



AL & AF Foods Limited
Oak House,
Withen Lane,
Farringdon,
EX5 2JH
VAT No:433 882 479
Company No: 14425988

Spec Sheet
Dish: Beef stew with
mashed potatos
and dumplings

Phone: 07500 901236
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Qty	Ingredients
1	Diced beef, carrots, swede, onions, tomatos, tomato puree, dried thyme, gravy, suet (vege), plain flour, beef stock, water, potatos, butter, salt and pepper, wheat, milk Allergens in bold