

## **INGREDNGIENTS LIST**

### **MONDAY WEEK 3**

#### **Jacket potato**

100% potato

#### **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**

#### **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**

## **TUESDAY WEEK 3**

### **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**

### **Quorn Chili Tacos**

Ingredients: Mycoprotein (88%), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **BARLEY** Malt Extract Tomatoes, 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: Barley and Egg**

### **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**

### **Chapati**

Ingredients: Water, Wholemeal Wheat Flour, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.

**Contains: Gluten and Wheat**

### **Carrots**

Ingredients: Carrots

**Contains: None of the 14 Food Allergens**

### **Orange 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**

### **WEDNESDAY WEEK 3**

#### **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**

Instant Mashed Potato Mix Ingredients: Dehydrated Potato (98%) (Potato, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Disodium Diphosphate), Antioxidant (Citric Acid), Preservative (**Sodium Metabisulphite**)), Salt, Antioxidant (Ascorbyl Palmitate).

**Contains: Sulphites >10ppm**

#### **Mixed Vegetables**

Ingredients: Carrot (65%), Peas (22%), Green Beans (6%), Sweet corn (5%), Broad Beans (2%).

**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**

### **THURSDAY WEEK 3**

#### **Spanish Chicken Rice**

Ingredients: 35% Halal chicken, 55% rice, Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions, mixed peppers, dried oregano, chilli flakes 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**

#### **Vegetable and Tomato Pasta**

Ingredients: Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions and Durum **Wheat** Semolina Cheddar Cheese (**Milk**). Red Onion (22%), Courgette (20%), Aubergine (18%), Red Pepper (14%), Yellow Pepper (14%), Potato (12%).

**Contains: Milk, Gluten, 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: Sweetcorn

**Contains: None of the 14 Food Allergens**

#### **Apple Crumble**

Ingredients: Apple (46%), Water, Acidity Regulator (Citric Acid). Water. Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil), Wholemeal Wheat Flour, Demerara Sugar, Breadcrumbs (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Dextrose), Dextrose. Flaked OATS

**Contains: Oats, Gluten and Wheat**

Custard \_Ingredients: Corn flour, Sugar, Whey Powder (**Milk**), Palm Oil, Lactose (**Milk**), **Milk** Proteins, Flavourings (**Milk**), Colour (Annatto norbixin). **Contains: Milk**

### **FRIDAY WEEK 3**

#### **Fish Cake**

Ingredients: Minced White Fish (33%) (**FISH**), Partially Reconstituted Potato, Wheat Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sunflower Oil, Rapeseed Oil, Water, Palm Oil, Potato Fibre, Seasoning [Salt, Parsley, Black Pepper Extract], Stabiliser: Methycellulose; Salt, Yeast, Turmeric, Colour: Capsanthin; **MILK, MUSTARD**

**Contains: Gluten, Fish, Milk, Mustard, and Wheat**

#### **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**

#### **Cookies**

Ingredients: **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Sugar, Dark Chocolate (15%)(Sugar, Cocoa Mass, Cocoa Butter, Whey Powder (**Milk**), Emulsifier(**Soya Lecithin**), Flavouring), Milk Chocolate (15%)(Sugar, **Whole Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier(**Soya Lecithin**), Flavouring), Butter (**Milk**) (8%), Palm Oil, Water, Rapeseed Oil, Invert Sugar Syrup, **Egg** Powder, Raising Agents(Sodium Hydrogen Carbonate, Disodium Diphosphate), Skimmed Milk Powder, Cane Molasses, Salt, Maltodextrin, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabiliser(Xanthan Gum), Flavouring.

**Contains: Gluten, Egg, Milk, Soya, and Wheat**