

# Checks & Greys ‘Carry Out Tea’: Ingredients, Allergens & Cooking/Reheating Information

## Consume within 48 hours of purchase.

**Suitable for home freezing – wrap the foil container in clingfilm or transfer to an airtight container to avoid freezer burn.**

**All meals are prepared from scratch in the Checks & Greys kitchen using fresh ingredients sourced from local & high-quality suppliers. Whilst we have the strictest hygiene standards, we cannot guarantee that any of our oven meals are 100% free from traces of allergens, particularly as we use some ingredients which are packaged off-site.**

### Shepherd’s pie of local lamb topped with mashed potatoes & carrots (£3.50)

Cooking Instructions: Pre-heat the oven to 160°C, remove paper lid. Cook for 30 minutes in the packaging. Check that the centre is piping hot with a skewer or fork, if the product is not piping hot return to the oven for a further 10 minutes and repeat the process. Transfer the carrots to a microwaveable container and place on full power for 60 seconds or until hot.

DO NOT MICROWAVE in the metal container.

**Ingredients:** Lamb Mince, Onion, Carrots, Knorr Professional Gravy Granules (Maltodextrin, Potato Starch, Salt, Sugar, Flavourings, Yeast Extract, Vegetables (Onion Powder, Tomato Puree Powder), Caramel Syrup, Palm Fat, Thickeners (Guar Gum), Sunflower Oil, Sage)

Essential Cuisine Vegetable Stock Powder (Water, Onion, Carrot Extract, Tomato, CELERIAC, Herbs, Garlic, Spice, Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil) Panko Breadcrumbs (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fire, Salt (Contains E535 Anticaking Agent), E471 Processing Aid, Caramelised Sugar Syrup, Paprika Extract)

Henderson’s Relish (Water, Spirit Vinegar, Sugar, Colour: Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid: Acid, Cayenne Pepper, Cloves, Sweetener: Saccharin, Garlic Oil) Salt, Potatoes, Butter (MILK, Salt, minimum 80% Fat)

Lancashire Cheese (MILK) (for the carrots) Carrots, Butter (MILK), Fresh Herbs

Allergens: Milk, Celery

### Lancashire cheese & onion pie with shortcrust pastry, spring vegetables & new potatoes (£3.00)

Cooking Instructions: Pre-heat the oven to 160°C, remove paper lid. Cook for 20 minutes in the packaging. Check that the centre is piping hot with a skewer or fork, if the product is not piping hot return to the oven for a further 10 minutes and repeat the process. Transfer the vegetables into a microwaveable container and place on full power for 90 seconds or until hot.

DO NOT MICROWAVE in the metal container.

**Ingredients:** Pastry (WHEAT Flour, Vegetable Oil (Palm, Rapeseed in varying proportions), Water, Margarine (Vegetable Oil (Palm, Rapeseed in varying proportions), Water, Salt, Emulsifier: Mono- and Di-glycerides of Fatty Acids), Sugar, Salt), EGG Wash

Pie Filling (Sandham’s Tasty Lancashire Cheese (MILK), Onions, Butter (MILK), Salt, Pepper, Henderson’s Relish (Water, Spirit Vinegar, Sugar, Colour: Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid: Acid, Cayenne Pepper, Cloves, Sweetener: Saccharin, Garlic Oil), MUSTARD Powder, Diced Potatoes))

Spring Vegetables (Cabbage, Peas, Broad Beans, Edamame (SOYA))

New Potatoes, Butter (MILK)

Allergens: Gluten (Wheat), Milk, Mustard, Egg, Soya

### Lean beef lasagne, traditional style with fresh tomatoes, cheese sauce & fresh Parmesan (£3.25)

Cooking Instructions: Pre-heat the oven to 160°C, remove paper lid. Cook for 40 minutes in the packaging. Check that the centre is piping hot with a skewer or fork, if the product is not piping hot return to the oven for a further 10 minutes and repeat the process. Leave to stand for 2 minutes before serving.

DO NOT MICROWAVE in the metal container.

