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ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	Contains: None of the 14 Food Allergens
Tuna and Sweetcorn Pasta Bake	Ingredients: Tuna (Fish), Florets Wheat Flour (Wheat Flour , Calcium Carbonate, Niacin, Iron, Thiamin). Milk) (Milk) (Minimum Fat Content 82%) Cheddar Cheese (Milk). 20% Sweetcorn, Water, Mustard Flour (18%), Glucose-Fructose Syrup, Salt, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Acidity Regulator(Acetic Acid), Turmeric Powder, Stabiliser(Xanthan Gum).	Contains: Fish, Milk, Gluten, Mustard and Wheat
Baked Beans   	Ingredients: Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoring.	Contains: None of the 14 Food Allergens
Cheese  	Ingredients: Cheddar Cheese (Milk).	Contains: Milk
Tuna mayo  	Ingredients: Tuna (Fish), Water, Salt. Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser (Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	Contains: Fish and Egg
Coleslaw   	Ingredients: 50% Cabbage, 30% Carrots 5% onions Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	Contains: Egg
Strawberry Ice-Cream  	Ingredients: Water, Buttermilk Powder, Sugar, Dextrose, Palm Oil, Whey Powder (Milk), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Locust Bean Gum, Guar Gum), Flavouring, Colours (Beetroot Red, Annatto norbixin, Curcumin).	Contains: Milk











TUESDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Battered Chicken Fillet  	Ingredients; Chicken 50%, water, sunflower oil, WHEAT flour, maize flour, starch, salt, WHEAT starch, WHEAT fiber, raising agents (diphosphates, sodium carbonates), glucose syrup, rice flour, natural flavouring, spices (CELERY), dextrose, colour (curcumin), rosemary extract.	Contains: Celery, Gluten and Wheat
Southern Fried Quorn 	Ingredients: Mycoprotein (56%), WHEAT Flour (contains added Calcium, Iron, Niacin & Thiamine), Water, Vegetable Oils (Sunflower, Rapeseed), Rehydrated Free Range EGG White, MILK Proteins, Natural Flavouring, WHEAT Gluten, Salt, Spice & Spice Extracts (Black Pepper, Cayenne Pepper, Fenugreek, Nutmeg, Black Pepper Extract, Fennel Extract, Pimento Extract), Yeast, Firming Agents: Calcium Chloride, Calcium Acetate. WHEAT Starch, Rice Flour, Colour: Paprika Extract.	Contains : Gluten, Egg, Milk and Wheat
Mexican Rice   	Ingredients: Roasted corn 37.5%, corn 37.5%, grilled red sweet pepper, red kidney beans, rapeseed and sunflower oil, salt, maltodextrin, garlic powder, paprika powder, dextrose chilli powder, vegetable and herb extracts, natural flavouring, smoke flavouring, emulsifier E 322. Long Grian Rice.	Contains: None of the 14 Food Allergens
Peas and Carrots   	Ingredients: 50% Peas 50% Carrots	Contains: None of the 14 Food Allergens
Pitta Bread  	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Preservative(Calcium Propionate).	Contains : Gluten and Wheat
Orange Jelly   	Ingredients: Sugar, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Colours (Beetroot Red, Annatto Norbixin), Flavouring.	Contains: None of the 14 Food Allergens

 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

WEDNESDAY WEEK 2		
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.	Contains: None of the 14 Food Allergens
Roast Turkey and Gravy  	Ingredients: Turkey, Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.	Contains: None of the 14 Food Allergens
Macaroni Cheese 	Ingredients: Durum Wheat Semolina Cheddar Cheese (Milk). Skimmed Milk Solids (24%), Lactose (Milk), Whey Powder (Milk), 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.	Contains: Milk, Gluten and Wheat
Roasted New Potatoes   	Ingredients: New Potatoes Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).	Contains: None of the 14 Food Allergens
Medley Vegetables   	Ingredients: Broccoli Florets (35%), Cauliflower Florets (35%), Carrot (30%).	Contains: None of the 14 Food Allergens
Chocolate Eclair 	Ingredients Cream Filling (36%) (Whipping Cream (MILK) (78%), Reconstituted Skimmed MILK , Stabiliser: Xanthan Gum).Belgian Chocolate Topping (32%) (Belgian Milk Chocolate (50%) (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Lactose (MILK), Emulsifier: Lecithins (SOYA); Flavouring), Coconut Oil, Sugar, Glucose Syrup, Water, Belgian Dark Chocolate (6%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Lecithins (SOYA); Flavouring), Margarine (Palm Oil, Water, Rapeseed Oil, Emulsifier: Mono- and Diglycerides of Fatty Acids). Choux Pastry (32%) (Pasteurised EGG , WHEAT Flour, Palm Oil, Salt)	Contains: Egg, Milk. Wheat and Soya

THURSDAY WEEK 2		
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.	Contains : None of the 14 Food Allergens
Margarita Pizza 	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Mozzarella Cheese (12%)(Milk) , Tomatoes (12%), Wholemeal Wheat Flour , Cheddar Cheese (5%)(Milk) , Yeast, Salt, Rapeseed Oil, Oregano, Black Pepper, Basil, Garlic, Acidity Regulator(Citric Acid).	Contains: Gluten, Milk and Wheat
Garlic & Parsley Bread Slices  	Ingredients: Wheat Flour (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.	Contains: Gluten and Wheat
Sweetcorn   	Ingredients: Sweet corn	Contains : None of the 14 Food Allergens
Mixed Yoghurts  	Ingredients: Skimmed Milk , Sugar 7.1%, Cream (milk), Skimmed Milk Powder, Modified Manioc And Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acid: Citric Acid, Preservative: Potassium Sorbate, Lactic Cultures (Milk), Vitamin D	Contains : Milk

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FRIDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Breaded Fish 	Ingredients: Alaska Pollack (Fish) (50%), Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate).	Contains: Gluten, Fish and Wheat
Fishless Fingers  	Ingredients: Rice Flake (Rice, Emulsifier: Sodium Alginate.) WHEAT Flour (contains added Calcium, Iron, Niacin & Thiamine), Mycoprotein (12%), Water, Natural Flavouring, Rapeseed Oil, Stabiliser: Methylcellulose. Yeast, Salt, Paprika, Colour: Paprika Extract.	Contains: Gluten and Wheat
Oven Chips   	Ingredients: Potato, Sunflower Oil.	Contains: None of the 14 Food Allergens
Spaghetti Hoops  	Ingredients: Cooked Pasta (46%) (Water, Durum Wheat Semolina), Tomatoes (42%), Water, Sugar, Modified Maize Starch, Maize Starch, Salt, Wheat Flour , Acidity Regulator (Citric Acid), Rapeseed Oil, Onion Powder, Paprika, Paprika Extract, Capsicum Extract.	Contains: Gluten and Wheat
Soreen Bar  	Ingredients: Fortified WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Sweetened Banana Flavoured Pieces (12%), (Fructose-glucose Syrup, Concentrated Pear Purée, Concentrated Banana Purée, Humectant: Glycerol, Sugar, WHEAT Fibre, Palm Fat. Gelling Agent: Pectin. Malic Acid, Natural Flavouring, Concentrated Lemon Juice), Banana Purée (9%), Sugar, Vegetable Fat, (Rapeseed, Palm), Dextrose, Chicory Root Fibre, Salt, Yeast, Flavourings, Preservative: Calcium Propionate. Colour: Lutein.	Contains : Gluten and Wheat