ptn	Energy		Protein	Fat	Saturates	CHO	Starch	Sugars	Eng Fibre	Sodium	Potassium* Per Portion
Recipe	(g)	kcal	KJ	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)
Battered Fish Goujons	315	460	1927	19	16.2	3.6	56.1	51.8	4.3	6.5	476	756
Fish in Parsley Sauce	350	328	1375	20.4	13.8	5.9	28.2	20.2	7.9	4.4	427	735
Steamed Fillet of Salmon	375	495	2075	29.2	26.9	8.8	28.4	25.1	3.3	7.5	249	1001
Tuna Pasta Bake	325	470	1978	27.2	21.1	9.9	44.6	37.6	7	3	670	527
Chicken Goujons with Potato Wedges	268	368	1542	17.2	14.9	4.6	39.9	33.1	6.8	6	694	935
Chicken, Leek and Gammon Pie	360	681	2848	22.7	31.5	14.1	72.7	67.3	5.4	7.6	920	565
Chicken Tikka and Rice	310	472	1983	23.9	18.9	8.1	51.6	45.5	6.1	2.5	462	468
Creamy Chicken and Mushroom Pasta	346	459	1937	25	19.2	9.3	49.3	42.4	6.4	3.1	638	422
Fruity Chicken Curry	330	452	1908	27.4	11.3	5	61.4	45.4	15.2	2.7	547	488
Mini Chicken Casserole with Dumpling	255	311	1296	20.8	12.5	4.8	27.4	21.9	5.5	2.3	628	615
Roast Chicken	375	332	1396	31.6	7.6	1	32.3	24.8	7.5	4.9	505	1080
Beef Casserole	365	310	1288	21.7	10.7	2.4	30.4	22.0	8.4	5.4	594	825
Beef Chilli Con Carne	330	500	2103	23.6	21.2	7.6	53.6	48.2	5.3	6.9	477	706
Cottage Pie	345	351	1465	16.4	15.8	6.9	33	22.3	10.7	4.6	492	883
All Day Breakfast	358	504	2105	26.7	31	8.4	28.7	22.4	6.3	6.1	767	881
Sausage & Mash	370	495	2079	23.5	24.9	4.4	41.5	34.6	6.9	7.5	1092	873
Minced Lamb and Lentil Stew	360	325	1367	17.6	10.2	3.5	38.3	27.3	11	9.2	489	1037
Venison Bolognese	340	367	1552	22.4	5.2	2	55.3	48.6	6	4.4	514	734.4
All Day Vegetarian Breakfast	330	364	1521	16.8	19.1	4	29.7	26.1	3.5	6.4	598	703
Cauliflower and Broccoli Cheese	267	314	1313	15.0	21.2	12.3	16.1	4.1	8.2	1.3	528	457
Cheese & Tomato Pasta	345	473	1981	16.3	16.9	5	61.1	52.5	8.7	4.6	537	576
Macaroni Cheese	345	571	2392	26.4	23.8	13.4	60.8	44.7	6.5	2.8	721	224
Plain Omelette	320	309	1295	17	12.6	3.4	30	26.2	3.8	7.1	259	874
Butterbean and Vegetable Cobbler	400	452	1903	16.2	15.6	8.1	59.2	52.1	7.1	12	1036	732
Chickpea & Spinach Curry	360	545	2286	14.2	24.2	7.1	70.2	62.0	8.2	9.5	571	727
Vegan Fishless Fingers	270	319	1342	12	10.2	2.9	41.3	38.5	2.8	5.4	413	980
Vegan Shepherds Pie	370	372	1555	14.3	16	2.7	37.5	30.3	7.2	10.3	516	1258
Additional Items												
Chicken & Bacon Salad Topper	65	126	526	16.6	6.4	2.4	0.5	0.0	0.5	0	270	219
Chicken, Pearl Barley and Vegetable Soup	250	202	845	7.5	10.8	1.5	15.8	8.0	4.2	6.2	458	458
Fortified Tomato Soup	250	208	868	7	11.8	3.2	17.2	5.8	11	3.5	482	745
Green Vegetable Medley	80	71	298	5.4	1.4	0.4	7.2	5.7	1.5	3.9	2	190
Jacket Potato	200	196	826	4.2	1	0.2	39	35.0	4	6.8	112	1260
Plain Omelette (Special Diet Version)	220	261	1091	12.3	14.6	3.3	20.4	18.3	2.1	2.7	284	634
* Potassium analysis is derived from chemical analysis.												
Apple Crumble	100	206	865	2.5	8.3	2.7	31.2	13.2	18	1.6	154	111
Chocolate Sponge	100	357	1498	5	18.4	3.7	42.2	16.4	25.8	1.8	315	178
Raspberry Jam Sponge	100	358	1502	4.4	16.2	2.5	48.2	19.3	28.9	0.9	149	167
Pineapple Upside-down Cake	100	310	1292	4.1	15.9	2.8	37.2	17.4	19.8	1	330	87
Rhubarb & Mandarin Crumble	100	207	871	4	9.4	3	27.9	14.5	13.4	2.2	155	115
Treacle Pudding	100	364	1530	3.8	15.4	2.1	52.5	17.9	34.6	0.7	316	166
Strawberry Trifle	105	216	914	1.9	4.5	2.1	41.8	9.4	32.4	0.4	139	

Steamplicity Dishes Nutritional Profile Per 100g											
Recipe	Energy		Protein (g)	Fat (g)	Saturates (g)	CHO (g)	Starch (g)	Sugars (g)	Eng Fibre (g)	Sodium (mg)	Potassium* (mg)
	kcal	KJ									
Battered Fish Goujons	146	612	6	5.1	1.1	17.8	16.4	1.4	2.1	151	240
Fish in Parsley Sauce	94	393	5.8	3.9	1.7	8	5.8	2.3	1.2	122	210
Steamed Fillet of Salmon	132	553	7.8	7.2	2.4	7.6	6.7	0.9	2	66	267
Tuna Pasta Bake	145	609	8.4	6.5	3.1	13.7	11.5	2.2	0.9	206	162
Chicken Goujons with Potato Wedges	137	575	6.4	5.5	1.7	14.9	12.4	2.5	2.2	259	349
Chicken, Leek and Gammon Pie	189	791	6.3	8.8	3.9	20.2	18.7	1.5	2.1	256	157
Chicken Tikka and Rice	152	640	7.7	6.1	2.6	16.6	14.6	2	0.8	149	151
Creamy Chicken and Mushroom Pasta	133	560	7.2	5.5	2.7	14.3	12.3	1.8	0.9	184	122
Fruity Chicken Curry	137	578	8.3	3.4	1.5	18.6	13.7	4.6	0.8	166	148
Mini Chicken Casserole with Dumpling	122	508	8.2	4.9	1.9	10.7	8.6	2.1	0.9	246	241
Roast Chicken	88	372	8.4	2	0.3	8.6	6.6	2	1.3	135	288
Beef Casserole	85	353	5.9	2.9	0.7	8.3	6	2.3	1.5	163	226
Beef Chilli Con Carne	152	637	7.1	6.4	2.3	16.2	14.6	1.6	2.1	144	214
Cottage Pie	102	425	4.8	4.6	2	9.6	6.5	3.1	1.3	143	256
All Day Breakfast	141	588	7.4	8.7	2.3	8	6.2	1.8	1.7	214	246
Sausage & Mash	134	562	6.4	6.7	1.2	11.2	9.3	1.9	2	295	236
Minced Lamb and Lentil Stew	90	380	4.9	2.8	1	10.6	7.5	3.1	2.6	136	288
Venison Bolognese	108	456	6.6	1.5	0.6	16.3	14.3	1.8	1.3	151	216
All Day Vegetarian Breakfast	110	461	5.1	5.8	1.2	9	7.9	1.1	1.9	181	213
Cauliflower and Broccoli Cheese	118	492	5.6	7.9	4.6	6	1.5	3.1	0.5	198	171
Cheese & Tomato Pasta	137	574	4.7	5	1.4	17.7	15.2	2.5	1.3	156	167
Macaroni Cheese	165	693	7.7	6.9	3.9	17.6	13	1.9	0.8	209	65
Plain Omelette	96	405	5.3	3.9	1.1	9.4	8.2	1.2	2.2	81	273
Butterbean and Vegetable Cobbler	113	476	4	3.9	2	14.8	13	1.8	3	259	183
Chickpea & Spinach Curry	151	635	3.9	6.7	2	19.5	17.2	2.3	2.6	159	202
Vegan Fishless Fingers	118	497	4.4	3.8	1.1	15.3	14.3	1	2	153	340
Vegan Shepherds Pie	100	420	3.9	4.3	0.7	10.1	8.2	1.9	2.8	140	363
Additional Items											
Chicken & Bacon Salad Topper	193	810	25.5	9.8	3.8	0.8	0.1	0.7	0	415	337
Chicken, Pearl Barley and Vegetable Soup	81	338	3.0	4.3	0.6	6.3	3.2	1.7	2.5	183	183
Fortified Tomato Soup	83	347	2.8	4.7	1.3	6.9	2.3	4.4	1.4	193	298
Green Vegetable Medley	88	372	6.8	1.8	0.6	9.1	7.3	1.8	4.9	2	237
Jacket Potato	98	413	2.1	0.5	0.1	19.5	17.5	2	3.4	56	630
Plain Omelette (Special Diet Version)	119	496	5.6	6.7	1.5	9.3	8.3	1	1.2	129	288
* Potassium analysis is derived from chemical analysis.											
Apple Crumble	206	865	2.5	8.3	2.7	31.2	13.2	18	1.6	154	111
Chocolate Sponge	357	1498	5	18.4	3.7	42.2	16.4	25.8	1.8	315	178
Raspberry Jam Sponge	358	1502	4.4	16.2	2.5	48.2	19.3	28.9	0.9	149	167
Pineapple Upside-down Cake	310	1292	4.1	15.9	2.8	37.2	17.4	19.8	1	330	87
Rhubarb & Mandarin Crumble	207	871	4	9.4	3	27.9	14.5	13.4	2.2	155	115
Treacle Pudding	364	1530	3.8	15.4	2.1	52.5	17.9	34.6	0.7	316	166
Strawberry Trifle	206	870	1.9	4.2	2.0	39.8	8.9	30.9	0.4	136	

Steamplicity Plated Menu Analysis

Allergen Information														
Recipe	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains
	Gluten	Milk	Egg	Soya	Fish	Crustaceans	Molluscs	Peanuts	Tree Nuts	Sesame Seeds	Celery	Mustard	Lupin	Sulphites
Battered Fish Goujons	Yes - Wheat	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Fish in Parsley Sauce	No	Yes	No	Yes	Yes	No	No	No	No	No	No	No	No	No
Steamed Fillet of Salmon	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No
Tuna Pasta Bake	Yes-Wheat	Yes	No	Yes	Yes	No	No	No	No	No	No	No	No	No
Chicken Goujons with Potato Wedges	Yes-Wheat	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Chicken, Leek and Gammon Pie	Yes-Wheat	Yes	No	Yes	No	No	No	May	May	No	No	Yes	No	No
Chicken Tikka and Rice	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Creamy Chicken and Mushroom Pasta	Yes-Wheat	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No
Fruity Chicken Curry	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Mini Chicken Casserole with Dumpling	Yes- Wheat	No	No	No	No	No	No	No	No	No	No	No	No	No
Roast Chicken	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Beef Casserole	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Beef Chilli Con Carne	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Cottage Pie	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
All Day Breakfast	Yes-Wheat, Barley	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No
Sausage & Mash	Yes-Wheat, Barley	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Minced Lamb and Lentil Stew	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Venison Bolognese	Yes- Wheat	No	No	No	No	No	No	No	No	No	No	No	No	No
All Day Vegetarian Breakfast	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No
Cauliflower and Broccoli Cheese	No	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No
Cheese & Tomato Pasta	Yes-Wheat	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Macaroni Cheese	Yes-Wheat	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No
Plain Omelette	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No
Butterbean and Vegetable Cobbler	Yes- Wheat	No	No	No	No	No	No	No	No	No	No	No	No	No
Chickpea & Spinach Curry	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Vegan Fishless Fingers	Yes - Wheat. May contain Rye	No	No	May	No	No	No	No	No	No	No	No	No	No
Vegan Shepherds Pie	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Additional Items														
Chicken & Bacon Salad Topper	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Chicken, Pearl Barley and Vegetable Soup	Yes- Barley	No	No	No	No	No	No	No	No	No	No	No	No	No
Fortified Tomato Soup	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Green Vegetable Medley	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Jacket Potato	No	No	No	No	No	No	No	No	No	No	No	No	No	No

