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  Gluten-Free
  Halal
  Vegetarian

MONDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	Contains: None of the 14 Food Allergens
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
Jam Doughnuts  	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Apple and Raspberry Jam (19%) (Glucose Syrup, Apple, Sugar, Raspberries, Acidity Regulators (Citric Acid, Trisodium Citrate), Colour (Anthocyanins), Gelling Agent (Pectin), Flavouring), Palm Oil, Sweet Dust (Glucose, Cornflour, Palm Oil), Rapeseed Oil, Sugar, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphates), Salt, Wheat Gluten, Soya Flour, Yeast, Flour Treatment Agent (Ascorbic Acid).	Contains : Gluten, Soya and Wheat

TUESDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Chicken Curry  	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 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
Rice   	Ingredients: Parboiled Long Grain Rice (100%).	Contains: None of the 14 Food Allergens
Naan Bread 	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Skimmed Milk Powder, Yeast, Salt, Kalonji Seeds (0.5%).	Contains: Gluten, Milk and Wheat
Peas   	100% Peas	Contains: None of the 14 Food Allergens
Chocolate Ice-Cream  	Ingredients: Water, Sugar, Palm Oil, Whey Solids (Milk), Whey Powder (Milk), Fat Reduced Cocoa Powder, Skimmed Milk Powder, Buttermilk Powder, Stabiliser Blend [Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum)].	Contains: Milk

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
Quorn Roast  	Ingredients: Mycoprotein (63%), Rehydrated Free Range EGG White, MILK Protein, Natural Flavouring, Pea Fibre.	Contains: Egg and Milk
Mash potato  	Potatoes (82%), MILK (13%), Butter (4%) (MILK), Salt, Pepper.	Contains: Milk
Mixed Vegetables   	Ingredients: Mixed Vegetables (100%)	Contains: None of the 14 Food Allergens
Sweet Waffles 	Ingredients: Wheat Flour , Sugar, Margarine [Vegetable Oil (Palm Oil, Rapeseed Oil), Water, Emulsifiers (Soya Lecithin, Mono- and Di-Glycerides of Fatty Acids), Salt, Sugar, Acidity Regulator (Citric Acid), Flavouring, Colour (Beta-Carotene)], Water, Egg , Skimmed Milk Powder, Yeast, Salt, Emulsifier (Soya Lecithin), Flavouring.	Contains: Gluten, Egg, Milk, Soya and Wheat
Strawberry Sauce   	Ingredients: Glucose Syrup, Water, Strawberry Puree From Concentrate (8.9%), Dextrose, Modified Starch, Acidity Regulators (Citric acid, Trisodium Citrate), Colours (Anthocyanins, Paprika Extract), Gelling Agent (Pectin), Natural Flavourings, Preservative (Potassium Sorbate).	Contains: None of the 14 Food Allergens

THURSDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
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
Corn on the Cob   	Ingredients: Sweet corn (maize)	Contains : None of the 14 Food Allergens
Fruit Cocktail Salad   	Ingredients: Mixed fruit in variable proportions(Pear, Peach, Pineapple, Grapes, Cherries [Colour{Erythrosine}]), Water, Pear Juice from Concentrate, Acidity Regulator(Citric Acid).	Contains : None of the 14 Food Allergens

FRIDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
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 Sausage 	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
Hotdog Rolls  	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, 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), Preservative(Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	Contains : Gluten and Wheat
Jacket Wedges  	Ingredients: Potato, Sunflower Oil.	Contains: None of the 14 Food Allergens
Tomato Ketchup   	Ingredients: Water, Glucose-Fructose Syrup, Tomato Paste (7%), Modified Maize Starch, Acidity Regulators(Acetic Acid, Citric Acid), Salt, Sugar, Colours(Beetroot Red, Curcumin), Preservative(Potassium Sorbate), Tomato Powder, Dextrose, Caramelised Sugar Syrup, Sweetener(Sodium Saccharin), Natural Clove Flavourings(Clove Extract), Nutmeg, Natural Flavourings(Flavouring), Chilli, Anti-caking Agent(Silicon Dioxide), Flavouring(Onion Extract), Clove Powder, Cardamom, Cinnamon Powder, Coriander Powder.	Contains : None of the 14 Food Allergens
Green Beans and Sweetcorn   	Ingredients: 50% Green beans 50% Sweetcorn	Contains: None of the 14 Food Allergens
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