

 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

| MONDAY<br>WEEK 2                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                |
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| ITEM                                                                                                                                                                                                                                                                    | INGREDNGIENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | ALLERGENS                                      |
| Jacket potato<br>    | 100% potato                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Contains: None of the 14 Food Allergens</b> |
| Tomato and Cheese Tricolour Fusilli Pasta Bake<br>                                                                                                                                     | Ingredients: Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions and Cheddar Cheese ( <b>Milk</b> ), Durum <b>Wheat</b> Semolina (85%), Tomato Powder (7%), Spinach Powder (7%).                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Contains: Milk, Gluten and Wheat</b>        |
| Baked Beans<br>      | 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<br>                                                                                            | Ingredients: Cheddar Cheese ( <b>Milk</b> ).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Contains: Milk</b>                          |
| Tuna mayo<br>                                                                                         | 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<br>   | Ingredients: 50% Cabbage, 30% Carrots 5% onions 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: Egg</b>                           |
| Malted Wheat Mini Petit Pain<br>                                                                  | Ingredients: Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted <b>Wheat</b> Flakes (4.0%), Malted <b>Barley</b> Flour, Salt, <b>Wheat</b> Bran, Yeast, <b>Wheat Gluten, Barley</b> Flour, Flour Treatment Agent (Ascorbic Acid)                                                                                                                                                                                                                                                                                                                                                                                           | <b>Contains: Gluten, Barley and Wheat</b>      |
| Soreen Bar<br>                                                                                    | Ingredients: Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Strawberry Pieces (7%) (Concentrated Apple Puree, Strawberry Puree, Fructose Glucose Syrup, Humectant: Glycerol, Sugar.), <b>WHEAT</b> Fibre, Palm Fat, Gelling Agent: Pectin. Acidity Regulator: Malic Acid. Colouring: Fruit and Plant Concentrates, (Concentrate of Carrot, Pumpkin, Blueberry), Natural Flavouring), Sugar, Maize Starch, Strawberry Puree (5%), Partially Inverted Refiners Syrup, Malted <b>BARLEY</b> Flour (1%), Vegetable Fat (Rapeseed, Palm), Natural Flavourings, Salt, Yeast, Preservative: Calcium Propionate. Yeast | <b>Contains : Barley, Gluten and Wheat</b>     |

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| TUESDAY<br>WEEK 2                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                   |
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| ITEM                                                                                                                                                                                                                                                                                  | INGREDNGIENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                    | ALLERGENS                                         |
| Beef Lasagne<br>                                                                                                                                                                                     | Ingredients: 170% Halal minced Beef, Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions and Durum <b>Wheat</b> Semolina Cheddar Cheese ( <b>Milk</b> ) (Minimum Fat Content 82%) Cheddar Cheese ( <b>Milk</b> ). Water, <b>Mustard</b> Flour (18%), Glucose-Fructose Syrup, Salt, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Acidity Regulator (Acetic Acid), Turmeric Powder, Stabiliser (Xanthan Gum). | <b>Contains: Milk, Gluten, Mustard, and Wheat</b> |
| Vegetable Hot Pot<br>              | Ingredients: Courgette (30%), Tomatoes (22.5%), Green Pepper (12.5%), Red Pepper (12.5%), Onion (12.5%), Aubergine (10%). Garlic and vegetable stock, Potato (96%)(Origin: EU),Palm Oil,Sunflower Oil                                                                                                                                                                                                                                                            | <b>Contains: None of the 14 Food Allergens</b>    |
| Garlic & Parsley Bread Slices<br>                                                                                   | 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>                 |
| Cauliflower & Broccoli<br>   | Ingredients: 100% Cauliflower & Broccoli                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Contains: None of the 14 Food Allergens</b>    |
| Sliced Peaches<br>           | Ingredients: Peaches, Pear Juice from Concentrate, Water, Acidity Regulator: Citric Acid                                                                                                                                                                                                                                                                                                                                                                         | <b>Contains: None of the 14 Food Allergens</b>    |
| Strawberry Jelly<br>         | Ingredients: Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.                                                                                                                                                                                                                                                                                             | <b>Contains: None of the 14 Food Allergens</b>    |

