




























ALL REGIONS	Date	09.10.2023
	Menu	Simplicity Autumn Winter 2023

Recipes	Allergens													
														
Meat Mains	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/ Sulphites
BBQ Chicken Melt (184981/ 184982)		✓					✓						✓	
Chicken Tikka Masala (188417/ 188418)														
Chicken Tikka Masala with Rice (187876)														
Chinese Chicken & Vegetable Rice (187879/ 187867)		✓		✓			✓						✓	
Italian Chicken (184962/ 184963)							✓							
Chicken Fillet/ Roast Chicken (184989/ 184991) CONTAINS SOYBEAN OIL FULLY REFINED														
COS Chicken Breast 117211														
Roast Chicken & Gravy (188428/ 188429) CONTAINS SOYBEAN OIL FULLY REFINED														
Roast Chicken, Gravy & Roast Potatoes (188427) CONTAINS SOYBEAN OIL FULLY REFINED														
Beef Pasta Bolognese (123739/ 123740)		✓												
Beef Burger (PATTY ONLY) (115755/ 115754)		✓		✓									✓	
COS Beef Burger in a Bun 93036755	✓	✓										MC	✓	✓
Ham without Gravy (188432/ 188433)														
Ham in Gravy (188420/ 188421)														
Ham in Gravy with Roast Potatoes (188419)														
Pork Sausages (184987/ 184988)		✓												
Pork Sausages with Gravy (188422/ 188423)		✓												















ALL REGIONS	Date	09.10.2023
	Menu	Simplicity Autumn Winter 2023

Recipes	Allergens													
														
Meat Mains	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
COS Pork Sausages 184386		✓												✓
Sausage Pasta (188430/ 188431)		✓												
Breaded Fish Fingers (187316/ 187317)		✓			✓									
Breaded Fish Fingers & Chips (187318)		✓			✓									
COS Fish Fingers 93036883		✓			✓									
COS Southern Fried Chicken 93170136 CONTAINS SOYBEAN OIL FULLY REFINED	✓	✓												















ALL REGIONS	Date	09.10.2023
	Menu	Simplicity Autumn Winter 2023















Recipes	Allergens													
														
Vegetarian Mains	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cauliflower Macaroni Cheese (187878/ 187866)		✓					✓						✓	
Cheese & Tomato Pasta (110458/ 110459)		✓					✓						✓	
Cheese & Tomato Pizza (110434/ 110435)		✓		MC			✓							
COS Cheese & Tomato Pizza 93036834		✓		MC			✓							
Cheese and Vegetable Bake (187877/ 187865)							✓						✓	
Chinese Vegetable and Egg Rice (187884/ 187871)		✓		✓			✓						✓	
Macaroni Cheese (110420/ 110421)		✓					✓						✓	
Chickpeas and Vegetable Tikka Masala with Brown Rice (187873)														
Quorn Sausage in Gravy (188424/ 188425)		✓												
Quorn Sausage in Gravy with Roast Potatoes (188426)		✓												
Quorn Pattie (113957/ 113956) CONTAINS BARLEY MALT EXTRACT <20PPM		✓		✓			✓							
COS Veggie Burger PATTY ONLY (130316)														
Quorn Pattie & Chips (115760) CONTAINS BARLEY MALT EXTRACT <20PPM		✓		✓			✓							
Roast Quorn (184979/ 184980)		✓												
COS Quorn Fillets 135196		✓												

ALL REGIONS	Date	09.10.2023
	Menu	Simplicity Autumn Winter 2023














Recipes	Allergens													
														
Vegetarian Mains	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/ Sulphites
Mild Bean Chilli & wholegrain Rice (186091/ 186092)														
Sweet and Sour Quorn (188434/ 188435)		✓		✓									✓	
Vegan Nuggets (188004/ 188005)		✓											✓	
COS Quorn Dippers 93161349		✓												
COS Omelette 93113671		✓		✓			✓							
COS Cheese Omelette 32747				✓			✓							
Vegetarian Balls in Tomato Sauce (187882/ 187869)														
Vegetarian Balls in Tomato Sauce with Rice (187882/ 187869)														
Vegetarian Bolognese Sauce (for jacket potato) (187881)													✓	
Vegetarian Pasta Bolognese (187880/ 187868)		✓											✓	
Vegan Sausage & Bean Casserole (187371/ 187372)		✓												
COS Cheese & Onion Pasty 3903		✓					✓							
COS Veggie Sausage 93037125		✓												
COS Vegan Sausage 184529														

