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ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	Contains: None of the 14 Food Allergens
Cheese and Tuna Pasta Bake	Ingredients: Tuna (FISH), Water, Salt. Rapeseed Oil, Water, Spirit Vinegar Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions, Mustard and Durum Wheat Semolina Cheddar Cheese (Milk).	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
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







 Dairy-Free
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  Halal
  Vegetarian

TUESDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Chicken Korma Curry  	Ingredients: 75% Halal diced chicken; Water Tomatoes (14%) Onions (7.9%) Fresh Cream (from MILK) (7.2%) Coconut (4.8%) Sugar Sunflower Oil Desiccated Coconut (2.9%) Modified Maize Starch Salt Skimmed MILK Yoghurt Powder Acid (Lactic Acid) Spices Ginger Curry Powder (0.4%) Coriander Garlic Colours (Beta-Carotene, Paprika Extract)	Contains: Milk
Quorn Chili  	Ingredients: Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free BARLEY Malt Extract Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Paprika, Chilli Powder. Onions, Red Kidney Beans, Water, Firming Agent (Calcium Chloride). Corn flour, high oleic sunflower oil (25%)	Contains: Barley and Egg
Tacos   	Ingredients: Corn flour, high oleic sunflower oil (25%).	Contains: None of the 14 Food Allergens
Rice   	Ingredients: Parboiled Long Grain Rice (100%).	Contains: None of the 14 Food Allergens
Carrots and Sweetcorn   	Ingredients: 100% Carrots and Sweetcorn	Contains: None of the 14 Food Allergens
Orange 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

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
Vegetable Meatball in Gravy   	Ingredients: Water, SOYA Protein (19%), Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Thickener (Methyl Cellulose), Brown Sugar, Parsley, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper. Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.	Contains: Soya
Mash Potato  	Ingredients: Potato (83%), Water, Palm Oil, Butteroil (Milk), Flavouring, Salt, Glucose Syrup, Whole Milk Powder, Lactose (Milk), Milk Proteins, Dextrose, Dried Cream (Milk), Onion, White Pepper.	Contains: Milk
Mixed Vegetables   	Ingredients: Carrot (65%), Peas (22%), Green Beans (6%), Sweet corn (5%), Broad Beans (2%).	Contains: None of the 14 Food Allergens
Strawberry Mousse  	Ingredients: Sugar, Skimmed Milk Powder, Modified Maize Starch, Palm Oil, Emulsifiers (Propane-1, 2-diol Esters of Fatty Acids, Sunflower Lecithin), Flavouring, Stabilisers (Tetrasodium Diphosphate, Disodium Phosphate), Milk Proteins, Lactose (Milk), Firming Agent (Calcium Carbonates), Whey Powder (Milk), Colours (Beetroot Red, Beta-Carotene), Anticaking Agent (Silicon Dioxide).	Contains: Milk

THURSDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
BBQ Chicken   	Ingredients: Halal Diced Chicken, 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
Custard  	Ingredients: Corn flour, Sugar, Whey Powder (Milk), Palm Oil, Lactose (Milk), Milk Proteins, Flavourings (Milk), Colour (Annatto norbixin).	Contains: Oats, Gluten and Wheat
Apple Crumble  	Ingredients: Apple (46%), Water, Acidity Regulator (Citric Acid). Water. Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil), Wholemeal Wheat Flour, Demerara Sugar, Breadcrumb (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Dextrose), Dextrose. Flaked OATS	Contains: Milk

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FRIDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Fish Cake	Ingredients: Minced White Fish (33%) (FISH), Partially Reconstituted Potato, Wheat Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sunflower Oil, Rapeseed Oil, Water, Palm Oil, Potato Fibre, Seasoning [Salt, Parsley, Black Pepper Extract], Stabiliser: Methycellulose; Salt, Yeast, Turmeric, Colour: Capsanthin; MILK, MUSTARD	Contains: Gluten, Fish, Milk, Mustard, and Wheat
Vegetable Samosas  	Ingredients: Potato (57%), Wheat Flour , Cottonseed Oil, Onion (10%), Carrot (8%), Peas (8%), Salt, Green Chilli, Coriander, Garam Masala Powder (Cumin Seed, Black Pepper, Cinnamon, Cardamom, Bay Leaf, Mace, Clove, Nutmeg), Lemon Juice, Cumin Seed, Ginger, Garlic, Turmeric Powder.	Contains: Gluten and Wheat
Jacket Wedges   	Ingredients: Potato, Sunflower Oil.	Contains: None of the 14 Food Allergens
Peas   	Ingredients: Peas	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