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| WEDNESDAY<br>WEEK 2                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                    |                                                |
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| ITEM                                                                                                                                                                                                                                                                                | INGREDNGIENTS                                                                                                                                                                                      | ALLERGENS                                      |
| Roast Chicken and Gravy<br>      | Ingredients: Halal Chicken, Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder. | <b>Contains: None of the 14 Food Allergens</b> |
| Roast Beef and Gravy<br>                                                                                          | Ingredients: Beef, Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.          | <b>Contains: None of the 14 Food Allergens</b> |
| Vegan Mini Fillets<br>                                                                                            | Ingredients: Mycoprotein (88%), Pea Fibre, Natural Flavouring, Potato Protein, Pea Protein, <b>Wheat</b> Gluten. Allergy Advice: For allergens, including cereals containing gluten                | <b>Contains: Gluten and Wheat</b>              |
| Roasted New Potatoes<br>   | Ingredients: New Potatoes Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).                                                                                                                 | <b>Contains: None of the 14 Food Allergens</b> |
| Carrots<br>                | Ingredients: Carrots                                                                                                                                                                               | <b>Contains: None of the 14 Food Allergens</b> |
| Strawberry Jelly<br>       | Ingredients: Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.                               | <b>Contains: None of the 14 Food Allergens</b> |

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| THURSDAY<br>WEEK 2                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                            |                                                 |
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| ITEM                                                                                                                                                                                                                                                                     | INGREDNGIENTS                                                                                                                                                                                                                                                                                                                                                                                              | ALLERGENS                                       |
| BBQ Chicken<br>       | Ingredients: Halal Diced Chicken, 10% sliced peppers Water, 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<br>                                                                                                                                                                     | Ingredients: <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Water, Mozzarella Cheese ( <b>12%</b> )( <b>Milk</b> ), Tomatoes (12%), Wholemeal <b>Wheat Flour</b> , Cheddar Cheese ( <b>5%</b> )( <b>Milk</b> ), Yeast, Salt, Rapeseed Oil, Oregano, Black Pepper, Basil, Garlic, Acidity Regulator (Citric Acid).                                                                               | <b>Contains: Gluten, Milk and Wheat</b>         |
| Garlic & Parsley Bread Slices<br>                                                                      | 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<br>   | Ingredients: Sweetcorn                                                                                                                                                                                                                                                                                                                                                                                     | <b>Contains : None of the 14 Food Allergens</b> |
| Mixed Yoghurts<br>                                                                                 | Ingredients: Skimmed <b>Milk</b> , Sugar 7.1%, Cream ( <b>milk</b> ), Skimmed <b>Milk</b> Powder, Modified Manioc and Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acid: Citric Acid, Preservative: Potassium Sorbate, Lactic Cultures ( <b>Milk</b> ), Vitamin D                                                                                                             | <b>Contains: Milk</b>                           |



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| FRIDAY<br>WEEK 2                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                |
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| ITEM                                                                                                                                                                                                                                                                          | INGREDNGIENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | ALLERGENS                                      |
| Breaded Fish<br>                                                                                                                                                                             | Ingredients: Alaska Pollack ( <b>Fish</b> ) (50%), <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate).                                                                                                                                                                                                                                                                                                       | <b>Contains: Gluten, Fish and Wheat</b>        |
| Vegan Sausages<br>                                                                                          | Ingredients: Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [ <b>WHEAT</b> 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], <b>WHEAT</b> Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: Sodium Alginate. | <b>Contains: Gluten and Wheat</b>              |
| Oven Chips<br>             | Ingredients: Potato, Sunflower Oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Contains: None of the 14 Food Allergens</b> |
| Spaghetti Hoops<br>                                                                                       | Ingredients: Cooked Pasta (46%) (Water, Durum <b>Wheat</b> Semolina), Tomatoes (42%), Water, Sugar, Modified Maize Starch, Maize Starch, Salt, <b>Wheat Flour</b> , Acidity Regulator (Citric Acid), Rapeseed Oil, Onion Powder, Paprika, Paprika Extract, Capsicum Extract.                                                                                                                                                                                                                           | <b>Contains: Gluten and Wheat</b>              |
| Sliced Bread<br>                                                                                        | Ingredients: <b>Wheat</b> Flour (with added calcium, niacin, iron, folic acid and thiamin), Water, Yeast, Salt, Emulsifiers: E471, E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300.                                                                                                                                                                                                                                                                                               | <b>Contains: Gluten and Wheat</b>              |
| Sliced Oranges<br>   | Ingredients: 100% Orange                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Contains: None of the 14 Food Allergens</b> |

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