

Frozen Meals

All Meals are made in a kitchen handling peanuts, tree nuts, sesame, gluten, sulphites, and soy products. **These need to be listed in a may contain statement if they are not mentioned as contains, see individual allergen labelling below. Individual possible nuts should be listed. Wheat must be listed separately from gluten.**

Due to being a shared facility, there may be traces of eggs and milk as they are on site. However, these are not used in our products. **I wouldn't include this statement as your products are vegan, make sure the kitchen is thoroughly cleaned before production. You may be required to do annual allergy checks for Egg and Milk proteins.**

I use square brackets around compound ingredients and don't use capitals so that it is clearer when reading labels. This is shown below.

All ingredients must be listing in descending order eg highest to lowest amount.

- **Mediterranean Bites**

Ingredients: Chickpeas, Onion, Sundried Tomato [sundried tomatoes, canola oil, garlic, salt, vinegar, herbs, preservative (223-sulphites), sugar, acidity regulator (330)], Sunflower Seeds, Nutritional Yeast, Garlic, Salt, Herbs & Spices, Pepper

Contains: Sulphites, May Contain Wheat, Gluten, Soy, Peanut, Sesame, Cashew Nuts, Almonds, Walnuts

Sundried Tomato breakdown can be condensed

You don't need all the %

Only allergens get made bold

- **Sausageless Rolls**

Ingredients: Pastry (39%) [**wheat** flour, margarine (vegetable oil, water, salt, emulsifiers (471, 322-**soy**), acidity regulator (500, 330), antioxidant (307b-**soy**), colour (160a)), water], Lentils, Black Beans, Onion, Carrots, Tomato, Mushrooms, Organic Tamari (**soy**), Organic **Soy** Milk (**soy**), Nutritional Yeast, Garlic, Salt, Herbs, Chilli flakes, Pepper

Contains: Wheat, Gluten, Soy, May Contain Peanut, Sesame, Cashew Nuts, Almonds, Walnuts

You don't need all the %

Only allergens get made bold

Changed the order of ingredients

Changed the breakdown of some compound ingredients

- **Chickpea and Spinach Roll**

Ingredients: Pastry (39%) [**wheat** flour, margarine (vegetable oil, water, salt, emulsifiers (471, 322-**soy**), acidity regulator (500, 330), antioxidant (307b-**soy**), colour (160a)), water], Chickpeas (28%), Spinach (9%), Cabbage, Onion, Mushroom, Organic **Soy** Milk (**soy**), Garlic, Organic Tamari (**soy**), Spices, Chilli, Salt

Contains: Wheat, Gluten, Soy, May Contain Peanut, Sesame, Cashew Nuts, Almonds, Walnuts

You don't need all the % just the characterising ingredients

Only allergens get made bold

Changed the order of ingredients

Changed the breakdown of some compound ingredients

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