

INGREDIENTS LIST

MONDAY WEEK 1

Jacket Potato

100% potato

Macaroni Cheese Pasta Bake

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 Diglycerides 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

Oreo Biscuits

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, Soya, and Wheat

TUESDAY WEEK 1

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

Chickpea and Lentil Korma

Ingredients: Chick Peas, Red Lentils, Water, Double Cream (**Milk**) (5%), Sugar, Reconstituted Tomato Purée, Desiccated Coconut (4%), Onion, Creamed Coconut (3%), Modified Maize Starch, Whey Powder (**Milk**), Garlic Purée, Salt, Ginger Purée, Acidity Regulator (Lactic Acid), Rapeseed Oil, Garam Masala [Coriander, Cassia, Cumin Seeds, Allspice, Ground Ginger, Cloves, Nutmeg, Dill, Fennel, Mace, Ground Black Pepper, Chilli Powder, Aniseed), Coriander, Cumin Seeds, Cassia, Turmeric, Cardamom, Colour (Paprika Extract).

Contains: Milk

Rice

Ingredients: Parboiled Long Grain Rice (100%).

Contains: None of the 14 Food Allergens

Peas

Ingredients: peas

Contains: None of the 14 Food Allergens

Tortilla Wrap

Ingredients: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators (Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt.

Contains: Gluten and Wheat

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

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 Roast

Ingredients: Mycoprotein (63%), Rehydrated Free Range **EGG** White, **MILK** Protein, Natural Flavouring, Pea Fibre.

Contains: Egg and Milk

Roasted New Potatoes

Ingredients: New Potatoes Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).

Contains: None of the 14 Food Allergens

Mixed Vegetables

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

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

THURSDAY WEEK 1

BBQ Chicken

Ingredients: Halal Diced Chicken, Water, sugar, glucose-fructose syrup, tomato paste (11%), spirit vinegar (7%), molasses (5,6%), modified corn starch, smoke flavouring, salt, spices (**MUSTARD**) seed powder, five spice powder (anise, star anise, cinnamon, fennel, pepper, clove), ginger, clove, cayenne pepper), natural red pepper flavouring, caramelised sugar, maltodextrin.

Contains: Mustard

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: Sweetcorn

Contains: None of the 14 Food Allergens

Sticky Toffee Sponge

Ingredients: **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil) , Dextrose, Raising Agent(Sodium Hydrogen Carbonate, Disodium Diphosphate, Calcium Hydroxide, Calcium Dihydrogen Diphosphate, Monocalcium Phosphates, Calcium Phosphates), Egg Powder, Skimmed Milk Powder, Emulsifier(Propane-1, 2-diol Esters of Fatty Acids, Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Milk Proteins, **Egg White Powder**, Thickener(Xanthan Gum), Defatted **Soya Flour**, Stabiliser(Disodium Diphosphate), Glucose Syrup.

Wheat Flour (with Calcium, Iron ,Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil), Dextrose, Raising Agents(Sodium Hydrogen Carbonate, Disodium Diphosphate, Calcium Hydroxide, Calcium Dihydrogen Diphosphate,MonocalciumPhosphates,CalciumPhosphates),**DriedWholeEgg Powder**, **Skimmed Milk Powered**, Emulsifiers (Propane-1, 2-diol Esters of Fatty Acids, Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Milk Proteins, **Dried Egg White Powder**, Thickener (Xanthan Gum), Defatted **Soya Flour** ,Stabiliser (Disodium Diphosphate), **Skimmed Milk**, Sugar, Unsalted(Butter (**Milk**)), Water, Dextrose, Double Cream (**Milk**), Modified Maize Starch, Dried Glucose Syrup, Colour(Plain Caramel), Flavouring, Emulsifier(Mono- and Di-Glycerides of Fatty Acids).

Contains: Gluten, Egg, Milk, Soya, and Wheat Sulphites >10PPM

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

FRIDAY WEEK 1

Fish Fingers

Ingredients: Cod (**Fish**) (58%), Wheat Flour (**Wheat Flour**, Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt, Colour (Paprika Extract, Curcumin), Turmeric.

Contains: Gluten, Fish and Wheat

Quorn Burger

Ingredients: Mycoprotein (44%), Rehydrated Free Range **EGG** White, Textured **WHEAT** Protein, [**WHEAT** Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Caramel. Stabiliser: Sodium Alginate.], Onion, **MILK** Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted **BARLEY** Malt Extract

Contains: Barley, Gluten, Egg, Milk and Wheat

Potatoes Waffles

Ingredients: Potatoes (81%), Dehydrated Potato, Sunflower Oil (8.8%), Potato Starch, Salt, Pepper Extract.

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, Flavouring.

Contains: None of the 14 Food Allergens

Ring Doughnut

Ingredients: **WHEAT** Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Glucose, Dextrose, Sugar, Raising Agents: Potassium Hydrogen Carbonate, Disodium Diphosphate, Monocalcium Phosphate; WHEAT Gluten, Yeast, Emulsifiers: Sodium Stearoyl-2-Lactylate, Mono- And Diglycerides Of Fatty Acids; Cornflour, Potassium Chloride, **SOYA** Flour, Salt, Stabiliser: Carboxymethyl Cellulose; Flour Treatment Agent: Ascorbic Acid.

Contains: Gluten, Soya, and Wheat