Allergen Information														
Recipe	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains
	Gluten	Milk	Egg	Soya	Fish	Crustaceans	Molluscs	Peanuts	Tree Nuts	Sesame Seeds	Celery	Mustard	Lupin	Sulphites
Plain Omelette (Special Diet Version)	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No
Desserts														
Apple Crumble	Yes (Wheat and oats)	May	May	May	No	No	No	No	No	No	No	No	No	May
Chocolate Sponge	Yes (Wheat)	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	May
Raspberry Sponge	Yes (Wheat)	Yes	Yes	May	No	No	No	No	No	No	No	No	No	May
Pineapple Upside Down Pudding	Yes (Wheat)	Yes	Yes	May	No	No	No	No	No	No	No	No	No	Yes
Rhubarb and Mandarin Crumble	Yes (Wheat and oats)	May	May	May	No	No	No	No	No	No	No	No	No	May
Treacle Sponge	Yes (Wheat)	Yes	Yes	May	No	No	No	No	No	No	No	No	No	May
Strawberry Trifle	Yes (Wheat)	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes

* Correct at time of publishing

03/01/2024

Steamplicity Plated Menu Analysis

Menu Item	Ingredient Breakdown
Battered Fish Goujons	CHIPS (Potato, Palm Oil, Dextrose), BATTERED BASA STRIPS (Basa (<i>Pangasius Hypophthalmus</i>) (Fish), Water, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Salt, Raising Agent-E503ii, Spices (Garlic Powder, Chilli, Cumin, Cayenne, Pepper, Salt, Habanero Chilli, Star Anise, Oregano) Wheat Starch, Dehydrated Onion Yeast Extract Salt (Contains Anticaking Agent-E535), Pepper Extract, Rapeseed Oil), MUSHY PEAS (Rehydrated Processed Peas, Water, Sugar, Colours-E101, E133).
Fish in Parsley Sauce	MASHED POTATO (Potatoes, Water, Skimmed Milk, Rapeseed Oil, Salt, Modified Potato Starch, Stabilisers-E412, Natural Flavouring (Milk), Spice, Pepper Extract), BASA FILLET (Basa (<i>Pangasius Hypophthalmus</i>) (FISH)), ROOT VEGETABLE MASH (Carrot, Parsnip, Turnip, Butter (Milk), Thickener-E464, Salt, White Pepper), BECHAMEL SAUCE (Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb), Skimmed Milk, Vegetable Oil (Palm), Modified Starch, Butter (Milk), Whey Protein Concentrate (Milk), Salt, Emulsifier-Soya Lecithin), PARSLEY.
Steamed Fillet of Salmon	BOILED POTATOES (Potatoes, Water, Firming Agent-E509), SALMON (<i>Oncorhynchus Gorbuscha</i>) (Fish), HOLLANDAISE SAUCE (Water, Vegetable Oil (Rapeseed, Palm), Butter (Milk), Modified Starch, Egg Yolk, Emulsifiers-E435, E471), Lemon Juice from Concentrate, White Wine Vinegar, Sugar, Flavouring, Salt, Acidity Regulator-E330, Dried Onion, Colour-E160aiii), PEAS, SOYA BEANS, KALE, CHIVES.
Tuna Pasta Bake	PASTA (Water, Durum Wheat Flour), PREMIUM TOMATO SAUCE (Tomatoes (Tomatoes, Tomato Juice), Water, Tomato, Olive Oil, Sundried Tomato Paste (Re-hydrated Sundried Tomatoes (Sundried Tomatoes, Water, Salt) Rapeseed Oil, White Wine Vinegar, Sugar, Salt), Onion, Tomato Puree, Garlic Puree, Sugar, Modified Maize Starch, Lemon Juice, Basil, Salt, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Lovage, Turmeric, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Colour-E162, Oregano, Ground Black Pepper), BECHAMEL SAUCE (Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb), Skimmed Milk, Vegetable Oil (Palm), Modified Starch, Butter (Milk), Whey Protein Concentrate (Milk), Salt, Emulsifier-Soya Lecithin), TUNA (Tuna Chunks (Fish), Water), CHEDDAR CHEESE (Cheddar Cheese (Milk), Anti-Caking Agent-Potato Starch), SWEETCORN, RED PEPPER.
Chicken Goujons with Potato Wedges	CHICKEN GOUJONS (Chicken, Water, Tapioca Starch, Salt, Modified Tapioca Starch, Wheat Gluten, Wheat Flour, Onion Powder, Natural Flavour, Garlic Powder, Spices (White Pepper, Black Pepper, Garlic, Onion, Celery, Oregano, Fennel), Yeast Extract, Raising Agents-E450, E500(ii), Yellow Corn Flour, Wheat Starch, Dry Yeast, Sugar, Paprika Extract, Turmeric Extract, Fully Refined Soybean Oil), POTATO WEDGES (Potato, Sunflower Oil, Wheat Flour, Salt, Modified Potato Starch, Garlic Powder, Spices (Chilli Pepper Paprika, Cayenne Pepper, Cumin, Black Pepper, Turmeric) Onion Powder, Raising Agents-E450, E500, Yeast Extract, Dextrose, Spice Extract (Paprika Extract, Black Pepper Extract)), CARROTS, BROCCOLI.
Chicken, Leek and Gammon Pie	CHICKEN, LEEK & GAMMON PIE (Wheat Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Water, Chicken [Chicken Breast, Salt], Vegetable Shortening [Palm Oil, Rapeseed Oil, Palm Stearin], Margarine [Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier-E471, Acidity Regulator-E330, Lemon Juice], Gammon with added water [Pork, Water, Salt, Brown Sugar, Fructose, Preservatives-E250, E252, Antioxidant-E301], Whipping Cream (Milk), Onions, Leeks, Corn Flour, Chicken Stock [Chicken, Yeast Extract, Salt, Chicken Fat, Dried Vegetables (Leek, Onion), Sugar, Lemon Juice From Concentrate, Natural Flavouring, Sage Oil], Glaze [Water, Modified Starch (Potato, Tapioca), Rapeseed Oil, Milk Proteins, Emulsifiers-Soya Lecithin (E471), Acidity Regulator-E339iii, Colour-E160a], Raising Agents-E450i, E500ii, Dijon Mustard [Water, Mustard Seeds, Vinegar, Salt], Parsley, Salt, White Pepper, Nutmeg), MASHED POTATO (Potatoes, Water, Skimmed Milk, Rapeseed Oil, Salt, Modified Potato Starch, Stabilisers-E412, Natural Flavouring (Milk), Spice, Pepper Extract), MUSHY PEAS (Rehydrated Processed Peas, Water, Sugar, Salt, Colours-E101, E133). May Contain Nuts.

