














































 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

MONDAY WEEK 2		
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
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










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TUESDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Beef Lasagne 	Ingredients: 170% Halal minced Beef, Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions and Durum Wheat Semolina Cheddar Cheese (Milk) (Minimum Fat Content 82%) Cheddar Cheese (Milk). 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: Milk, Gluten, Mustard, and Wheat
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
Mixed Bean Stew   	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. Vegetable stock, Diced Potatoes.	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
Cauliflower & Broccoli   	Ingredients: 100% Cauliflower & Broccoli	Contains: None of the 14 Food Allergens
Strawberry Jelly   	Ingredients: Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.	Contains: None of the 14 Food Allergens










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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 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.	Contains: None of the 14 Food Allergens
Quorn Sausages 	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 Chloride, Calcium Acetate. Pea Fibre, Roast BARLEY Malt Extract	Contains: Barley, Gluten, Egg, Milk and Wheat
Roasted New Potatoes   	Ingredients: New Potatoes Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).	Contains: None of the 14 Food Allergens
Carrots   	Ingredients: Carrots	Contains: None of the 14 Food Allergens
Ice cream  	Ingredients: Water, Buttermilk Powder, Sugar, Dextrose, Palm Oil, Whey Powder (Milk), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Stabilisers (Locust Bean Gum, Guar Gum), Colours (Annatto, Curcumin).	Contains: Milk

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THURSDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Pepperoni Pizza 	Ingredients: Halal Turkey, Beef, Beef Fat, Salt, Flavouring, MILK Protein (Lactose), Spices, Potato Starch, Glucose Syrup, Antioxidant (E301, E300), Stabiliser (E451) Colour (E160a), Smoke Flavouring, Preservative (E250). 100g of product make with 110g of meat. 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
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
Corn on the Cob   	Ingredients: Sweet corn (maize)	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
Cheesy Pasties 	Ingredients: PUFF PASTRY: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids). FILLING: Water, Onion (7%), Vegetarian Cheddar Cheese (Milk) (5%) Colour (Annatto Norbixin)], Dried Potato (4%), Milk Proteins, Onion Powder, Stabiliser (Hydroxypropyl Methyl Cellulose), Salt, Potato Starch, White Pepper. GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract).	Contains: Gluten, Milk 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, Raisins (14%), Partially Inverted Sugar Syrup (Partially Inverted Sugar Syrup, Colour E150c), Malted BARLEY Flour (5%), BARLEY Malt Extract (4.5%), Maize Starch, Rice Starch, Vegetable Fat (Rapeseed, Palm), Salt, Yeast, Preservative: Calcium Propionate.	Contains: Gluten, Barley and Wheat