Fish cake lunch – Ingredients and allergens

Fish cake: Minced Cod (Fish) (43%), Water, Wheat Flour, Potato, Rapeseed Oil, Dried Potato, Salt, Parsley, Yeast, Sugar, Dextrose, White Pepper, Wheat Gluten, Paprika, Calcium Carbonate, Iron, Niacin, Thiamin

Gluten free fish fingers: Alaska Pollock (Fish) (65%), Breadcrumb Coating*, Rapeseed Oil, *Breadcrumb Coating (Flour (Rice, Chickpea) Starch (Potato, Maize, Pea), Water, Rice Semolina, Salt, Potato, Pea Fibre, Dextrose)

Vegetable fingers: Vegetables (50%) [Carrot, Sweetcorn, Peas, Onion, Potato], Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Rapeseed Oil, Dried Potato, Salt, Dextrose, Yeast Extract, Sugar, Paprika, Turmeric, Garlic Powder, Onion Powder, Tomato Powder, Red Pepper, Parsley, Sage, Sage Extract, Flavouring, White Pepper, Black Pepper Extract, Yeast.

Potato waffle: Potato (84%), Sunflower Oil, Dried Potato, Potato Starch, Salt, Dextrose, Stabilisers (Disodium Diphosphate, Hydroxypropyl Methyl Cellulose), White Pepper, Colour (Curcumin).

Peas: Peas

Sweetcorn: Sweetcorn

Ketchup: Tomato Purée, Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Spices, Flavouring, Onion Powder, Garlic Powder.