

 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

MONDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	Contains: None of the 14 Food Allergens
Cheese and Tuna Pasta Bake	Ingredients: Tuna (FISH), Water, Salt. Rapeseed Oil, Water, Spirit Vinegar Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions, Mustard and Durum Wheat Semolina Cheddar Cheese (Milk).	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, 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
Malted Wheat Mini Petit Pain  	Ingredients: Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted Wheat Flakes (4.0%), Malted Barley Flour, Salt, Wheat Bran, Yeast, Wheat Gluten, Barley Flour, Flour Treatment Agent (Ascorbic Acid)	Contains: Gluten, Barley and Wheat
Soreen Bar  	Ingredients: Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Strawberry Pieces (7%) (Concentrated Apple Puree, Strawberry Puree, Fructose Glucose Syrup, Humectant: Glycerol, Sugar.), WHEAT 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 BARLEY Flour (1%), Vegetable Fat (Rapeseed, Palm), Natural Flavourings, Salt, Yeast, Preservative: Calcium Propionate. Yeast	Contains: Barley, Gluten and Wheat

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TUESDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Chilli con Carne   	Ingredients: 75% Halal Mince Beef, 5% onions, 10% Diced Carrots, Water, Tomato Purée from Concentrate (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
Chicken Korma Curry  	Ingredients: 75% Halal diced chicken; Water Tomatoes (14%) Onions (7.9%) Fresh Cream (from MILK) (7.2%) Coconut (4.8%) Sugar Sunflower Oil Desiccated Coconut (2.9%) Modified Maize Starch Salt Skimmed MILK Yoghurt Powder Acid (Lactic Acid) Spices Ginger Curry Powder (0.4%) Coriander Garlic Colours (Beta-Carotene, Paprika Extract)	Contains: Milk
Bean & Roasted Vegetables   	Ingredients: Mixed Beans in Variable Proportions (Butter beans, Borlotti beans, Cannellini beans, Chickpeas, Red kidney beans), Water. Red Onion (22%), Courgette (20%), Aubergine (18%), Red Pepper (14%), Yellow Pepper (14%), Potato (12%). Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Paprika, Chilli Powder. Onions, Water, Firming Agent (Calcium Chloride). Corn flour, high oleic sunflower oil (25%)	Contains: None of the 14 Food Allergens
Chapatti  	Ingredients: Water,Wheat Flour (Wheat Flour,Calcium Carbonate,Niacin,Iron,Thiamin),Wholemeal Wheat Flour (Wheat Flour,Wheat Gluten),Rapeseed Oil,Salt	Contains : Gluten and Wheat
Tacos   	Ingredients: Corn flour, high oleic sunflower oil (25%).	Contains: None of the 14 Food Allergens
Rice   	Ingredients: Parboiled Long Grain Rice (100%).	Contains: None of the 14 Food Allergens
Carrots and Sweetcorn   	Ingredients: 100% Carrots and Sweetcorn	Contains: None of the 14 Food Allergens
Strawberry Mousse  	Ingredients: Sugar, Skimmed Milk Powder, Modified Maize Starch, Palm Oil, Emulsifiers (Propane-1, 2-diol Esters of Fatty Acids, Sunflower Lecithin), Flavouring, Stabilisers (Tetrasodium Diphosphate, Disodium Phosphate), Milk Proteins, Lactose (Milk), Firming Agent (Calcium Carbonates), Whey Powder (Milk), Colours (Beetroot Red, Beta-Carotene), Anticaking Agent (Silicon Dioxide).	Contains: Milk

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WEDNESDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Chicken Sausages  	Ingredients: Chicken (65%), Water, Rusk (Wheat Flour [Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Raising Agent: Ammonium Carbonate), Salt, Stabiliser: Sodium Diphosphate, Dextrose, Flavourings, Spices, Preservative: Sodium Sulphite , Vegetable Oil, Filled into Beef Sausage Casings (Beef Collagen, Water, Cellulose)	Contains: Gluten, Sulphites >10ppm and Wheat
Pork Sausages 	Ingredients: Water, Pork (28%), Wheat Flour (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 (Sodium Sulphite), Raising Agent (Ammonium Carbonate), Spice Extracts (Coriander, Nutmeg, Pepper), Antioxidant (Ascorbic Acid), Sage Extract. Filled into Beef Casing (Beef Collagen, Water, Cellulose).	Contains: Gluten, Sulphites >10ppm and Wheat
Vegetable Meatball in Gravy   	Ingredients: Water, SOYA Protein (19%), Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Thickener (Methyl Cellulose), Brown Sugar, Parsley, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper. Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.	Contains: Soya
Mash Potato  	Ingredients: Potato (83%), Water, Palm Oil, Butteroil (Milk), Flavouring, Salt, Glucose Syrup, Whole Milk Powder, Lactose (Milk), Milk Proteins, Dextrose, Dried Cream (Milk), Onion, White Pepper.	Contains: Milk
Mixed Vegetables   	Ingredients: Carrot (65%), Peas (22%), Green Beans (6%), Sweet corn (5%), Broad Beans (2%).	Contains: None of the 14 Food Allergens
Orange Jelly   	Ingredients: Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.	Contains: None of the 14 Food Allergens

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THURSDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
BBQ Chicken   	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.	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
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

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FRIDAY WEEK 3		
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
Tomato Ketchup   	Ingredients: Water, Glucose-Fructose Syrup, Tomato Paste (8%), Modified Maize Starch, Sugar, Acidity Regulator(Acetic Acid, Citric Acid), Salt, Tomato Spice blend(Salt, Clove Extract, Flavouring, Cayenne Extract, Anti-caking Agent(Silicon Dioxide)), Preservative(Potassium Sorbate), Seasoning Blend(Tomato Powder, Dextrose, Salt, Spices[Nutmeg, Clove Powder, Cardamom, Cinnamon Powder, Coriander Powder], Onion Extract), Sweetener(Sodium Saccharin).	Contains: None of the 14 Food Allergens
Vegetable Samosas  	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
Jacket Wedges   	Ingredients: Potato, Sunflower Oil.	Contains: None of the 14 Food Allergens
Peas   	Ingredients: Peas	Contains: None of the 14 Food Allergens
Sliced Bread  	Ingredients: Wheat Flour (with added calcium, niacin, iron, folic acid and thiamin), Water, Yeast, Salt, Emulsifiers: E471, E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300.	Contains: Gluten and Wheat
Carrot Cake  	Sugar, Fortified WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamine), Rapeseed Oil, EGG , Water, Humectant (Glycerine), Reconstituted Dried Carrot (15%), Cinnamon, Raising Agent (Disodium Diphosphate, Sodium Hydrogen Carbonate), Preservative (Potassium Sorbate), Stabiliser (Xanthum Gum), Salt.	Contains: Gluten, Wheat and Egg