








































































MONDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	Contains: None of the 14 Food Allergens
Tuna Pasta Bake	Ingredients: Tuna (Fish), Florets Wheat Flour (Wheat Flour , Calcium Carbonate, Niacin, Iron, Thiamin). Milk (Milk) (Minimum Fat Content 82%) Cheddar Cheese (Milk). 20% Sweetcorn, 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: 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, Flavouring.	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
Pineapple Chucks   	Ingredients: Pineapple, Pineapple Juice.	Contains: None of the 14 Food Allergens
Cream  	Ingredients: BUTTERMILK (68%), vegetable oil (fully hydrogenated palm oil, coconut oil, palm) (30%), modified corn starch, emulsifiers (sucrosenesters of fatty acids, mono and diglycerides of fatty acids), SOYA lecithin, BUTTERMILK powder, thickeners (guar gum, locust bean gum).	Contains: Milk and Soya

TUESDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Beef Bolognese   	Ingredients: 70% Halal minced Beef, Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions, Acidity Regulator(Acetic Acid), Turmeric Powder, Stabiliser(Xanthan Gum). Mixed Herbs	Contains: None of the 14 Food Allergens
Pork Meatballs 	Ingredients: Pork (70%), Breadcrumbs (Wheat Flour , Water, Salt, Yeast), Onion, Egg , Salt, Dried Onion, Rapeseed Oil, White Pepper, Nutmeg. Natural Flavouring, Black Pepper. Tomatoes (80%), Concentrated Tomato Puree (10%), Sugar, Lemon Juice from Concentrate, Onions, Modified Maize Starch, Salt, Garlic Puree, Basil Leaf, Rapeseed Oil, Oregano, Ground Black Pepper.	Contains: Gluten, Egg and Wheat
Cauliflower and Broccoli Cheese Bake 	Ingredients: 40% Cauliflower, 40% Broccoli, 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
Penne Pasta 	Ingredients: Durum Wheat Semolina (100%).	Contains: Gluten and Wheat
Peas   	Ingredients: Peas	Contains: None of the 14 Food Allergens
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
Strawberry 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

 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

WEDNESDAY WEEK 2		
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 Turkey and Gravy  	Ingredients: Turkey, 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
Macaroni Cheese 	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
Roasted New Potatoes   	Ingredients: New Potatoes Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).	Contains: None of the 14 Food Allergens
Medley Vegetables   	Ingredients: Broccoli Florets (35%), Cauliflower Florets (35%), Carrot (30%).	Contains: None of the 14 Food Allergens
Homemade Cookies 	Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Butter (Milk) (10%), Dark Chocolate (8%)(Sugar, Cocoa Mass, Cocoa Butter, Whey Powder (Milk), Emulsifier(Soya Lecithin), Flavouring), Milk Chocolate (8%)(Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier(Soya Lecithin), Flavouring), Palm Oil, Water, Rapeseed Oil, Invert Sugar Syrup, Egg Powder, Raising Agents(Sodium Bicarbonate, Disodium Diphosphate), Skimmed Milk Powder, Cane Molasses, Salt, Emulsifier(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Stabiliser(Xanthan Gum), Flavouring.	Contains: Gluten, Egg, Milk, Soya and Wheat

THURSDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Chicken Burger  	Ingredients; Chicken 50%, water, sunflower oil, WHEAT flour, maize flour, starch, salt, WHEAT starch, WHEAT fiber, raising agents (diphosphates, sodium carbonates), glucose syrup, rice flour, natural flavouring, spices (CELERY), dextrose, colour (curcumin), rosemary extract.	Contains: Celery, Gluten and Wheat
Pork Hotdogs   	Ingredients: Chicken meat (54%), water, pork collagen (12%), chicken connective tissue, potato starch, pea fibre, chicken fat, salt, thickener: E412., beef collagen, stabiliser: E451., spices, antioxidant: E301., dextrose, yeast extract, flavouring, spice extracts, smoke flavouring, preservative: E250.	Contains: None of the 14 Food Allergens
Vegetable Burger 	Carrot (20%), Onion (13%), Sweetcorn (13%), Peas (13%), Potato Flakes, Breadcrumb (8%) (WHEAT Flour, Corn starch, Rice Bran Oil, Dried Yeast, Salt, WHEAT Gluten, Dextrose, Antioxidant: Ascorbic Acid), Water, Cotton Seed Oil, WHEAT Flour, Potato Starch, Maize Flour, Salt, Corn Starch, Sugar, Yeast Extract, Onion Powder, White Pepper Powder, Thickener : Carboxymethyl Cellulose, Turmeric Powder.	Contains: Gluten and Wheat
Burger Bun/ Hotdog Rolls  	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Salt, Yeast, Dextrose, 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), Flour Treatment Agents(Ascorbic Acid, L-Cysteine Hydrochloride).	Contains: Gluten and Wheat
Sweetcorn   	Ingredients: 100% Sweetcorn	Contains: None of the 14 Food Allergens
Oven Chips   	Ingredients: Potato, Sunflower Oil.	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		
ITEM	INGREDNGIENTS	ALLERGENS
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
Vegetable Samosa  	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
Wedges   	Ingredients: Potatoes (95%), sunflower oil, potato starch, salt, spices, vegetable powder, dextrin, rice flour, flavouring	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
Jam Doughnut  	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Apple and Raspberry Jam (22%) [Glucose Syrup, Apple Pureé, Sugar, Raspberry Pureé, Acidity Regulator (Citric Acid, Trisodium Citrate), Colour (Anthocyanins), Gelling Agent (Pectin), Flavouring], Palm Oil, Rapeseed Oil, Sweet Dust (Glucose, Cornflour, Palm 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