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ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	Contains: None of the 14 Food Allergens
Cheesy 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 Di-Glycerides 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

















 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian










TUESEDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Sweet and Sour Chicken   	Ingredients: 70% Halal Chicken, Water Sugar Tomatoes (20%) Vinegar Modified Maize Starch Salt Tamarind Juice Colour (Paprika Extract) Spices (Contains CELERY , Ginger Powder) Garlic Powder Carrot (20%), Onion (20%), Peppers (15%), Bamboo Shoots (15%), Baby Corn (13%), Mushrooms (11%), Mangetout (6%)	Contains: Celery
Quorn Chilli  	Ingredients: Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free BARLEY Malt Extract. 5% onions, 10% Diced Carrots, Water, Tomato Purée from Concentrate (18%), Yogurt (Milk) (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: Barley and Egg
Rice   	Ingredients: Parboiled Long Grain Rice (100%).	Contains: None of the 14 Food Allergens
Peas   	Ingredients: peas	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
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		
ITEM	INGREDNGIENTS	ALLERGENS
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 Choride, Calcium Acetate. Pea Fibre, Roast BARLEY Malt Extract	Contains: Barley, Gluten, Egg, Milk and Wheat
Roasted Potatoes   	Ingredients: Potatoes (96%), Sunflower Oil, Rice Flour, Dextrin, Potato Starch, Salt, Dextrose, Colour: Caramel, Natural Flavouring.	Contains: None of the 14 Food Allergens
Carrots and Swede   	Ingredients: Carrots and Swede	Contains: None of the 14 Food Allergens
Yorkshire Pudding 	Ingredients: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole Egg, Egg White, Water, Rapeseed Oil, Skimmed Milk Powder, Salt	Contains : Gluten, Egg, Milk and Wheat
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

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THURSDAY WEEK 1

ITEM	INGREDNGIENTS	ALLERGENS
BBQ Chicken   	Ingredients: Halal Diced Chicken,10% sliced peppers 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
Tikka Chicken  	Ingredients: 75% Halal diced chicken, 5% onions, 10% sliced peppers, Water, Tomato Purée from Concentrate (18%), Yogurt (Milk) (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, Double Cream (Milk) (4.5%), 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: Milk
Vegetable Meatballs   	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.	Contains : Soya
Wraps  	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators(Citric Acid, Malic Acid), Rapeseed Oil, Emulsifiers(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Sugar, Raising Agent(Sodium Bicarbonate), Preservatives(Potassium Sorbate, Calcium Propionate), Salt.	Contains: Gluten and Wheat
Tortillas   	Ingredients: Maize Flour, Sunflower Oil, Salt.	Contains: None of the 14 Food Allergens
Fresh Water Melon   	Ingredients: 100% Water Melon	Contains: None of the 14 Food Allergens

FRIDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
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
Quorn Nuggets  	Ingredients: Mycoprotein (55%), Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, WHEAT Gluten, Maize Flour, Stabiliser: Carrageenan. WHEAT Starch, Raising Agents: Ammonium Carbonate. Diphosphates, Sodium Bicarbonate, Dextrose, Durum WHEAT Semolina, Turmeric Extract	Contains: Gluten and Wheat
Curly Fries   	Ingredients: Potato, Seasoning [Rice Flour, Salt, Modified Potato Starch, Dextrin, Garlic Powder, Onion Powder, Spices (Black Pepper, Paprika, Cayenne Pepper), Raising Agent (Disodium Diphosphate, Sodium Carbonate), Paprika Extract, Stabiliser: Xanthan Gum, Flavouring], Sunflower Oil (5%).	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, Flavoring.	Contains: None of the 14 Food Allergens
Blueberry Muffins 	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Egg , Sugar, Blueberries (9%), Whey Powder (Milk), Corn flour, Wheat Starch, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Flavouring.	Contains: Gluten, Egg, Milk and Wheat