Steamplicity Plated Menu Analysis

Menu Item	Ingredient Breakdown
Chicken Tikka and Rice	TIKKA SAUCE (Single Cream (Milk), Water, Onion Puree (Onion, Canola Oil), Low Fat Yoghurt (Milk), Onion, Tomato Paste, Salted Butter (Milk), Rapeseed Oil, Modified Waxy Maize Starch, Coriander, Tandoori Masala (Paprika, Coriander, Turmeric, Chilli, Cumin, Clove, Cinnamon, Lemon Oil, Black Pepper, Bay Leaf, Spice Extract), Sugar, Garlic Puree, Ginger Puree, Paprika, Cumin, Garam Masala (Ground Coriander, Ground Cumin, Ground Ginger, Ground Cassia, Ground Black Pepper, Ground Cloves), Ground Turmeric, Fenugreek, Ground Nutmeg), YELLOW RICE (Water, White Rice, Turmeric Powder), CHICKEN TIKKA PIECES (Chicken Breast, Tomato Paste, Ginger Puree, Garlic Paste, Masala Powder (Salt, Chilli, Fenugreek, Coriander, Cumin, Ginger, Cinnamon, Black Pepper, Mace, Star Anise, Turmeric, Basil), Colour-E160c, Yoghurt (Milk), Corn Starch, Green Chilli Puree).
Creamy Chicken and Mushroom Pasta	PASTA (Water, Durum Wheat Flour), BECHAMEL (Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Sunflower Oil, Herb), Skimmed Milk, Vegetable Oil (Palm), Modified Maize Starch, Butter (Milk), Whey Protein Concentrate (Milk), Salt, Emulsifier-Soya Lecithin), CHICKEN STRIPS (Chicken Breast Fillet, Starch, Salt, Dextrose), MUSHROOMS (Mushrooms, Water, Salt, Acidity Regulator-E330, Antioxidant-E300), CHICKEN GRAVY (Water, Onion, Bouillon (Maltodextrin (Potato), Yeast Extracts, Dextrose, Salt, Mace), Modified Maize Starch, Chicken Stock (Concentrated Chicken Broth (Water, Fat, Skin, Meat), Salt, Yeast Extract, Dried Glucose, Onion Concentrate, Thickener-E415, Rosemary Extract), Tomato Paste, Chicken Fat, Tomato, Rapeseed Oil, Colour-E150a, Chicken Gelatine, Stabiliser-E415, Rosemary, Dried Sage, Black Pepper), SPINACH, GARLIC PUREE (Garlic, Acidity Regulator-Citric acid), CRACKED BLACK PEPPER.
Fruity Chicken Curry	WHITE RICE (Water, White Rice), KATSU SAUCE (Water, Onion, Red Pepper, Coconut Milk (Coconut Extract, Water), Coconut Cream (Coconut Extract, Water), Rapeseed Oil, Modified Maize Starch, Tomato Paste, Curry Powder (Coriander Seed, Turmeric, Fenugreek Seed, Cumin Seed, Salt, Black Pepper, Chilli, Garlic, Ginger, Caraway Seed, Onion Powder), Sugar, Ginger, Garlic Puree, Lemon Grass, White Wine Vinegar, Ground Turmeric, Galangal, Bouillon (Maltodextrin, Yeast Extract, Dextrose, Salt, Spices (Mace)), Black Pepper, Ground Star Anise, Concentrated Lemon Juice), DICED CHICKEN (Chicken Breast, Salt), SULTANAS (Sultanas, Sunflower Oil).
Mini Chicken Casserole with Dumpling	CHICKEN CASSEROLE (Chicken, Water, Carrot, Swede, Tomato Paste, Onion, Cornflour, Chicken Stock (Concentrated Chicken Juices (Chicken Skin, Water, Chicken, Chicken Extract, Chicken Fat), Sugar, Salt, Corn Starch, Concentrated Onion Juice), Rapeseed Oil, Worcestershire Sauce (Water, Sugar, Spirit Vinegar, Molasses, Onion Puree, Salt, Tamarind Paste, Cloves, Ginger Puree, Garlic Puree), Garlic Puree, Sage, Salt, Thyme, Ground Black Pepper), DUMPLING (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Suet (Non Hydrogenated Vegetable Oil (Palm Oil, Sunflower Oil), Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Baking Powder (E450i, E500ii, Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Salt).
Roast Chicken	CHICKEN GRAVY (Water, Onion, Bouillon (Maltodextrin (Potato), Yeast Extracts, Dextrose, Salt, Mace), Modified Maize Starch, Chicken Stock (Concentrated Chicken Broth (Water, Fat, Skin, Meat), Salt, Yeast Extract, Dried Glucose, Onion Concentrate, Thickener-E415, Rosemary Extract), Tomato Paste, Chicken Fat, Tomato, Rapeseed Oil, Colour-E150a, Chicken Gelatine, Stabiliser-E415, Rosemary, Dried Sage, Black Pepper), ROAST POTATOES (Potatoes, Sunflower Oil, Dextrose), CHICKEN (Chicken Breast, Corn-starch, Salt, Dextrose, Sugar, Emulsifier-E451i), BROCCOLI, CABBAGE, CARROTS, SWEDE.
Beef Casserole	MASHED POTATO (Potatoes, Water, Skimmed Milk, Rapeseed Oil, Salt, Modified Potato Starch, Stabilisers-E412, Natural Flavouring (Milk), Spice, Pepper Extract), BEEF CASSEROLE SAUCE (Water, Onion, Beef Stock (Concentrated Beef Broth (Water, Beef Extract), Yeast Extract, Glucose, Salt, Flavouring, Maltodextrin (Potato)), Cornflour, Tomato Paste, Rapeseed Oil, Beef Fat, Demerara Sugar, Parsley, Beef Gelatine, Basil, Ground Black Pepper, Chives, Thyme, Ground Bay Leaves, Oregano), DICED BEEF (Beef, Water, Salt, Stabilisers-E451i, E452i), CARROT, CABBAGE, KALE, RAPESEED OIL (Rapeseed oil, Antifoaming agent-E900).
Beef Chilli Con Carne	CHILLI CON CARNE (Mince Beef, Red Kidney Beans, Tomatoes, Onion, Water, Tomato Puree, Red Peppers, Green Peppers, Rapeseed Oil, Jalapeno Peppers, Beef Stock (Concentrated Beef Broth (Water, Beef Extract), Yeast Extract, Glucose, Salt, Flavouring, Maltodextrin), Garlic Puree, Sugar, Salt, Paprika, Ground Cumin, Coriander, Ground Coriander, Maize Starch, Chilli Powder, Ground Black Pepper), WHITE RICE (Water, Rice), MIXED BEAN SALAD (Red Kidney Beans, Borlotti Beans, Cannellini Beans, Butter Beans, Chick Peas (Mixed Beans Mix), Water, Antioxidant-E330).
Cottage Pie	COTTAGE PIE FILLING (Water, Beef, Onion, Carrot, Beef Stock (Concentrated Beef Juices (Beef Extract, Beef Meat, Beef Meat from Bones, Water, Beef Fat), Corn Starch, Beet Sugar, Salt, Tomato Puree, Onion Concentrate), Cornflour, Tomato Paste, Sugar, Beef Gelatine, Salt, Ground Black Pepper, Thyme), MASHED POTATO TOP (Potato, Water, Potato Flake, Potato Starch, Olive Pomace Oil, Dextrose, Thickener-E464, Salt, White Pepper, Turmeric), ROOT VEGETABLE MASH (Carrot, Parsnip, Turnip, Butter (Milk), Modified Cellulose (E464), Salt, White Pepper).
All Day Breakfast	BAKED BEANS (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavourings, Spice Extracts, Sweetener-E960, Herb Extract), PLAIN OMELETTE (Egg, Milk, Rapeseed Oil, Salt, Stabiliser-E415, White Pepper), HASH BROWNS (Potato, Sunflower Oil, Onion, Salt, Stabiliser-E464, Dextrose, Onion Powder, White Pepper), CUMBERLAND SAUSAGE (Pork, Rusk (Wheat Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Water, Seasoning (Barley Flour, Salt, Dextrose, Natural Flavouring, Emulsifier-E450, White Pepper, Herbs (Parsley, Marjoram, Sage), Antioxidant-E300, Spice Extracts, Herb Extracts)), TOMATO, STREAKY BACON (Pork Meat, Salt, Antioxidant-E301, Preservative-E250). Cumberland Sausages filled into Beef Collagen Casings.

Steamplicity Plated Menu Analysis

Menu Item	Ingredient Breakdown
Sausage & Mash	MASHED POTATO (Potatoes, Water, Skimmed Milk, Rapeseed Oil, Salt, Modified Potato Starch, Stabilisers-E412, Natural Flavouring (Milk), Spice, Pepper Extract), CUMBERLAND SAUSAGE (Pork, Rusk (Wheat Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Water, Seasoning (Barley Flour, Salt, Dextrose, Natural Flavouring, Emulsifier-E450, White Pepper, Herbs (Parsley, Marjoram, Sage), Antioxidant-E300, Spice Extracts, Herb Extracts)), ONION GRAVY (Water, Onion, Modified Maize Starch, Tomato Paste, Pork Gelatine, Sugar, Balsamic Vinegar of Modena (Wine Vinegar, Grape Must), Bouillon (Maltodextrin (Potato), Yeast Extracts, Dextrose, Salt, Mace), Colour-E150a, Salt, Garlic Puree, Onion Powder, Black Pepper, Bay Leaf), PEAS. Cumberland Sausages filled into Beef Collagen Casings.
Minced Lamb and Lentil Stew	MINCED LAMB (Mince Lamb, Water, Red Split Lentils, Onion, Leeks, Swede, Carrot, Tomato Paste, Redcurrant Jelly (Glucose-Fructose Syrup, Water, Concentrated Redcurrant Juice, Gelling Agent-E440), Acid-E330), Acidity Regulator-E331)), Cornflour, Lamb Stock (Concentrated Broth from Lamb, Yeast Extract, Sugar, Cornstarch, Salt, Onion Concentrate, Mixed Herb Oils (Thyme, Rosemary)), Worcestershire Sauce (Water, Sugar, Spirit Vinegar, Molasses, Onion Puree, Salt, Tamarind Paste, Cloves, Ginger Puree, Garlic Puree), Balsamic Vinegar (Wine Vinegar, Grape Must), Garlic Puree, Parsley, Ground Rosemary, Salt, Dried Thyme, Ground Black Pepper, Ground Bay Leaves), MASHED POTATO (Potatoes, Water, Skimmed Milk, Rapeseed Oil, Salt, Modified Potato Starch, Stabilisers-E412, Natural Flavouring (Milk), Spice, Pepper Extract), CARROTS, BROCCOLI, CAULIFLOWER.
Venison Bolognese	VENISON BOLOGNESE (Water, Venison Mince (Venison, Salt), Tomato, Onion, Tomato Paste, Beef Stock (Yeast Extract, Beef Fat, Water, Salt, Tomato Puree, Beef Stock (Beef Bones, Water, Salt)), Garlic Puree, Modified Maize Starch, Sugar, Basil, Salt, Parsley, Black Pepper, Dried Oregano, Dried Thyme), PASTA (Water, Durum Wheat Flour).

Steamplicity Plated Menu Analysis

Menu Item	Ingredient Breakdown
All Day Vegetarian Breakfast	HASH BROWNS (Potato, Sunflower Oil, Onion, Salt, Stabiliser-E464, Dextrose, Onion Powder, White Pepper), PLAIN OMELETTE (Egg, Milk, Rapeseed Oil, Salt, Stabiliser-E415, White Pepper), BAKED BEANS (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavourings, Spice Extracts, Sweetener-E960, Herb Extract), MUSHROOMS (Mushrooms, Water, Acidity Regulator-E330, Antioxidant-E300).
Cauliflower and Broccoli Cheese	CAULIFLOWER, CHEDDAR CHEESE SAUCE (Reconstituted Skimmed Milk, Reconstituted Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Sunflower Oil, Dried Herb), Reconstituted Whole Milk, Cheddar Cheese, Modified Starch, Cheese Powder, Vegetable Oil, Starch, Acidity Regulator-E331, Salt, Emulsifier-Soya Lecithin, Colouring-E160a), BECHAMEL (Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Sunflower Oil, Herb), Skimmed Milk, Vegetable Oil (Palm), Modified Maize Starch, Butter (Milk), Whey Protein Concentrate (Milk), Salt, Emulsifier-Soya Lecithin), BROCCOLI, CHEDDAR CHEESE (Cheddar Cheese (Milk), Anti-caking Agent-Potato Starch), CHIVES.
Cheese & Tomato Pasta	PREMIUM TOMATO SAUCE (Tomatoes (Tomatoes, Tomato Juice), Water, Tomato, Olive Oil, Sundried Tomato Paste (Re-hydrated Sundried Tomatoes (Sundried Tomatoes, Water, Salt) Rapeseed Oil, White Wine Vinegar, Sugar, Salt), Onion, Tomato Puree, Garlic Puree, Sugar, Modified Maize Starch, Lemon Juice, Basil, Salt, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Lovage, Turmeric, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Colour-E162, Oregano, Ground Black Pepper), PASTA (Water, Durum Wheat Flour), CHEDDAR CHEESE (Cheddar Cheese (Milk)
Macaroni Cheese	CHEESE SAUCE (Skimmed Milk, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb), Cheddar Cheese (Milk), Modified Starch, Cheese Powder (Milk), Starch, Vegetable Oil (Palm), Acidity Regulator-E331, Emulsifier-Soya Lecithin, Colour-E160aiii), MACARONI (Water, Durum Wheat Flour), CHEDDAR CHEESE (Cheddar Cheese (Milk), Anti-Caking Agent-Potato Starch), PARSLEY.
Plain Omelette	BOILED POTATOES (Potatoes, Water, Firming Agent-E509), PLAIN OMELETTE (Egg, Milk, Rapeseed Oil, Salt, Stabiliser-E415, White Pepper), BAKED BEANS (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavourings, Spice Extracts, Sweetener-E960, Herb Extract).
Butterbean and Vegetable Cobbler	VEGETABLE & BUTTERBEAN CASSEROLE (Water, Tomato, Butter Beans, Cannellini Beans, Borlotti Beans, Red Onion, Carrot, Swede, Tomato Paste, Garlic Puree, Modified Maize Starch, Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Onion Powder, Parsnip Powder, Parsley Flakes, Sunflower Oil, Lovage Extract, Lovage Powder, Ground Turmeric, White Pepper, Garlic Powder, Ground Mace, Ground Nutmeg), Lemon Juice, Parsley, Thyme, Smoked Paprika, Rosemary, Black Pepper, Ground Bay Leaves), DUMPLINGS (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Suet (Non Hydrogenated Vegetable Oil (Palm Oil, Sunflower Oil), Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Baking Powder (E450i, E500ii, Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Salt), PEAS, BROCCOLI, SAVOY CABBAGE.
Chickpea & Spinach Curry	CHICKPEA & SPINACH CURRY (Chickpeas, Water, Coconut Milk (Coconut, Water), Red Pepper, Sweet Potato, Spinach, Rapeseed Oil, Red Lentils, Tomato Paste, Onion, Sugar, Garlic Puree, Coriander, Ground Coriander, Lemon Juice, Ground Cumin, Paprika, Salt, Modified Maize Starch, Ground Fenugreek, Garam Masala (Ground Coriander, Ground Cumin, Ground Ginger, Ground Cassia, Black Pepper, Ground Clove), Ground Turmeric, Chilli Powder), YELLOW RICE (Water, White Rice, Turmeric powder).
Vegan Fishless Fingers	CHIPS (Potato, Palm Oil, Dextrose), FISHLESS STICKS (Water, Flour (Wheat, Rice), Vegetable Oils (Sunflower, Flaxseed), Hydrolysed Rice Protein, Wheat Fibre, Natural Flavouring, Thickeners-E461, E401, E415, E412, Lemon Juice, Preservative-E261, Salt, Sea Salt, Spices), BROCCOLI. *May Contain Rye and Soya.
Vegan Shepherds Pie	LENTIL & VEGETABLE BOLOGNAISE SAUCE (Water, Tomato, Green Lentils, Carrot, Olive Oil, Onion, Tomato Paste, Fennel, Mung Beans, Sundried Tomato Paste (Re-hydrated Sundried Tomatoes (Sundried Tomatoes, Water, Salt), Rapeseed Oil, White Wine Vinegar, Sugar, Salt), Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Garlic Puree, Lemon Juice, Smoked Paprika, Basil, Oregano, Rosemary, Black Pepper), MASHED POTATO TOP (Potato, Water, Potato Flake, Potato Starch, Olive Pomace Oil, Dextrose, Thickener-E464, Salt, White Pepper, Turmeric), PEAS, VEGAN MINCE (Rehydrated Textured Soya Protein, Seasoning (Colour-E150a, Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator-E330, White Pepper)), FINE GREEN BEANS, CABBAGE.
Additional Items	
Chicken & Bacon Salad Topper	CHICKEN STRIPS (Chicken Breast Fillet, Starch, Salt, Dextrose), STREAKY BACON (Pork Meat, Salt, Antioxidant-E301, Preservative-E250).
Chicken, Pearl Barley and Vegetable Soup	CHICKEN & PEARL BARLEY SOUP (Water, Cannellini Beans, Carrot, Onion, Potato, Chicken, Swede, Leeks, Savoy Cabbage, Pearl Barley, Rapeseed Oil, Chicken Stock (Yeast Extract, Chicken Fat (Contains Rosemary Extract), Salt, Water, Chicken Stock (Chicken Bones, Water, Salt)), Parsley, Cornflour, Salt, Sage, Dried Thyme, Dried Sage, Black Pepper.
Fortified Tomato Soup	TOMATO SOUP (Water, Whole Milk, Tomato, Tomato Paste, Red Lentil, Onion, Mascarpone Cheese (Milk), Red Pepper, Single Cream (Milk), Rapeseed Oil, Leeks, Sugar, Salt, Sundried Tomato Paste (Sundried Tomatoes, Rapeseed Oil, White Wine Vinegar, Sugar, Salt), Garlic Puree, Black Pepper, Tomato Flavouring (Tomato Powder, Sugar, Salt)).
Green Vegetable Medley	PEAS, SOYA BEANS, CABBAGE
Jacket Potato	POTATO
Plain Omelette (Special Diet Version)	MASHED POTATO (Potatoes, Water, Skimmed Milk, Rapeseed Oil, Salt, Modified Potato Starch, Stabilisers-E412, Natural Flavouring (Milk), Spice, Pepper Extract), PLAIN OMELETTE (Egg, Milk, Rapeseed Oil, Salt, Stabiliser-E415, White Pepper).

