

















































MONDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	<b>Contains: None of the 14 Food Allergens</b>
Cheesy Pasta Bake 	Ingredients: Durum <b>Wheat</b> Semolina Cheddar Cheese ( <b>Milk</b> ). Skimmed Milk Solids (24%), Lactose ( <b>Milk</b> ), Whey Powder ( <b>Milk</b> ), Vegetable Oil(Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator(Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.	<b>Contains: Milk, Gluten and Wheat</b>
Baked Beans   	Ingredients: Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoring.	<b>Contains: None of the 14 Food Allergens</b>
Cheese  	Ingredients: Cheddar Cheese ( <b>Milk</b> ).	<b>Contains: Milk</b>
Tuna mayo  	Ingredients: Tuna ( <b>Fish</b> ), Water, Salt. Rapeseed Oil, Water, Spirit Vinegar, Sugar, <b>Egg Yolk Powder</b> (1%), Stabiliser (Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	<b>Contains: Fish and Egg</b>
Coleslaw   	Ingredients: 50% Cabbage, 30% Carrots 5% onions Rapeseed Oil, Water, Spirit Vinegar, Sugar, <b>Egg Yolk Powder</b> (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	<b>Contains: Egg</b>
Oreo Biscuits  	Ingredients: <b>Wheat Flour</b> , Sugar, Palm Oil, Rapeseed Oil, Fat Reduced Cocoa Powder 4.3 %, <b>Wheat Starch</b> , Glucose-Fructose Syrup, Raising Agents (Ammonium Carbonates, Potassium Carbonates, Sodium Carbonates), Salt, Emulsifier (Soya Lecithins), Acidity Regulator (Sodium Hydroxide), Flavouring	<b>Contains: Gluten, Soya and Wheat</b>













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TUESEDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Sweet and Sour Chicken   	Ingredients: 70% Halal Chicken, Water Sugar Tomatoes (20%) Vinegar Modified Maize Starch Salt Tamarind Juice Colour (Paprika Extract) Spices (Contains <b>CELERY</b> , Ginger Powder) Garlic Powder Carrot (20%), Onion (20%), Peppers (15%), Bamboo Shoots (15%), Baby Corn (13%), Mushrooms (11%), Mangetout (6%)	<b>Contains: Celery</b>
Quorn Chilli  	Ingredients: Mycoprotein (88%), Rehydrated Free Range <b>EGG</b> White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free <b>BARLEY</b> Malt Extract. 5% onions, 10% Diced Carrots, Water, Tomato Purée from Concentrate (18%), Yogurt (Milk) (8%), Spice Paste (7%) [Rapeseed Oil, Water, Sugar, Spices (Ground Ginger, Ground Coriander, Cumin, Cardamom, Paprika, Ground Cinnamon, Cumin Seeds, Ground Cloves, Chilli Powder, Ground Fenugreek, Ground Black Pepper, Black Onion Seed), Onion Purée, Concentrated Lemon Juice, Salt, Herbs (Coriander Leaf, Ground Fennel), Garlic Powder, Acidity Regulator(Acetic Acid)], Onion Purée, Modified Maize Starch, Sugar, Spices (Coriander, Ground Cumin, Ginger Purée, Chilli Powder, Cardamom), Lemon Juice made from Concentrate, Garlic Purée, Salt, Colour (Paprika Extract), Coriander Leaf (2%), Acidity Regulator (Lactic Acid).	<b>Contains: Barley and Egg</b>
Rice   	Ingredients: Parboiled Long Grain Rice (100%).	<b>Contains: None of the 14 Food Allergens</b>
Peas   	Ingredients: peas	<b>Contains: None of the 14 Food Allergens</b>
Tortilla Wrap  	Ingredients: <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators (Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt.	<b>Contains: Gluten and Wheat</b>
Raspberry Jelly   	Ingredients: Sugar, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Colour (Beetroot Red), Flavouring.	<b>Contains: None of the 14 Food Allergens</b>

WEDNESDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Roast Chicken and Gravy   	Ingredients: Halal Chicken, Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.	<b>Contains: None of the 14 Food Allergens</b>
Roast Beef and Gravy  	Ingredients: Beef, Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.	<b>Contains: None of the 14 Food Allergens</b>
Quorn Sausages 	Ingredients: Mycoprotein (51%), Rehydrated Free Range <b>EGG</b> White, Textured <b>WHEAT</b> Protein ( <b>WHEAT</b> Flour, Stabiliser: Sodium Alginate.), Rusk ( <b>WHEAT</b> Flour, Salt, Yeast), Onion, Casing (Stabiliser: Sodium Alginate, Cellulose, Modified Starch.), Rapeseed Oil, Flavouring (contains Colours: Iron & Brown Iron Oxide.), <b>MILK</b> Proteins, Tapioca Starch, Firming Agents: Calcium Choride, Calcium Acetate. Pea Fibre, Roast BARLEY Malt Extract	<b>Contains: Barley, Gluten, Egg, Milk and Wheat</b>
Roasted Potatoes   	Ingredients: Potatoes (96%), Sunflower Oil, Rice Flour, Dextrin, Potato Starch, Salt, Dextrose, Colour: Caramel, Natural Flavouring.	<b>Contains: None of the 14 Food Allergens</b>
Carrots and Swede   	Ingredients: Carrots and Swede	<b>Contains: None of the 14 Food Allergens</b>
Yorkshire Pudding 	Ingredients: Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole <b>Egg, Egg</b> White, Water, Rapeseed Oil, Skimmed <b>Milk</b> Powder, Salt	<b>Contains : Gluten, Egg, Milk and Wheat</b>
Sticky Toffee Sponge 	Ingredients: <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil) , Dextrose, Raising Agent(Sodium Hydrogen Carbonate, Disodium Diphosphate, Calcium Hydroxide, Calcium Dihydrogen Diphosphate, Monocalcium Phosphates, Calcium Phosphates), Egg Powder, Skimmed Milk Powder, Emulsifier(Propane-1, 2-diol Esters of Fatty Acids, Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Milk Proteins, <b>Egg White Powder</b> , Thickener(Xanthan Gum), Defatted <b>Soya Flour</b> , Stabiliser(Disodium Diphosphate), Glucose Syrup. <b>Wheat Flour</b> (with Calcium, Iron ,Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil), Dextrose, Raising Agents(Sodium Hydrogen Carbonate, Disodium Diphosphate, Calcium Hydroxide, Calcium Dihydrogen Diphosphate, MonocalciumPhosphates, CalciumPhosphates), <b>DriedWholeEgg Powder</b> , <b>Skimmed Milk Powered</b> , Emulsifiers (Propane-1, 2-diol Esters of Fatty Acids, Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Milk Proteins, Dried <b>Egg White Powder</b> , Thickener (Xanthan Gum), Defatted <b>Soya Flour</b> ,Stabiliser (Disodium Diphosphate), <b>Skimmed Milk</b> , Sugar, Unsalted(Butter ( <b>Milk</b> )), Water, Dextrose, Double Cream ( <b>Milk</b> ), Modified Maize Starch, Dried Glucose Syrup, Colour(Plain Caramel), Flavouring, Emulsifier(Mono- and Di-Glycerides of Fatty Acids).	<b>Contains: Gluten, Egg, Milk, Soya and Wheat Sulphites &gt;10PPM</b>
Custard  	Ingredients: Corn flour, Sugar, Whey Powder ( <b>Milk</b> ), Palm Oil, Lactose (Milk), Milk Proteins, Flavourings ( <b>Milk</b> ), Colour (Annatto norbixin).	<b>Contains: Milk</b>

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THURSDAY WEEK 1

ITEM	INGREDNGIENTS	ALLERGENS
BBQ Chicken    	Ingredients: Halal Diced Chicken,10% sliced peppers water, Sugar, Tomato Paste (13%), Spirit Vinegar, Glucose - Fructose Syrup, Modified Maize Starch, Concentrated Apple Juice, Salt, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper.	<b>Contains : None of the 14 Food Allergens</b>
Margarita Pizza  	Ingredients: <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Water, Mozzarella Cheese <b>(12%)(Milk)</b> , Tomatoes (12%), Wholemeal <b>Wheat Flour</b> , Cheddar Cheese <b>(5%)(Milk)</b> , Yeast, Salt, Rapeseed Oil, Oregano, Black Pepper, Basil, Garlic, Acidity Regulator(Citric Acid).	<b>Contains: Gluten, Milk and Wheat</b>
Garlic & Parsley Bread Slices   	Ingredients: <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Water, Garlic Margarine (25%) (Margarine[Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Garlic Mix [Garlic Puree, Water, Salt], Parsley, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid), Wheat Flour.	<b>Contains: Gluten and Wheat</b>
Sweetcorn    	Ingredients: Sweet corn	<b>Contains : None of the 14 Food Allergens</b>
Fresh Water Melon    	Ingredients: 100% Water Melon	<b>Contains: None of the 14 Food Allergens</b>

FRIDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Fish Cake 	Minced Whitefish ( <b>Fish</b> ) (43%), Water, <b>Wheat Flour</b> (Calcium Carbonates, Iron, Niacin, Thiamin), Dried Potato, Sunflower Oil, Rapeseed Oil, Palm Oil, Salt, Stabiliser (Methyl Cellulose), Onion Powder, Yeast, Parsley, Sugar, Turmeric, Black Pepper Extract, Colour (Paprika Extract), Parsley Extract.	<b>Contains: Gluten, Fish, and Wheat</b>
Quorn Nuggets  	Ingredients: Mycoprotein (55%), Water, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, <b>WHEAT</b> Gluten, Maize Flour, Stabiliser: Carrageenan. <b>WHEAT</b> Starch, Raising Agents: Ammonium Carbonate. Diphosphates, Sodium Bicarbonate, Dextrose, Durum <b>WHEAT</b> Semolina, Turmeric Extract	<b>Contains: Gluten and Wheat</b>
Curly Fries   	Ingredients: Potato, Seasoning [Rice Flour, Salt, Modified Potato Starch, Dextrin, Garlic Powder, Onion Powder, Spices (Black Pepper, Paprika, Cayenne Pepper), Raising Agent (Disodium Diphosphate, Sodium Carbonate), Paprika Extract, Stabiliser: Xanthan Gum, Flavouring], Sunflower Oil (5%).	<b>Contains: None of the 14 Food Allergens</b>
Baked Beans   	Ingredients: Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoring.	<b>Contains: None of the 14 Food Allergens</b>
Blueberry Muffins 	Ingredients: <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, <b>Egg</b> , Sugar, Blueberries (9%), Whey Powder ( <b>Milk</b> ), Corn flour, <b>Wheat</b> Starch, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Flavouring.	<b>Contains: Gluten, Egg, Milk and Wheat</b>