

























































 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

| MONDAY WEEK 3 | | |
|---|--|--|
| ITEM | INGREDNGIENTS | ALLERGENS |
| Jacket potato    | 100% potato | Contains: None of the 14 Food Allergens |
| Tomato and Cheese Pasta Bake  | Ingredients: Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions and Durum Wheat Semolina Cheddar Cheese (Milk). | Contains: Milk, Gluten 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 |
| Jam Doughnuts   | Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Apple and Raspberry Jam (19%) (Glucose Syrup, Apple, Sugar, Raspberries, Acidity Regulators (Citric Acid, Trisodium Citrate), Colour (Anthocyanins), Gelling Agent (Pectin), Flavouring), Palm Oil, Sweet Dust (Glucose, Cornflour, Palm Oil), Rapeseed Oil, Sugar, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphates), Salt, Wheat Gluten, Soya Flour, Yeast, Flour Treatment Agent (Ascorbic Acid). | Contains : Gluten, Soya and Wheat |








 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

| TUESDAY WEEK 3 | | |
|---|--|--|
| ITEM | INGREDNGIENTS | ALLERGENS |
| Beef Bolognese    | Ingredients: Potatoes (82%), Halal Beef, Carrot (35%), Onion (15%), Celery (10%). Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Pea Powder), Flavouring, Tomato Powder, Palm Oil, Ground Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel). Tomato Juice, Acidity Regulator (Citric Acid). Paprika, Chilli Powder. Onions, Water, Firming Agent (Calcium Chloride). Corn flour, high oleic sunflower oil (25%) | Contains: Celery |
| Vegetable Noodles   | Ingredients: Carrot (20%), Onion (20%), Peppers (15%), Bamboo Shoots (15%), Baby Corn (13%), Mushrooms (11%), Mangetout (6%) Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Egg (5%), Salt, Colour (Carotenes), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid). Fennel (38%), Cinnamon (Cassia) (30%), Star Anise (16%), Black Pepper (8%), Clove (8%). | Contains: Gluten, Egg and Wheat |
| Spaghetti Pasta   | Ingredients: Durum Wheat Semolina (100%). | Contains: Gluten 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 |
| Peas    | 100% Peas | Contains: None of the 14 Food Allergens |
| Chocolate Ice-Cream   | Ingredients: Water, Sugar, Palm Oil, Whey Solids (Milk), Whey Powder (Milk), Fat Reduced Cocoa Powder, Skimmed Milk Powder, Buttermilk Powder, Stabiliser Blend [Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum)]. | Contains: Milk |

| WEDNESDAY WEEK 3 | | |
|---|---|--|
| ITEM | INGREDNGIENTS | ALLERGENS |
| Chicken Sausages   | Ingredients: Chicken (65%), Water, Rusk (Wheat Flour [Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Raising Agent: Ammonium Carbonate), Salt, Stabiliser: Sodium Diphosphate, Dextrose, Flavourings, Spices, Preservative: Sodium Sulphite , Vegetable Oil, Filled into Beef Sausage Casings (Beef Collagen, Water, Cellulose) | Contains: Gluten, Sulphites >10ppm and Wheat |
| Pork sausages  | Ingredients: Water, Pork (28%), Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Pork Fat, Chicken Fat, Chicken (4%), Pork Rind, Chicken Skin, Salt, Dextrose, Stabilisers (Tetrasodium Diphosphate, Disodium Diphosphate), Yeast Extract, Sugar, Preservative (Sodium Sulphite), Raising Agent (Ammonium Carbonate), Spice Extracts (Coriander, Nutmeg, Pepper), Antioxidant (Ascorbic Acid), Sage Extract. Filled into Beef Casing (Beef Collagen, Water, Cellulose). | Contains: Gluten, Sulphites >10ppm and Wheat |
| Quorn Roast   | Ingredients: Mycoprotein (63%), Rehydrated Free Range EGG White, MILK Protein, Natural Flavouring, Pea Fibre. | Contains: Egg and Milk |
| Mash potato   | Potatoes (82%), MILK (13%), Butter (4%) (MILK), Salt, Pepper. | Contains: Milk |
| Mixed Vegetables    | Ingredients: Mixed Vegetables (100%) | Contains: None of the 14 Food Allergens |
| Sweet Waffles  | Ingredients: Wheat Flour , Sugar, Margarine [Vegetable Oil (Palm Oil, Rapeseed Oil), Water, Emulsifiers (Soya Lecithin, Mono- and Di-Glycerides of Fatty Acids), Salt, Sugar, Acidity Regulator (Citric Acid), Flavouring, Colour (Beta-Carotene)], Water, Egg , Skimmed Milk Powder, Yeast, Salt, Emulsifier (Soya Lecithin), Flavouring. | Contains: Gluten, Egg, Milk, Soya and Wheat |
| Strawberry Sauce    | Ingredients: Glucose Syrup, Water, Strawberry Puree From Concentrate (8.9%), Dextrose, Modified Starch, Acidity Regulators (Citric acid, Trisodium Citrate), Colours (Anthocyanins, Paprika Extract), Gelling Agent (Pectin), Natural Flavourings, Preservative (Potassium Sorbate). | Contains: None of the 14 Food Allergens |

