

INGREDIENTS IN ITEMS THAT ARE LISTED ON LA VALLA TUCKSHOP MENU

IF YOU THINK YOU HAVE A **FOOD ALLERGY**.....
PLEASE CHECK THE **LABELS** OF ALL ITEMS YOU WISH TO PURCHASE.

NACHOS

Corn Chips: Corn (72%), vegetable oil (antioxidant 306 or 320), water, salt. **May contain traces of wheat, dairy, soy, gluten and sulphites.**

Salsa: Tomatoes (61%), water, vinegar, onion, capsicum, thickener (1422), garlic, cumin, spice extract. **May contain traces of peanuts and sesame seeds due to shared equipment.**

Cheese: pasteurized milk, salt cultures, enzyme (rennet), anti caking agent (460), natural preservative (235)

Sour Cream: light cream, halal gelatine, sour cream culture

PASTA SAUCE

Water, tomato puree, sugar, vegetable oil, antioxidants (306.307), onion, salt, herbs & spices, citric acid (330)

PASTA

100% Durum **Wheat** Semolina.

POTATO WEDGES & SOUR CREAM.

Seasoned wedges: potato, seasoning and oil:(see canteen for detailed ingredients)

Sour cream: light cream, halal gelatine, sour cream culture

CHICKEN, CHEESE & GRAVY ROLLS

Chicken (ingredients as listed above), Mozzarella Cheese, Gravox gravy (see canteen for ingredients list). White bread rolls will contain yeast and **wheat**, and may have come in contact with **sesame seeds**.

SWEET CHILLI CHICKEN STRIPS

Chicken (45%), water, cereal, (**wheat**, maize, rice), cottonseed oil, sugar, **soy** protein starch (**wheat**, tapioca), salt, yeast, mineral salts (339, 450, 451, 500), **sesame seeds**, dehydrated vegetables, vegetable powders (inc. garlic & onion), desiccated coconut, herb, **egg**, albumen powder, chilli powder, food acid (262), vegetable gums (415, 461), natural colours (100, 160c), colours (102,110).

Ingredients containing wheat, soy, milk, egg, honey, nuts, sesame seeds and sulphites are used in the processing facility where this product is prepared.

ROSITA WRAPS

Wheat flour (59%), water, vegetable oil, (antioxidant (320) and/or (319)), sugar, salt baking powder, (mineral salts(450, 500, 341)), food acid (330), emulsifier (472e), preservative (202), enzyme (1100), flour treatment agent (223).

BREAD & ROLLS

All bread and rolls may have come in contact with **sesame seeds**, whether they are visible or not.

CHICKEN BREAST FILLETS

Gluten (wheat), soy, milk and egg, chicken (38%), flour (**wheat**, maize, **soy**), water, vegetable oil, **gluten (wheat)**, starch (**wheat**), **soy** protein concentrate, salt, yeast, flavours (**wheat, soy**), Mineral salts (451, 450), sugar, acidity regulators(341, 500), milk solids, ground and extracted spices, **milk**, thickener (401, 412, 466), emulsifier(472E), natural colours (100, 160b, 160c, 150d), egg white powder, antioxidants (319, 306), vitamin (thiamin).

This product is produced in a plant that also processes ingredients containing nuts and seeds.

CHICKEN SUB

Steggles Chicken Breast Royales are made from 100% chicken breast meat coated in a light and delicious golden crunchy crumb. Mayo, cheese, tomato & bread roll.

DIM SIMS

Cabbage, **wheat flour**, mutton or beef (23%), water, **wheat starch**, salt, onion , sugar, **flavour enhancer** (621),spices

PASTIE

Animal and/or vegetable shortening, non-fat milk solids, **wheaten gluten**, Flour treatment agents (223), pepper, suede, modified maize starch, flour, potato, carrot, onion, baking powder, salt, spices, **flavour enhancers** (621), meat, water added.

GILLIES PIE

Animal and/or vegetable shortening, non-fat milk solids, baking powder, flour treatment agents (223), pepper, modified maize starch, **wheaten gluten**, flour, onion, salt, spices, **flavour enhancers** (621), meat, water added, caramel (150), onion powder.

SAUSAGE ROLL

Animal and/or vegetable shortening, non-fat milk solids, baking powder, flour treatment agents (223), pepper, modified maize starch, **wheaten gluten**, flour, meat, salt, water added, **flavour enhancers** (621).

POTATO PIE

Animal and/or vegetable shortening, non-fat milk solids, baking powder, flour treatment agents (223), pepper, modified maize starch, **wheaten gluten**, flour, potato,

meat, salt, water added, **flavour enhancers** (621).

TRAVELLER PIE

Water, beef mince 27%, **wheat flour**, thickener (1422 maize), vegetable oils, (palm and sunflower), animal fat (tallow), onion, soy protein, salt, potassium chloride, skim milk powder, rice flour, colours, (150c, 160b, 160a), herbs & spices, **flavour enhancer**(621), sugar vegetable powders, emulsifiers(481, 322-soy, 471) raising agents (450 500), maltodextrin, vegetable gum (412, 415), antioxidants (331, 306-soy), preservative(281), acidity regulator (331).

ALL OTHER ITEMS CAN BE CHECKED AT THE TUCKSHOP BEFORE A PURCHASE IS MADE.