



ELSWORTH KITCHEN

## Cooking Instructions & Allergen Sheet

### Cooking Instruction

All main dishes can be heated in a microwave for 2-3 minutes until nice and hot. They can be stored in a fridge for 3 days and are suitable to freeze.

Veg - 1 min - 1 min 30

Potatoes/ Rice - 1 min 30 - 2 min

Soup can also be heated in a pan

Main Dishes can be put in the oven. Taken out of the containers and covered. Heat at 185 degrees for approx. 12-15 minutes till hot

### Allergens

Soup - Soya

Meat/ Cheeses - Gluten, Nut, Sulphites, Dairy

Prosciutto - Nuts, Milk, Sulphites

Artichoke - Milk, Sulphites

Lamb - Sulphites, Legumes

Cassoulet - Gluten

Cod - Gluten, Fish, Milk, Crustaceans

Aubergine - Gluten

Potatoes - Milk

Greens - Milk

Cumin Rice - N/A

Red Cabbage - Sulphites

Cheesecake - Gluten, Milk

Sundae Pot- Gluten, Milk, Eggs, Nuts

Sticky toffee - Milk, Eggs, Gluten

Orange and almond - Nuts, Eggs

Vegan Truffles - Soya

Truffles - Milk

Beetroot and apple chutney - Sulphites, Mustard

Hummus - Legumes

Vegan Cream - Soya