| THURSDAY WEEK 3 | | |
|---|--|---|
| ITEM | INGREDNGIENTS | ALLERGENS |
| BBQ Chicken    | Ingredients: 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 100% | Contains : None of the 14 Food Allergens |
| Fruit Cocktail Salad    | Ingredients: Mixed fruit in variable proportions (Pear, Peach, Pineapple, Grapes, Cherries [Colour {Erythrosine}}), Water, Pear Juice from Concentrate, Acidity Regulator(Citric Acid). | Contains : None of the 14 Food Allergens |

 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

| FRIDAY WEEK 3 | | |
|---|--|---|
| ITEM | INGREDNGIENTS | ALLERGENS |
| Fish Fingers  | Ingredients: Cod (Fish) (58%), Wheat Flour (Wheat Flour , Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt, Colour (Paprika Extract, Curcumin), Turmeric. | Contains: Gluten, Fish and Wheat |
| Quorn Sausage  | Ingredients: Mycoprotein (51%), Rehydrated Free Range EGG White, Textured WHEAT Protein (WHEAT Flour, Stabiliser: Sodium Alginate.), Rusk (WHEAT Flour, Salt, Yeast), Onion, Casing (Stabiliser: Sodium Alginate, Cellulose, Modified Starch.), Rapeseed Oil, Flavouring (contains Colours: Iron & Brown Iron Oxide.), MILK Proteins, Tapioca Starch, Firming Agents: Calcium Choride, Calcium Acetate. Pea Fibre, Roast BARLEY Malt Extract | Contains : Barley, Gluten, Egg, Milk and Wheat |
| Hotdog Rolls   | Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative(Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). | Contains : Gluten and Wheat |
| Jacket Wedges    | Ingredients: Potato, Sunflower Oil. | Contains: None of the 14 Food Allergens |
| Tomato Ketchup    | Ingredients: Water, Glucose-Fructose Syrup, Tomato Paste (7%), Modified Maize Starch, Acidity Regulators(Acetic Acid, Citric Acid), Salt, Sugar, Colours(Beetroot Red, Curcumin), Preservative(Potassium Sorbate), Tomato Powder, Dextrose, Caramelised Sugar Syrup, Sweetener(Sodium Saccharin), Natural Clove Flavourings(Clove Extract), Nutmeg, Natural Flavourings(Flavouring), Chilli, Anti-caking Agent(Silicon Dioxide), Flavouring(Onion Extract), Clove Powder, Cardamom, Cinnamon Powder, Coriander Powder. | Contains : None of the 14 Food Allergens |
| Green Beans    | Ingredients: 50% Green beans | Contains: None of the 14 Food Allergens |
| Gingerbread man   | Ingredients: Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil(Palm), Partially Inverted Sugar Syrup, Molasses, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Ground Ginger, Salt, Natural Ginger Flavouring. | Contains: Gluten and Wheat |