**Ingredients:** Beef Mince, Tomatoes, Onion, Tinned Tomatoes, Tomato Puree, Garlic Henderson’s Relish (Water, Spirit Vinegar, Sugar, Colour: Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid: Acid, Cayenne Pepper, Cloves, Sweetener: Saccharin, Garlic Oil) Strong Flour (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1))), Butter (MILK), MILK, Cheese (Grated Lancashire Cheese (MILK)), Parmesan Cheese (MILK), Lasagne Sheets (Durum WHEAT Semolina, Fresh Pasteurised EGGs (19.36%). May contain traces of SOY.)

Allergens: Gluten (Wheat), Milk, Egg, (Soya Trace)

### Roast breast of chicken with roast new potatoes, creamed garden peas & spring greens with a little pot of nut free pesto (on the side!) (£3.75)

Cooking Instructions: Pre-heat the oven to 160°C, remove paper lid. Cook for 25 minutes in the packaging. Check that the centre is piping hot with a skewer or fork, if the product is not piping hot return to the oven for a further 10 minutes and repeat the process. DO NOT MICROWAVE in the metal container.

**Ingredients:** Chicken, Potatoes, Butter (MILK), Peas, Spring Greens, Cream (MILK), Salt, Butter (MILK, Salt, Minimum 80% Fat), Lancashire Cheese (MILK) Wellocks Pine Nut-Free Basil Pesto (Basil (63%), Pomace Oil, Regato Cheese (MILK, Salt, Vegetarian Rennet, Lysozyme from EGG), Garlic, Salt)

Allergens: Milk, Egg

### Cauliflower fritters (£2.50 side order/starter)

Cooking Instructions: Pre-heat the oven to 160°C, remove paper lid. Cook for 8-10 minutes in the packaging. Check that the centre is piping hot with a skewer or fork, if the product is not piping hot return to the oven for a further 10 minutes and repeat the process. DO NOT MICROWAVE in the metal container.

**Ingredients:** Cauliflower, Gluten Free Batter Mix (Maize, Gram Flour, Tapioca Flour, Rice Flour, Potato Starch, Salt, Sodium Bicarbonate E500(ii), Monocalcium Phosphate Monohydrate E341, Modified Waxy Maize Starch, Xanthan Gum E415) Rapeseed Oil (Rapeseed Oil, Anti-Foaming Agent: E900)

Allergens: None

### Baked goats’ cheese & caramelised onion tart with dressed salad (£3.50)

Cooking Instructions: this can be served chilled or could also be warmed in the oven or in the microwave on low power after placing on a plate.

**Ingredients:** Tart Case (WHEAT Flour, Margarine (Palm Fat, Water, Rapeseed Oil, Emulsifier: E471, Acid: E330), Water, Salt. May contain traces of MILK) EGG, MILK, Cream (MILK) Salt, Pepper, Goat’s Cheese (MILK)

Red Onion Chutney (Red Onion (58% - contains SULPHITES), Unrefined Sugar, Distilled Malt Vinegar (from BARLEY – contains SULPHITES), Dates, Salt, Spice Mix (Cinnamon, Cumin, Chilli, Star Anise, Black Pepper. Packed in a plant which handles PEANUTS, TREE NUTS, SESAME SEEDS, GLUTEN (WHEAT), SOYA & MUSTARD SEED)

Mixed Salad Leaves

House Salad Dressing (Maple Syrup, Rapeseed Oil (Rapeseed Oil, Anti-Foaming Agent: E900), Maille Wholegrain MUSTARD (Spirit Vinegar, MUSTARD Seeds, Water, Salt, White Wine (4.8%) (contains SULPHITES), Sugar, Natural Flavouring, Acid (Lactic Acid)), Maille Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Acid (Citric Acid), Preservative (Potassium MetabiSULPHITE)), White Wine Vinegar (contains SULPHITES))

Allergens: Egg, Milk, Sulphites, Gluten (Wheat, Barley), (Traces of: Peanuts, Tree Nuts, Sesame, Soya, Mustard)

### BBQ chicken wings (£2.50 side order/starter)

Cooking Instructions: Pre-heat the oven to 160°C, remove paper lid. Cook for 20 minutes in the packaging. Check that the centre is piping hot with a skewer or fork, if the product is not piping hot return to the oven for a further 10 minutes and repeat the process. DO NOT MICROWAVE in the metal container.

