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ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	Contains: None of the 14 Food Allergens
Macaroni Cheese Pasta Bake 	Ingredients: Durum <i>Semolina</i> wheat 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
Ginger bread Man  	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 and Wheat

TUESDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Chicken Tikka  	Ingredients: 75% Halal diced chicken, 5% onions, 10% sliced peppers Ingredients: 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, Double Cream (Milk) (4.5%), 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: Milk
Beef Chilli  	Ingredients: 70% Mince Beef, 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: None of the 14 Food Allergens
Vegetable Dhal   	Ingredients: Red Lentils, onions, _Water, Tomatoes (11%), Concentrated Tomato Purée (8%), Coriander (4.5%), Ground Cumin, Ground Coriander (4%), Ginger Purée (4%), Garlic Purée (4%), Sugar, Rapeseed Oil, Modified Maize Starch, Salt, Chilli Powder, Ground Cardamom, Acidity Regulator (Citric Acid), Ground Turmeric, Dried Fenugreek, Ground Nutmeg, Ground Fenugreek, Ground Black Pepper, Colour (Paprika Extract).	Contains: None of the 14 Food Allergens
Rice   	Ingredients: Parboiled Long Grain Rice (100%).	Contains: None of the 14 Food Allergens
Peas   	Ingredients: peas	Contains: None of the 14 Food Allergens
Naan Bread 	Ingredients: Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin,Thiamin), Water, Rapeseed Oil, Raising Agents: Diphosphates, Potassium Carbonates; Sugar, Yeast, Salt, Acid: Citric Acid; Kalonji Seeds, Preservative: Calcium Propionate; Yogurt Powder (from MILK).	Contains: Glute, Wheat and Milk
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 Pork and Gravy  	Ingredients: Pork, 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  	Ingredients: Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], WHEAT Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: 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
Green Beans   	Ingredients: Green Beans	Contains: None of the 14 Food Allergens
Sreen Bar  	Ingredients: Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Sugar, Sweetened Apple Flavoured Pieces (10%) (Glucose Fructose Syrup, Concentrated Apple Purée, Humectant: Glycerol, Sugar., WHEAT Fibre, Palm Fat, Gelling Agent: Pectin. Acidity Regulator: Citric Acid. Flavouring, Antioxidant: Ascorbic Acid.), Maize Starch, Apple Purée (5%), Malted BARLEY Flour (2%), Vegetable Fat (Rapeseed, Palm), Salt, Natural Flavouring, Yeast, Preservative: Calcium Propionate.	Contains: Gluten, Barley and Wheat

 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

THURSDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
BBQ Chicken   	Ingredients: Halal Diced Chicken,10% sliced peppers Water, sugar, glucose-fructose syrup, tomato paste (11%), spirit vinegar (7%), molasses (5,6%), modified corn starch, smoke flavouring, salt, spices (Five spice powder (anise, star anise, cinnamon, fennel, pepper, clove), ginger, clove, cayenne pepper), natural red pepper flavouring, caramelised sugar, maltodextrin.	May contain: 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(Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Water, Garlic Puree, Salt, Yeast, Parsley, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.	Contains : Gluten and Wheat
Sweetcorn   	Ingredients: Sweetcorn	Contains: None of the 14 Food Allergens
Vanilla Ice-Cream 	Ingredients: Water, Buttermilk Powder, Sugar, Dextrose, Palm Oil, Whey Powder (Milk), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flavouring, Stabilizers (Locust Bean Gum, Guar Gum), Colours (Annatto, Curcumin).	Contains: Milk

FRIDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Fish Cake	Ingredients: Minced White Fish (43%)(Fish), Water, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dried Potato, Sunflower Oil, Rapeseed Oil, Palm Oil, Salt, Stabiliser (Methyl Cellulose), Yeast, Onion Powder, Parsley, Sugar, Turmeric, Colour (Paprika Extract), Black Pepper Extract, Parsley Extract.	Contains: Gluten, Fish, and Wheat
Cheese and Onion Pasties 	<p>Ingredients: PUFF PASTRY: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids).</p> <p>FILLING: Water, Onion (7%), Vegetarian Cheddar Cheese (Milk) (5%) [contains Colour (Annatto Norbixin)], Dried Potato (4%), Milk Proteins, Onion Powder, Stabiliser (Hydroxypropyl Methyl Cellulose), Salt, Potato Starch, White Pepper.</p> <p>GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract).</p>	Contains: Gluten, Milk and Wheat
Oven Chips   	Ingredients: Potato, 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
Chocolate Muffins 	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Egg , Rapeseed Oil, Dark Chocolate Chips (7%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Soya Lecithin), Flavouring], Fat Reduced Cocoa Powder (6%), Maize Starch, Whey Powder (Milk), Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Emulsifier (Polyglycerol Esters of Fatty Acids).	Contains: Gluten, Egg, Milk, Soya and Wheat