



## Mountain House Allergens List

<b>Allergen Declaration Product contains:-</b>	<b>Egg</b>	<b>Milk</b>	<b>Fish</b>	<b>Crustacean</b>	<b>Molluscs</b>	<b>Cereals Containing Gluten</b>	<b>May Contain Traces of Nuts</b>	<b>Sesame Seed</b>	<b>Celery / Celeriac</b>	<b>Mustard</b>	<b>Soya</b>	<b>Lupin</b>
Spaghetti Bolognaise	No	No	No	No	No	Yes – Gluten from Wheat	No	No	No	No	No	No
Pasta Lasagne	No	Yes	No	No	No	Yes – Gluten from Wheat	No	No	No	No	No	No
Chicken Korma with Rice	No	Yes	No	No	No	No	Yes	No	No	Yes	No	No
Chicken Tikka with Rice	No	Yes	No	No	No	No	Yes	No	No	Yes	No	No
Vegetable Tikka with Rice	No	Yes	No	No	No	No	Yes	No	No	Yes	No	No
Sweet & Sour Chicken with Rice	No	No	No	No	No	Yes – Gluten from Barley	No	No	No	No	No	No
Chilli Con Carne with Rice	No	No	No	No	No	No	No	No	No	No	No	No
Potato & Salmon in a Dill Sauce	No	Yes	Yes	No	No	No	No	No	No	No	No	No
Scrambled Egg, Ham & Potato	Yes	Yes	No	No	No	Yes – Gluten from Wheat	No	No	No	No	No	No
Mediterranean Vegetable Pasta	No	Yes	No	No	No	Yes – Gluten from Wheat	No	No	No	No	No	No
Macaroni Cheese	May	Yes	No	No	No	Yes – Gluten from Wheat	No	No	No	No	No	No
Chicken & Black Bean with Noodles	Yes	No	No	No	No	Yes – Gluten from Wheat	No	No	No	No	Yes	No
Custard with Apple	No	Yes	No	No	No	No	No	No	No	No	No	No
Custard with Mixed Fruit	No	Yes	No	No	No	No	No	No	No	No	No	No
Rice Pudding with Strawberry	No	Yes	No	No	No	No	No	No	No	No	No	No
Smooth Oatmeal with Raspberry	No	Yes	No	No	No	Yes – Gluten from Oats	No	No	No	No	No	No



Nutritional Information - European Products (Values Based on Single Prepared Pouch)												
Product				Energy		Protein (g)	Carbohydrate (g)		Fat (g)		Grams	
Product Code	Pack Dry Wt (g)	Serving	Prepared Weight (g)	Total KJ	Total Kcal	Total	Total	From Sugars	Total	From Saturates	Fibre	Sodium
Smooth Oatmeal with Raspberry												
727100	112g	1	430g	2273	544	12.8	55.5	35.6	27.0	16.3	14.4	0.1
Scrambled Egg with Ham and Potato												
712100	100g	1	390g	2118	508	29.2	27.1	2.9	30.6	7.5	3.6	0.2
712200	166g	Big Pack	645g	3516	843	48.5	45.0	4.8	50.8	12.5	6.0	0.3
Spaghetti Bolognese												
701100	142g	1	490g	2995	716	39.8	50.2	18.5	37.5	9.8	9.2	0.6
701200	236g	Big Pack	786g	4979	1190	66.2	83.5	30.7	62.4	16.3	15.3	1.1
Pasta Lasagne												
702100	117g	1	480g	2522	603	31.6	40.5	10.1	33.6	11.7	6.9	0.1
702200	194g	Big Pack	744g	4182	1000	52.4	67.1	16.8	55.7	19.5	11.4	0.1
Chicken Korma with Rice												
703100	108g	1	460g	2349	564	33.4	32.6	8.5	31.4	7.7	8.1	0.3
703200	179g	Big Pack	729g	3894	935	55.4	54.1	14.0	52.1	12.7	13.4	0.5
Chicken Tikka with Rice												
704100	108g	1	460g	2287	547	23.9	47.5	6.5	27.5	7.6	6.5	0.5
704200	179g	Big Pack	729g	3790	907	39.6	78.7	10.8	45.7	12.6	10.8	0.8
Vegetable Tikka with Rice												
705100	112g	1	462g	2069	495	12.4	62.5	15.3	18.3	4.7	15.3	0.5
705200	186g	Big Pack	736g	3436	822	20.6	103.8	25.5	30.3	7.8	25.5	0.8
Sweet and Sour Chicken with Rice												
706100	112g	1	460g	2018	480	38.6	48.4	12.5	12.5	2.0	9.4	0.7
706200	186g	Big Pack	736g	3351	797	64.2	80.4	20.7	20.7	3.2	15.6	1.1
Chilli Con Carne												
707100	100g	1	450g	2076	478	25.9	43.2	9.7	20.9	5.4	7.2	0.1
707200	166g	Big Pack	716g	3445	794	43.0	71.7	16.1	34.6	9.0	11.9	0.2
Potato and Salmon in a Dill Sauce												
708100	110g	1	410g	2538	609	18.0	44.9	11.1	39.7	12.7	0.6	0.5
708200	183g	Big Pack	683g	4644	1115	33.0	82.1	20.3	72.7	23.1	1.0	0.9
Mediterranean Vegetable Pasta												
710100	100g	1	380g	2210	530	9.6	45.5	9.4	33.6	8.5	3.8	0.2
710200	166g	Big Pack	630g	3669	880	15.9	75.5	15.6	55.8	14.1	6.3	0.3
Macaroni Cheese												
713100	100g	1	265g	2201	527	21.4	38.6	6.7	31.2	14.8	3.2	0.5
713200	166g	Big Pack	440g	3654	875	35.5	64.1	11.1	51.8	23.4	5.3	0.8
Noodles in a Black Bean Sauce with Chicken and Vegetables												
714100	120g	1	260g	2192	522	27.9	57.3	5.6	18.8	1.6	6.1	0.7
714200	199g	Big Pack	428g	3639	867	46.3	95.1	9.3	31.5	2.7	10.1	1.2
Custard and Apple												
724100	77g	1	275g	1647	395	8.1	38.4	30.2	21.9	14.7	6.6	0.1
Custard and Mixed Fruit												
725100	77g	1	275g	1626	390	8.5	36.9	27.7	22.0	14.7	7.1	0.1
Rice Pudding with Strawberry												
726100	92g	1	290g	1628	386	7.4	70.9	30.3	6.7	4.3	6.3	Trace