Steamplicity Plated Menu Analysis

Menu Item	Ingredient Breakdown
Desserts	
Apple Crumble	Apple (52.2%), Sugar, WHEAT Flour (with Calcium, Iron, Niacin, Thiamine), Oats (8.40%), Vegetable oils (Rapeseed, Palm in varying proportion), Water, Cane Molasses, Salt, Emulsifier (E471, E475), Colours (E100, E160b), Preservatives (E202, E223), Flavourings.
Chocolate Sponge	WHEAT Flour (with Calcium, Iron, Niacin, Thiamine), Chocolate Sauce [Water, Sugar, Rapeseed Oil, Cocoa Powder (4%), Modified Starch, Salt, Natural Flavouring, Preservative (Potassium Sorbate (E202))] Water, Sugar, Vegetable Oils (Rapeseed, Palm), Antifoaming Agent (E900), Belgian Milk Chocolate Chunks [Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier, SOYA Lecithin, Natural Vanilla, Flavouring], Whole EGG Powder, Cocoa Powder, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Stabiliser (Xanthan Gum), Whey Solids (MILK), Emulsifier (E475), Modified Starch (Maize), WHEAT Gluten, Salt, Flavourings, Colour (Algal Carotenes), Preservatives (E202, E282).
Raspberry Jam Sponge	Raspberry Sauce (Water, Sugar, Raspberry Puree, Rapeseed Oil, Modified Starch, Lemon Juice Concentrate, Preservative (E202), Beetroot, Natural Raspberry Flavour, Spice Extract, Raspberry Jam (Glucose Syrup, Liquid Sugar, Raspberry Puree Concentrate, Water, Gelling Agent (E440), Acidity Rregulator (E330, E331), Colour (E163), Preservative (E202), Natural Flavouring)), WHEAT Flour (Calcium, Iron, Niacin, Thiamine), Water, Raising Agents (E450, E500, E341), Rapeseed Oil (Antifoaming Agent E900), Whey Powder (MILK), Whey Protein (MILK), Dried EGG White, Whole EGG Powder, Preservatives (E202, E282), Maize Starch, Emulsifier (E481), Stabiliser (E415), Flavouring, Colours (E160a), Citric Acid.
Pineapple Upside-down Cake	Pineapple Pieces [Pineapple, Water, Sugar], WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Vegetable Oils (Palm, Rapeseed), Antifoaming Agent (E900), Whole EGG Powder, Glycerine (E422), Whole Liquid EGG, Light Brown Sugar, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Whey Solids (MILK), Lemon Juice (SULPHITES), Emulsifier (E475, E471), Modified Starch (Maize), WHEAT Gluten, Salt, Stabiliser (Xanthan Gum), Flavourings, Colour (Algal Carotenes, E100, Annatto Bixin).
Rhubarb & Mandarin Crumble	Apple, OATS, WHEAT Flour (with Calcium, Iron, Niacin, Thiamine), Vegetable Oils (Rapeseed, Palm), Mandarin Oranges, Water, Sugar, Rhubarb, Cane Molasses, Acidity Regulator (E330), Emulsifier (E471, E475), Colours (E100, E160b), Flavourings, Preservatives (E202, E223), Salt.
Treacle Pudding	WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Golden Syrup, Vegetable Oils (Palm, Rapeseed), Antifoaming Agent (E900), Whole EGG Powder, Brown Sugar, Black Treacle (Invert Sugar Syrup, Molasses), Glycerine (E422), Molasses, Modified Starch (E1422), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Whey Solids (MILK), Stabiliser (Xanthan Gum), Salt, Vanilla Extract, Potassium Sorbate, Emulsifier (E475), Modified Starch (Maize), WHEAT Gluten, Flavourings, Colour (Algal Carotenes).
Strawberry Trifle	Water, Strawberry Sauce [Invert sugar syrup, concentrated strawberry juice (2.5%), Colour (Anthocyanins), Citric Acid, Flavourings], Custard [Sugar, Modified Maize Starch (SULPHUR DIOXIDE), Skimmed MILK Powder, Vegetable Oils (Fully Hydrogenated Coconut Oil, Coconut Oil, Palm Oil), Whey Powder (MILK), Thickeners (Sodium Alginate, Calcium Sulphate, Potassium & Sodium Diphosphates), Flavouring, Colour (Carotene)], Vanilla mousse [Sugar, Skimmed MILK Powder, Dried Glucose Syrup, Palm Oil, Stabilisers (E472a, E339ii, E450iii, E401, E451, E450ii), Thickener (Modified potato starch), MILK Protein, Coconut Oil, Vegetarian Whey Powder (MILK), Cream Powder (MILK), Flavouring, Colour (E160(a)ii), Salt], Strawberries, Multi-Coloured Sugar Strands [Sugar, Vegetable Fat (Palm), Glucose Syrup, Natural Colours (Red Beet Juice Concentrate, Spinach Powder), Emulsifier Lecithin (SOYA), Colour E100, Anti-Caking Agent], WHEAT Flour (with Calcium, Iron, Niacin, Thiamine), Sugar, Vegetable Oils (Rapeseed, Palm), Antifoaming Agent (E900), Glycerine (E422), Whole EGG Powder, Raising Agents (Disodium Diphosphate, Sodium Bicarbonates), Whey Solids (MILK), Stabiliser (Xanthan Gum), Emulsifier (E475), Modified Maize Starch, WHEAT Gluten, Salt, Flavourings, Colour (Algal Carotenes).
For allergen declarations please see Tab 5.	
* Correct at time of publishing	

