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| ITEM | INGREDNGIENTS | ALLERGENS |
| Jacket potato    | 100% potato | Contains: None of the 14 Food Allergens |
| Tuna Pasta Bake | Ingredients: Tuna (Fish), Florets Wheat Flour (Wheat Flour , Calcium Carbonate, Niacin, Iron, Thiamin). Milk (Milk) (Minimum Fat Content 82%) Cheddar Cheese (Milk). 20% Sweetcorn, 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: 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, Flavouring. | 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 |
| Pineapple Chucks    | Ingredients: Pineapple, Pineapple Juice. | Contains: None of the 14 Food Allergens |
| Cream   | Ingredients: BUTTERMILK (68%), vegetable oil (fully hydrogenated palm oil, coconut oil, palm) (30%), modified corn starch, emulsifiers (sucrosenesters of fatty acids, mono and diglycerides of fatty acids), SOYA lecithin, BUTTERMILK powder, thickeners (guar gum, locust bean gum). | Contains: Milk and Soya |

| TUESDAY WEEK 2 | | |
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| ITEM | INGREDNGIENTS | ALLERGENS |
| Beef Bolognese    | Ingredients: 70% Halal minced Beef, Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions, Acidity Regulator(Acetic Acid), Turmeric Powder, Stabiliser(Xanthan Gum). Mixed Herbs | Contains: None of the 14 Food Allergens |
| Pork Meatballs  | Ingredients: Pork (70%), Breadcrumbs (Wheat Flour , Water, Salt, Yeast), Onion, Egg , Salt, Dried Onion, Rapeseed Oil, White Pepper, Nutmeg. Natural Flavouring, Black Pepper. Tomatoes (80%), Concentrated Tomato Puree (10%), Sugar, Lemon Juice from Concentrate, Onions, Modified Maize Starch, Salt, Garlic Puree, Basil Leaf, Rapeseed Oil, Oregano, Ground Black Pepper. | Contains: Gluten, Egg and Wheat |
| Cauliflower and Broccoli Cheese Bake  | Ingredients: 40% Cauliflower, 40% Broccoli, Wheat Flour (Wheat Flour , Calcium Carbonate, Niacin, Iron, Thiamin). Milk (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 |
| Penne Pasta  | Ingredients: Durum Wheat Semolina (100%). | Contains: Gluten and Wheat |
| Peas    | Ingredients: Peas | Contains: None of the 14 Food Allergens |
| 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 |
| Strawberry Jelly    | Ingredients: Sugar, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Colours (Beetroot Red, Annatto Norbixin), Flavouring. | Contains: None of the 14 Food Allergens |

 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

| WEDNESDAY WEEK 2 | | |
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| 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 Turkey and Gravy   | Ingredients: Turkey, 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 |
| Macaroni Cheese  | 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 |
| Roasted New Potatoes    | Ingredients: New Potatoes Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). | Contains: None of the 14 Food Allergens |
| Medley Vegetables    | Ingredients: Broccoli Florets (35%), Cauliflower Florets (35%), Carrot (30%). | Contains: None of the 14 Food Allergens |
| Homemade Cookies  | Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Butter (Milk) (10%), Dark Chocolate (8%)(Sugar, Cocoa Mass, Cocoa Butter, Whey Powder (Milk), Emulsifier(Soya Lecithin), Flavouring), Milk Chocolate (8%)(Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier(Soya Lecithin), Flavouring), Palm Oil, Water, Rapeseed Oil, Invert Sugar Syrup, Egg Powder, Raising Agents(Sodium Bicarbonate, Disodium Diphosphate), Skimmed Milk Powder, Cane Molasses, Salt, Emulsifier(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Stabiliser(Xanthan Gum), Flavouring. | Contains: Gluten, Egg, Milk, Soya and Wheat |

| THURSDAY WEEK 2 | | |
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| ITEM | INGREDNGIENTS | ALLERGENS |
| Chicken Burger   | Ingredients; Chicken 50%, water, sunflower oil, WHEAT flour, maize flour, starch, salt, WHEAT starch, WHEAT fiber, raising agents (diphosphates, sodium carbonates), glucose syrup, rice flour, natural flavouring, spices (CELERY), dextrose, colour (curcumin), rosemary extract. | Contains: Celery, Gluten and Wheat |
| Pork Hotdogs    | Ingredients: Chicken meat (54%), water, pork collagen (12%), chicken connective tissue, potato starch, pea fibre, chicken fat, salt, thickener: E412., beef collagen, stabiliser: E451., spices, antioxidant: E301., dextrose, yeast extract, flavouring, spice extracts, smoke flavouring, preservative: E250. | Contains: None of the 14 Food Allergens |
| Vegetable Burger  | Carrot (20%), Onion (13%), Sweetcorn (13%), Peas (13%), Potato Flakes, Breadcrumb (8%) (WHEAT Flour, Corn starch, Rice Bran Oil, Dried Yeast, Salt, WHEAT Gluten, Dextrose, Antioxidant: Ascorbic Acid), Water, Cotton Seed Oil, WHEAT Flour, Potato Starch, Maize Flour, Salt, Corn Starch, Sugar, Yeast Extract, Onion Powder, White Pepper Powder, Thickener : Carboxymethyl Cellulose, Turmeric Powder. | Contains: Gluten and Wheat |
| Burger Bun/ Hotdog Rolls   | Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Salt, Yeast, Dextrose, 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), Flour Treatment Agents(Ascorbic Acid, L-Cysteine Hydrochloride). | Contains: Gluten and Wheat |
| Sweetcorn    | Ingredients: 100% Sweetcorn | Contains: None of the 14 Food Allergens |
| Oven Chips    | Ingredients: Potato, Sunflower Oil. | 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 2 | | |
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| 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 |
| Vegetable Samosa   | 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 |
| Wedges    | Ingredients: Potatoes (95%), sunflower oil, potato starch, salt, spices, vegetable powder, dextrin, rice flour, flavouring | 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 |
| Jam Doughnut   | Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Apple and Raspberry Jam (22%) [Glucose Syrup, Apple Pureé, Sugar, Raspberry Pureé, Acidity Regulator (Citric Acid, Trisodium Citrate), Colour (Anthocyanins), Gelling Agent (Pectin), Flavouring], Palm Oil, Rapeseed Oil, Sweet Dust (Glucose, Cornflour, Palm Oil), Sugar, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphates), Salt, Wheat Gluten, Soya Flour, Yeast, Flour Treatment Agent (Ascorbic Acid.) | Contains : Gluten, Soya and Wheat |