ALL REGIONS	Date	09.10.2023
	Menu	Simplicity Autumn Winter 2023















Recipes	Allergens													
														
Jacket Potatoes	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/ Sulphites
COS Jacket Potato with Baked Beans 93034839														
COS Jacket Potato with Cheese 93041021							✓							
COS Jacket Potato with Salmon Mayo 93165033				✓	✓									
COS Jacket Potato with Tuna Mayo 93040562				✓	✓									

Recipes	Allergens													
														
Sides	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/ Sulphites
Rice (110466/ 110467)														
Roast Potatoes (110468/ 110469)														
Mashed Potato (110470/ 110471)							✓							
COS Mashed Potato 93147119														
Chips (110474/ 110475)														
COS Chips (184181/ 130202)														
Jacket Potatoes (110476/ 110477)														
Diced Potatoes (110472/ 110473)														
Pasta (184968/ 184969)		✓												
COS Bread (102445)		✓										MC	✓	
COS Bread Roll (5222)		✓										MC		


ALL REGIONS	Date	09.10.2023
	Menu	Simplicity Autumn Winter 2023

Recipes	Allergens													
Veg														
	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/ Sulphites
Garden Peas (110480/ 110481)														
Rainbow Veg/ Spring Vegetable Mix (110482/ 110483)														
Baked Beans (74337/ 73041)														
Carrot & Cabbage (123741/ 123742)														
Golden Sweetcorn (110478/ 110479)														
Green Beans (127838/ 123839)														
COS Mixed Salad: Tomatoes, carrots, cucumber, sweetcorn, lettuce 93037104														
COS Peas 93065563														
COS Carrots 111280														
COS Sweetcorn 93001369														
COS Cabbage 118933														
COS Green Beans 111275														

ALL REGIONS	Date	09.10.2023
	Menu	Simplicity Autumn Winter 2023

Recipes	Allergens													
														
Milk & Condiments	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
COS Drinking milk (76395)							✓							
COS Heinz Mayonnaise (124963)				✓										
COS Heinz 5050 Ketchup (185485)	✓													
COS Gravy 93034775														

ALL REGIONS	Date	09.10.2023
	Menu	Simplicity Autumn Winter 2023

Recipes	Allergens													
														
Desserts	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/ Sulphites
KIRTONS Cranberry and Orange Shortbread		✓		✓									MC	MC
KIRTONS Banana Marble Sponge (50%)		✓		✓			✓						MC	MC
KIRTONS Oatie Cookie		✓		✓			✓						MC	MC
KIRTONS Apricot Shortbread		✓					✓						MC	✓
KIRTONS Chocolate & Pear Marble Sponge Cake (50%)		✓		✓			✓						MC	MC
KIRTONS Chocolate & Blackcurrant Sponge Cake		✓		✓			✓						MC	MC
KIRTONS Mandarin & Lemon Drizzle Cake Slice		✓		✓			✓						MC	✓
KIRTONS Jammy Jack		✓											MC	MC
KIRTONS Apricot Flapjack		✓		MC			MC						MC	✓
KIRTONS Berry Muffin		✓		✓			✓						MC	MC
KIRTONS Raspberry Slice		✓		✓			✓						MC	MC
KIRTONS Chocolate Cookie		✓		✓			✓						MC	MC
KIRTONS Lemon Muffin		✓		✓			✓						MC	MC
COS Custard 115077							✓							
COS Ambrosia Custard 107536							✓							
COS Ice Cream 93162694							✓							
COS Fresh Fruit Platter 93232823														
COS Fresh Fruit Bowl 93109788														
COS Yoghurt Healthy Balance (15626)							✓							

ALL REGIONS	Date	09.10.2023
	Menu	Simplicity Autumn Winter 2023

COS Strawberry Yoghurt 93035307							✓							
COS Chocolate Milkshake 93209972							✓							

Allergy Advice:

- Ingredients highlighted with ✓ are allergens that are present in this product
- Ingredients highlighted with the letters **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site, factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food

Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen