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ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	Contains: None of the 14 Food Allergens
Macaroni Cheese Pasta Bake 	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
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
Oreo Biscuits  	Ingredients: Wheat Flour , Sugar, Palm Oil, Rapeseed Oil, Fat Reduced Cocoa Powder 4.3 %, Wheat Starch , Glucose-Fructose Syrup, Raising Agents (Ammonium Carbonates, Potassium Carbonates, Sodium Carbonates), Salt, Emulsifier (Soya Lecithins), Acidity Regulator (Sodium Hydroxide), Flavouring	Contains: Gluten, Soya and Wheat

TUESDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Chilli con Carne   	Ingredients: 75% Halal Mince Beef, 5% onions, 10% Diced Carrots, Water, Tomato Purée from Concentrate (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).	Contains: None of the 14 Food Allergens
Chickpea and Lentil Korma  	Ingredients: Chick Peas, Red Lentils, Water, Double Cream (Milk) (5%), Sugar, Reconstituted Tomato Purée, Desiccated Coconut (4%), Onion, Creamed Coconut (3%), Modified Maize Starch, Whey Powder (Milk), Garlic Purée, Salt, Ginger Purée, Acidity Regulator (Lactic Acid), Rapeseed Oil, Garam Masala [Coriander, Cassia, Cumin Seeds, Allspice, Ground Ginger, Cloves, Nutmeg, Dill, Fennel, Mace, Ground Black Pepper, Chilli Powder, Aniseed), Coriander, Cumin Seeds, Cassia, Turmeric, Cardamom, Colour (Paprika Extract).	Contains: Milk
Rice   	Ingredients: Parboiled Long Grain Rice (100%).	Contains: None of the 14 Food Allergens
Peas   	Ingredients: peas	Contains: None of the 14 Food Allergens
Tortilla Wrap  	Ingredients: Wheat 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.	Contains: Gluten and Wheat
Raspberry Jelly   	Ingredients: Sugar, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Colour (Beetroot Red), Flavouring.	Contains: None of the 14 Food Allergens

 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

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.	Contains: None of the 14 Food Allergens
Roast Pork and Gravy  	Ingredients: Pork, 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
Quorn Roast 	Ingredients: Mycoprotein (63%), Rehydrated Free Range EGG White, MILK Protein, Natural Flavouring, Pea Fibre.	Contains: Barley, Gluten, Egg, Milk and Wheat
Roasted Potatoes   	Ingredients: Potatoes (96%), Sunflower Oil, Rice Flour, Dextrin, Potato Starch, Salt, Dextrose, Colour: Caramel, Natural Flavouring.	Contains: None of the 14 Food Allergens
Mixed Vegetables   	Ingredients: 100% Mixed Vegetable	Contains: None of the 14 Food Allergens
Blueberry Muffins 	Sugar, WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Rapeseed Oil, Pasteurised Whole EGG , Blueberries (11%), Cornflour, WHEAT Starch, Whey Powder (MILK), Raising Agents (Potassium Bicarbonate, Diphosphates)	Contains: Gluten, Egg, Milk and Wheat

THURSDAY WEEK		
1		
ITEM	INGREDNGIENTS	ALLERGENS
BBQ Chicken   	Ingredients: Halal Diced Chicken, 10% sliced peppers Water, sugar, glucose-fructose syrup, tomato paste (11%), spirit vinegar (7%), molasses (5,6%), modified corn starch, smoke flavouring, salt, spices (MUSTARD seed powder, five spice powder (anise, star anise, cinnamon, fennel, pepper, clove), ginger, clove, cayenne pepper), natural red pepper flavouring, caramelised sugar, maltodextrin.	Contains: Mustard
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

FRIDAY WEEK 1		
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 Burger  	Ingredients .Mycoprotein (37%), Textured (WHEAT) Protein ((WHEAT) Flour, Stabiliser: Sodium Alginate), Water, Vegetable Oils (Rapeseed, Palm), Onions,Rusk ((WHEAT) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Yeast), Potato Protein, (WHEAT) Gluten, Casing (Calcium Alginate), Tapioca Starch,Potato Starch, Natural Flavouring, Seasoning [Dextrose, (WHEAT) Flour ((WHEAT)Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Spices (Coriander, WhitePepper, Nutmeg), Yeast Extract, Roast Garlic Powder, Salt, Rapeseed Oil, Natural Flavouring], Pea Fibre, Firming Agent: Calcium Chloride	Contains: Gluten and Wheat
Potatoes Waffles  	Ingredients: Potatoes (81%), Dehydrated Potato, Sunflower Oil (8.8%), Potato Starch, Salt, Pepper Extract.	Contains: None of the 14 Food Allergens
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
Ring Doughnut  	Ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Glucose, Dextrose, Sugar, Raising Agents: Potassium Hydrogen Carbonate, Disodium Diphosphate, Monocalcium Phosphate; WHEAT Gluten, Yeast, Emulsifiers: Sodium Stearoyl-2-Lactylate, Mono- And Diglycerides Of Fatty Acids; Cornflour, Potassium Chloride, SOYA Flour, Salt, Stabiliser: Carboxymethyl Cellulose; Flour Treatment Agent: Ascorbic Acid.	Contains: Gluten, Soya, and Wheat