Steamplicity Plated Menu Analysis

CODE	PRODUCT	DESCRIPTION
81960	Battered Fish Goujons	Battered white fish served with chips and mushy peas
82370	Fish in Parsley Sauce	Steamed white fish in a creamy parsley sauce served with mashed potato and root vegetable mash
73717	Steamed Fillet of Salmon	Steamed salmon fillet in a hollandaise sauce served with boiled potatoes and a green vegetables
82100	Tuna Pasta Bake	Pasta and tuna in a tomato sauce, topped with béchamel and Cheddar cheese
118474	Chicken Goujons with Potato Wedges	Seasoned chicken goujons and potato wedges served with carrot batons and broccoli florets
81390	Chicken, Leek and Gammon Pie	shortcrust pastry pie filled with chicken, leek and gammon in a creamy sauce, served with mashed potato and mushy peas.
81940	Chicken Tikka and Rice	Tender pieces of chicken in a spicy tikka masala sauce served with steamed yellow rice
82320	Creamy Chicken and Mushroom Pasta	Pasta, chicken and mushrooms in a creamy spinach sauce.
82340	Fruity Chicken Curry	Mild chicken curry with sultanas served with white rice
80060	Mini Chicken Casserole with Dumpling	A small portion of chicken casserole served with a fluffy dumpling
82160	Roast Chicken	Roasted chicken breast in a rich gravy served with roast potatoes, broccoli, and a vegetable medley
80290	Beef Casserole	Tender chunks of beef in a rich gravy served with mashed potato and a vegetable medley
82290	Beef Chilli Con Carne	Beef Chilli Con Carne served with white rice
82150	Cottage Pie	Minced beef in a rich gravy topped with mashed potato and served with root vegetable mash
78022	All Day Breakfast	Traditional English breakfast with a Cumberland sausage, streaky bacon, fluffy omelette, baked beans, fresh tomato and a hash brown
73739	Sausage & Mash	Traditional Cumberland sausages in a rich red onion gravy, served with Mashed potato and garden peas
82140	Minced Lamb and Lentil Stew	Minced lamb with lentils in a rich gravy, served with mashed potato and a vegetable medley.
82360	Venison Bolognese	Pasta with a rich venison bolognese
105811	All Day Vegetarian Breakfast	A vegetarian version of our all day breakfast with an omelette, baked beans, mushrooms and hash browns
82300	Cauliflower and Broccoli Cheese	A small but tasty serving of cauliflower and broccoli in a cheddar cheese and chive sauce
102780	Cheese & Tomato Pasta	Pasta in a rich tomato sauce topped with Cheddar cheese
73715	Macaroni Cheese	Pasta in a rich Cheddar cheese sauce
125856	Plain Omelette	A plain omelette served with boiled potatoes and baked beans
82330	Butterbean and Vegetable Cobbler	Butterbean and vegetable casserole with dumplings and a green vegetable medley
106660	Chickpea & Spinach Curry	Mild Chickpea and vegetable curry served with steamed rice
81980	Vegan Fishless Fingers	Breaded vegan fishless fingers served with chips and broccoli florets
81350	Vegan Shepherds Pie	Lentils and vegetables in a rich tomato gravy with a fluffy mashed potato top, served with a green vegetable medley
Additional Items		
80340	Chicken & Bacon Salad Topper	Chicken and Bacon Caesar Salad
82350	Chicken, Pearl Barley and Vegetable Soup	Chunky chicken and vegetable soup with pearl barley
82310	Fortified Tomato Soup	Cream of tomato soup
82070	Green Vegetable Medley	Mixed green vegetables
104494	Jacket Potato	
73713	Plain Omelette (Special Diet Version)	Plain Omelette with Mashed Potatoes
Desserts		
102885	Apple Crumble	A handmade dessert made with British Bramley Apples topped with a traditional oatly crumble.
187430	Chocolate Sponge	Chocolate Sponge with Belgian Milk Chocolate chunks and Chocolate sauce.
105734	Raspberry Jam Sponge	Vanilla Flavoured Sponge topped with raspberry sauce.
187448	Pineapple Upside-down Cake	Pineapple Sponge topped with a pineapple pieces.
128832	Rhubarb & Mandarin Crumble	Low Sugar Rhubarb and Mandarin Crumble
187429	Treacle Pudding	Treacle Sponge topped with treacle sauce.
187520	Strawberry Trifle	A handcrafted dessert starting with a layer of vanilla cake, then layers of strawberry sauce with strawberries and yellow custard, topped with a layer of vanilla mousse and multi-coloured sugar strands