

## **INGREDIENTS LIST**

### **MONDAY WEEK 2**

#### **Jacket Potato**

100% potato

#### **Tomato and Cheese Pasta Bake**

Ingredients: Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions and Durum **Wheat** Semolina Cheddar Cheese (**Milk**).

**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**

#### **Gingerbread man**

Ingredients: Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil (Palm), Partially Inverted Sugar Syrup, Molasses, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Ground Ginger, Salt, Natural Ginger Flavouring.

**Contains: Gluten and Wheat**

## **TUESDAY WEEK 2**

### **Beef Lasagne**

Ingredients: 170% Halal minced Beef, Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions and Durum **Wheat** Semolina Cheddar Cheese (**Milk**) (Minimum Fat Content 82%) Cheddar Cheese (**Milk**). Water, **Mustard** Flour (18%), Glucose-Fructose Syrup, Salt, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Acidity Regulator (Acetic Acid), Turmeric Powder, Stabiliser (Xanthan Gum).

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

### **Vegetable Noodles**

Ingredients: Carrot (20%), Onion (20%), Peppers (15%), Bamboo Shoots (15%), Baby Corn (13%), Mushrooms (11%), Mangetout (6%) **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), **Egg** (5%), Salt, Colour (Carotenes), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid). Fennel (38%), Cinnamon (Cassia) (30%), Star Anise (16%), Black Pepper (8%), Clove (8%).

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

### **Mixed Bean Stew**

Ingredients: Roasted corn 37.5%, corn 37.5%, grilled red sweet pepper, red kidney beans, rapeseed and sunflower oil, salt, maltodextrin, garlic powder, paprika powder, dextrose chilli powder, vegetable and herb extracts, natural flavouring, smoke flavouring, emulsifier E 322. Vegetable stock, Diced Potatoes.

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

### **Pitta Bread**

Ingredients: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Preservative (Calcium Propionate).

**Contains: Gluten and Wheat**

### **Sliced Green beans**

Ingredients: Green beans

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

### **Strawberry 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**

## **WEDNESDAY WEEK 2**

### **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 Beef and Gravy**

Ingredients: Beef, 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 Sausages**

Ingredients: Mycoprotein (51%), Rehydrated Free Range **EGG White**, Textured **WHEAT** Protein (**WHEAT Flour**, Stabiliser: Sodium Alginate.), Rusk (**WHEAT** Flour, Salt, Yeast), Onion, Casing (Stabiliser: Sodium Alginate, Cellulose, Modified Starch.), Rapeseed Oil, Flavouring (contains Colours: Iron & Brown Iron Oxide.), **MILK** Proteins, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Pea Fibre, Roast **BARLEY** Malt Extract

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

### **Roasted New Potatoes**

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

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

### **Carrots**

Ingredients: Carrots

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

### **Ice cream**

Ingredients: Water, **Buttermilk** Powder, Sugar, Dextrose, Palm Oil, Whey Powder (**Milk**), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Stabilisers (Locust Bean Gum, Guar Gum), Colours (Annatto, Curcumin).

**Contains: Milk**

## **THURSDAY WEEK 2**

### **Pepperoni Pizza**

Ingredients: Halal Turkey, Beef, Beef Fat, Salt, Flavouring, **MILK** Protein (Lactose), Spices, Potato Starch, Glucose Syrup, Antioxidant (E301, E300), Stabiliser (E451) Colour (E160a), Smoke Flavouring, Preservative (E250). 100g of product made with 110g of meat. **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**

### **Bacon carbonara**

Ingredients: Pork (87%), Water, Salt, Preservatives (Sodium Nitrite, Potassium Nitrate), Antioxidant (Sodium Ascorbate). **Wheat Flour (Wheat Flour**, Calcium Carbonate, Niacin, Iron, Thiamin). **Milk) (Milk)** (Minimum Fat Content 82%) Cheddar Cheese (**Milk**). Water, **Mustard Flour** (18%), Glucose-Fructose Syrup, Salt, **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Acidity Regulator (Acetic Acid), Turmeric Powder, Stabiliser (Xanthan Gum).

**Contains: Milk, Gluten, Mustard, and 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** (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**

### **Corn on the Cob**

Ingredients: Sweetcorn (Maize)

**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**

## **FRIDAY WEEK 2**

### **Breaded Fish**

Ingredients: Alaska Pollack (**Fish**) (50%), **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate).

**Contains: Gluten, Fish and Wheat**

### **Cheesy Pasties**

Ingredients: PUFF PASTRY: **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids).

FILLING: Water, Onion (7%), Vegetarian Cheddar Cheese (**Milk**) (5%) Colour (Annatto Norbixin)], Dried Potato (4%), **Milk** Proteins, Onion Powder, Stabiliser (Hydroxypropyl Methyl Cellulose), Salt, Potato Starch, White Pepper.

GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract).

**Contains: Gluten, Milk and Wheat**

### **Oven Chips**

Ingredients: Potato, Sunflower Oil.

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

### **Spaghetti Hoops**

Ingredients: Cooked Pasta (46%) (Water, Durum **Wheat** Semolina), Tomatoes (42%), Water, Sugar, Modified Maize Starch, Maize Starch, Salt, **Wheat Flour**, Acidity Regulator (Citric Acid), Rapeseed Oil, Onion Powder, Paprika, Paprika Extract, Capsicum Extract.

**Contains: Gluten and Wheat**

### **Soreen Bar**

Ingredients: Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Raisins (14%), Partially Inverted Sugar Syrup (Partially Inverted Sugar Syrup, Colour E150c), Malted **BARLEY** Flour (5%), **BARLEY** Malt Extract (4.5%), Maize Starch, Rice Starch, Vegetable Fat (Rapeseed, Palm), Salt, Yeast, Preservative: Calcium Propionate.

**Contains: Barley, Gluten and Wheat**