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ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	Contains: None of the 14 Food Allergens
Cheesy 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

TUESEDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Sweet and Sour Chicken  	Ingredients: 70% Halal Chicken, Water Sugar Tomatoes (20%) Vinegar Modified Maize Starch Salt Tamarind Juice Colour (Paprika Extract) Spices (Contains CELERY , Ginger Powder) Garlic Powder Carrot (20%), Onion (20%), Peppers (15%), Bamboo Shoots (15%), Baby Corn (13%), Mushrooms (11%), Mangetout (6%)	Contains: Celery
Beef and Chickpea Keema   	Ingredients:60% Mince beef, 40% chickpeas, Tomato Purée from Concentrate (18%), Yogurt (Milk) (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
Quorn Chilli  	Ingredients: Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free BARLEY Malt Extract. 5% onions, 10% Diced Carrots, Water, Tomato Purée from Concentrate (18%), Yogurt (Milk) (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: Barley and Egg
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

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 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 Vegan Sausages 	Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Oregano, Nutmeg Extract, Mace Extract], Wheat Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Stabiliser: Methylcellulose, Sodium Alginate.	Contains: Gluten 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
Carrots and Swede   	Ingredients: Carrots and Swede	Contains: None of the 14 Food Allergens
Yorkshire Pudding 	Ingredients: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole Egg, Egg White, Water, Rapeseed Oil, Skimmed Milk Powder, Salt	Contains : Gluten, Egg, Milk and Wheat
Sticky Toffee Sponge 	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil) , Dextrose, Raising Agent(Sodium Hydrogen Carbonate, Disodium Diphosphate, Calcium Hydroxide, Calcium Dihydrogen Diphosphate, Monocalcium Phosphates, Calcium Phosphates), Egg Powder, Skimmed Milk Powder, Emulsifier(Propane-1, 2-diol Esters of Fatty Acids, Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Milk Proteins, Egg White Powder , Thickener(Xanthan Gum), Defatted Soya Flour , Stabiliser(Disodium Diphosphate), Glucose Syrup. Wheat Flour (with Calcium, Iron ,Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil), Dextrose, Raising Agents(Sodium Hydrogen Carbonate, Disodium Diphosphate, Calcium Hydroxide, Calcium Dihydrogen Diphosphate, Monocalcium Phosphates, Calcium Phosphates), Dried Whole Egg Powder , Skimmed Milk Powdered , Emulsifiers (Propane-1, 2-diol Esters of Fatty Acids, Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Milk Proteins, Dried Egg White Powder , Thickener (Xanthan Gum), Defatted Soya Flour ,Stabiliser (Disodium Diphosphate), Skimmed Milk , Sugar, Unsalted(Butter (Milk)), Water, Dextrose, Double Cream (Milk), Modified Maize Starch, Dried Glucose Syrup, Colour(Plain Caramel), Flavouring, Emulsifier(Mono- and Di-Glycerides of Fatty Acids).	Contains: Gluten, Egg, Milk, Soya and Wheat Sulphites >10PPM
Custard  	Ingredients: Corn flour, Sugar, Whey Powder (Milk), Palm Oil, Lactose (Milk), Milk Proteins, Flavourings (Milk), Colour (Annatto norbixin).	Contains: Milk

 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

THURSDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
BBQ Chicken   	Ingredients: Halal Diced Chicken,10% sliced peppers 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	Contains : None of the 14 Food Allergens
Fresh Water Melon   	Ingredients: 100% Water Melon	Contains: None of the 14 Food Allergens

FRIDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Fish Cake 	Minced Whitefish (Fish) (43%), Water, Wheat Flour (Calcium Carbonates, Iron, Niacin, Thiamin), Dried Potato, Sunflower Oil, Rapeseed Oil, Palm Oil, Salt, Stabiliser (Methyl Cellulose), Onion Powder, Yeast, Parsley, Sugar, Turmeric, Black Pepper Extract, Colour (Paprika Extract), Parsley Extract.	Contains: Gluten, Fish, and Wheat
Vegetable Nuggets  	Ingredients: Wheat Flour(Wheat Flour , Calcium Carbonate,Iron,Niacin,Thiamin),Water, Carrot (12%),Peas (10%),Sweetcorn (9%),Onion (9%),Red Pepper (6%),Dried Potato, Green Beans (5%),Rapeseed Oil, Leek (3%),Cauliflower Florets (3%),Potato,Salt,Yeast,Sugar,Yeast Extract, Garlic Powder, Onion Powder, Tomato Powder, Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper, Black Pepper Extract, Sage Extract.	Contains: Gluten and Wheat
Oven Chips   	Ingredients: Potato (97%) (Origin: EU), Sunflower Oil.	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
Blueberry Muffins 	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Egg , Sugar, Blueberries (9%), Whey Powder (Milk), Corn flour, Wheat Starch, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Flavouring.	Contains: Gluten, Egg, Milk and Wheat