




















































 Dairy-Free 
  Gluten-Free 
  Halal 
  Vegetarian

MONDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato    	100% potato	<b>Contains: None of the 14 Food Allergens</b>
Tomato and Cheese Pasta Bake  	Ingredients: Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions and Durum <b>Wheat</b> Semolina Cheddar Cheese ( <b>Milk</b> ).	<b>Contains: Milk, Gluten and Wheat</b>
Baked Beans    	Ingredients: Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoring.	<b>Contains: None of the 14 Food Allergens</b>
Cheese   	Ingredients: Cheddar Cheese ( <b>Milk</b> ).	<b>Contains: Milk</b>
Tuna mayo   	Ingredients: Tuna ( <b>Fish</b> ), Water, Salt. Rapeseed Oil, Water, Spirit Vinegar, Sugar, <b>Egg Yolk Powder</b> (1%), Stabiliser (Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	<b>Contains: Fish and Egg</b>
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).	<b>Contains: Egg</b>
Jam Doughnuts   	Ingredients: <b>Wheat</b> 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, <b>Wheat</b> Gluten, <b>Soya</b> Flour, Yeast, Flour Treatment Agent (Ascorbic Acid).	<b>Contains : Gluten, Soya and Wheat</b>




TUESDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Beef Bolognese   	Ingredients: Potatoes (82%), Halal Beef, Carrot (35%), Onion (15%), <b>Celery</b> (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%)	<b>Contains: Celery</b>
Ham Carbonara	Ingredients: 30%pork, water, nitrite salt (salt, preservative: E250), maltodextrin, dextrose, stabiliser: E450, antioxidants: E300, E392 Durum <b>Wheat</b> Semolina Cheddar Cheese ( <b>Milk</b> ). Skimmed Milk Solids (24%), Lactose ( <b>Milk</b> ), Whey Powder ( <b>Milk</b> ), 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.	<b>Contains: Milk, Gluten and Wheat</b>
Vegetable Noodles   	Ingredients: Carrot (20%), Onion (20%), Peppers (15%), Bamboo Shoots (15%), Baby Corn (13%), Mushrooms (11%), Mangetout (6%) <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), <b>Egg</b> (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%).	<b>Contains: Gluten, Egg and Wheat</b>
Penne Pasta   	Ingredients: Durum <b>Wheat</b> Semolina (100%).	<b>Contains: Gluten and Wheat</b>
Garlic & Parsley Bread Slices   	Ingredients: <b>Wheat Flour</b> (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.	<b>Contains: Gluten and Wheat</b>
Peas   	100% Peas	<b>Contains: None of the 14 Food Allergens</b>
Chocolate Ice-Cream  	Ingredients: Water, Sugar, Palm Oil, Whey Solids ( <b>Milk</b> ), Whey Powder ( <b>Milk</b> ), Fat Reduced Cocoa Powder, Skimmed <b>Milk</b> Powder, <b>Buttermilk</b> Powder, Stabiliser Blend [Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum)].	<b>Contains: Milk</b>

WEDNESDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Chicken Sausages  	Ingredients: Chicken (65%), Water, Rusk ( <b>Wheat Flour</b> [ <b>Wheat Flour</b> , Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Raising Agent: Ammonium Carbonate), Salt, Stabiliser: Sodium Diphosphate, Dextrose, Flavourings, Spices, Preservative: <b>Sodium Sulphite</b> , Vegetable Oil, Filled into Beef Sausage Casings (Beef Collagen, Water, Cellulose)	<b>Contains: Gluten, Sulphites &gt;10ppm and Wheat</b>
Pork sausages 	Ingredients: Water, Pork (28%), <b>Wheat Flour</b> (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 ( <b>Sodium Sulphite</b> ), Raising Agent (Ammonium Carbonate), Spice Extracts (Coriander, Nutmeg, Pepper), Antioxidant (Ascorbic Acid), Sage Extract. Filled into Beef Casing (Beef Collagen, Water, Cellulose).	<b>Contains: Gluten, Sulphites &gt;10ppm and Wheat</b>
Quorn Roast  	Ingredients: Mycoprotein (63%), Rehydrated Free Range <b>EGG</b> White, <b>MILK</b> Protein, Natural Flavouring, Pea Fibre.	<b>Contains: Egg and Milk</b>
Mash potato  	Potatoes (82%), <b>MILK</b> (13%), Butter (4%) ( <b>MILK</b> ), Salt, Pepper.	<b>Contains: Milk</b>
Mixed Vegetables   	Ingredients: Mixed Vegetables (100%)	<b>Contains: None of the 14 Food Allergens</b>
Strawberry Jelly   	Ingredients: Sugar, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Colour (Beetroot Red), Flavouring.	<b>Contains: None of the 14 Food Allergens</b>

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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.	<b>Contains : None of the 14 Food Allergens</b>
Margarita Pizza  	Ingredients: <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Water, Mozzarella Cheese ( <b>12%</b> )(Milk), Tomatoes (12%), Wholemeal <b>Wheat Flour</b> , Cheddar Cheese ( <b>5%</b> )(Milk), Yeast, Salt, Rapeseed Oil, Oregano, Black Pepper, Basil, Garlic, Acidity Regulator(Citric Acid).	<b>Contains: Gluten, Milk and Wheat</b>
Garlic & Parsley Bread Slices   	Ingredients: <b>Wheat Flour</b> (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.	<b>Contains: Gluten and Wheat</b>
Sweetcorn    	Ingredients: Sweet corn 100%	<b>Contains : None of the 14 Food Allergens</b>
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).	<b>Contains : None of the 14 Food Allergens</b>

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FRIDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Fish Fingers 	Ingredients: Cod ( <b>Fish</b> ) (58%), Wheat Flour ( <b>Wheat Flour</b> , Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt, Colour (Paprika Extract, Curcumin), Turmeric.	<b>Contains: Gluten, Fish and Wheat</b>
Quorn Sausage Roll 	Ingredients: Ingredients: Puff Pastry( <b>Wheat</b> Flour[Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin], Pastry Margarine[Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier(Mono- and Diglycerides of Fatty Acids)], Water), Filling(Water, <b>Soya</b> Protein Concentrate (13%), Sage and Onion Stuffing[Wheat Flour{ <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin}, Onion, Salt, Sage, Water, Raising Agent(Ammonium Carbonate, Sodium Hydrogen Carbonate), Yeast, Parsley, <b>Barley</b> Malt], Rapeseed Oil, Modified Maize Starch, Stabiliser(Methyl Cellulose), Salt, Mushroom Stock[Mushroom Concentrate, Salt, Rapeseed Oil, Water, Porcini Mushroom Powder, Onion Concentrate, Sugar, Cornflour], Onion Powder, White Pepper, Sage, Nutmeg, Cayenne Pepper[Chilli, Paprika]), Glaze(Water, <b>Wheat</b> Protein, Natural Colour[Carotenes])	<b>Contains : Barley, Gluten, Soya and Wheat</b>
Hotdog Rolls  	Ingredients: <b>Wheat</b> 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).	<b>Contains : Gluten and Wheat</b>
Jacket Wedges   	Ingredients: Potato, Sunflower Oil.	<b>Contains: None of the 14 Food Allergens</b>
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.	<b>Contains : None of the 14 Food Allergens</b>
Green Beans   	Ingredients: 50% Green beans	<b>Contains: None of the 14 Food Allergens</b>
Gingerbread man  	Ingredients: Flour ( <b>WHEAT</b> 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.	<b>Contains: Gluten and Wheat</b>