



Mountain House Allergens List

Allergen Declaration Product contains:-	Egg	Milk	Fish	Crustacean	Molluscs	Cereals Containing Gluten	May Contain Traces of Nuts	Sesame Seed	Celery / Celeriac	Mustard	Soya	Lupin
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