**Ingredients:** Chicken Wings, Gluten Free Batter Mix (Maize, Gram Flour, Tapioca Flour, Rice Flour, Potato Starch, Salt, Sodium Bicarbonate E500(ii), Monocalcium Phosphate

Monohydrate E341, Modified Waxy Maize Starch, Xanthan Gum E415) Rapeseed Oil (Rapeseed Oil, Anti-Foaming Agent: E900)

Salt, Sticky BBQ Sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Bramley Apple Puree (contains Preservative Sodium MetabiSULPHITE), Salt, Apple Juice Concentrate, Acidity Regulator: Acetic Acid, Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper)

Allergens: Sulphites

### Gluten free chocolate brownie (£1.50)

**Ingredients:** Dark Chocolate, Unsalted Butter (contains MILK), Caster Sugar, EGGs, Gluten Free Plain Flour (Rice, potato, tapioca, maize, buckwheat)

Serve chilled or warm gently in the microwave or oven.

Allergens: Milk & Eggs

### Traditional apple crumble with vanilla custard (£4.50 - serves 2)

Cooking Instructions: Pre-heat the oven to 160°C, remove paper lid. Cook for 25/30 minutes in the packaging until the crumble topping is golden brown. Check that the centre is piping hot with a skewer or fork, if the product is not piping hot return to the oven for a further 10 minutes and repeat the process.

DO NOT MICROWAVE in the metal container.

**Ingredients:** Apples, Strong Flour (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1))), Butter (MILK), Sugar, MILK Custard Powder (Maize Starch, Salt, Flavouring, Colour (Annatto))

Sugar, Vanilla (Exhausted Vanilla Seeds)

Allergens: Gluten (Wheat), Milk

### Baked macaroni cheese (£3.00 side order/starter)

Cooking Instructions: Pre-heat the oven to 160°C, remove paper lid. Cook for 12 minutes in the packaging. Check that the centre is piping hot with a skewer or fork, if the product is not piping hot return to the oven for a further 6 minutes and repeat the process. DO NOT MICROWAVE in the metal container.

**Ingredients:** Macaroni Pasta (Durum WHEAT Semolina, Water)

Butter (MILK), Strong Flour (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1))), MILK, Lancashire Cheese (MILK), Salt, Pepper Panko Breadcrumbs (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fire, Salt (Contains E535 Anticaking Agent), E471 Processing Aid, Caramelised Sugar Syrup, Paprika Extract)

Allergens: Gluten (Wheat), Milk

### Roasted Vine Tomato Soup with Granary Bread

Cooking Instructions: Heat in the microwave or in a pan until piping hot.

**Ingredients:** Fresh Vine Tomatoes, Tinned Tomatoes

Tomato Puree, White Wine Vinegar (contains SULPHITES)

Sugar, Salt, Onion, Garlic

Essential Cuisine Vegetable Stock Powder (Water, Onion, Carrot Extract, Tomato, CELERIAC, Herbs, Garlic, Spice, Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil)

Granary Bread (WHEAT Flour (with added Calcium, Iron, Niacin & Thiamine), Water, Malted WHEAT Grains (6.5%), Yeast, BARLEY Malt Flour, Salt, Toasted WHEAT, WHEAT Gluten, Emulsifier: E472e, Sugar, Preservative E282, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: E300)

Allergens: Gluten (Wheat, Barley), Celery, Sulphites

IF YOU HAVE ANY QUESTIONS OR QUERIES ABOUT ANY OF THE INFORMATION ABOVE, PLEASE CALL US ON 01254 260520.

THANK YOU FOR YOUR SUPPORT