

 Dairy-Free
  Gluten-Free
  Halal
  Vegetarian

| MONDAY<br>WEEK 3                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                         |
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| ITEM                                                                                                                                                                                                                                                                    | INGREDNGIENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | ALLERGENS                                               |
| Jacket potato<br>    | 100% potato                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Contains: None of the 14 Food Allergens</b>          |
| Cheese and Tuna Pasta Bake                                                                                                                                                                                                                                              | Ingredients: Tuna ( <b>FISH</b> ), Water, Salt. Rapeseed Oil, Water, Spirit Vinegar Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions, <b>Mustard</b> and Durum <b>Wheat</b> Semolina Cheddar Cheese ( <b>Milk</b> ).                                                                                                                                                                                                                                                                                                                                                                                   | <b>Contains: Fish, Milk, Gluten, Mustard, and Wheat</b> |
| Baked Beans<br>      | Ingredients: Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoring.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Contains: None of the 14 Food Allergens</b>          |
| Cheese<br>                                                                                            | Ingredients: Cheddar Cheese ( <b>Milk</b> ).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Contains: Milk</b>                                   |
| Tuna mayo<br>                                                                                         | Ingredients: Tuna ( <b>Fish</b> ), Water, Salt. Rapeseed Oil, Water, Spirit Vinegar, Sugar, <b>Egg Yolk Powder</b> (1%), Stabiliser (Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).                                                                                                                                                                                                                                                                                                                                                                                              | <b>Contains: Fish and Egg</b>                           |
| Coleslaw<br>   | Ingredients: 50% Cabbage, 30% Carrots 5% onions Rapeseed Oil, Water, Spirit Vinegar, Sugar, <b>Egg Yolk Powder (1%)</b> , Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).                                                                                                                                                                                                                                                                                                                                                                                              | <b>Contains: Egg</b>                                    |
| Malted Wheat Mini Petit Pain<br>                                                                  | Ingredients: Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted <b>Wheat</b> Flakes (4.0%), Malted <b>Barley</b> Flour, Salt, <b>Wheat</b> Bran, Yeast, <b>Wheat Gluten, Barley</b> Flour, Flour Treatment Agent (Ascorbic Acid)                                                                                                                                                                                                                                                                                                                                                              | <b>Contains: Gluten, Barley and Wheat</b>               |
| Soreen Bar<br>                                                                                    | Ingredients: Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Strawberry Pieces (7%) (Concentrated Apple Puree, Strawberry Puree, Fructose Glucose Syrup, Humectant: Glycerol, Sugar.), WHEAT Fibre, Palm Fat, Gelling Agent: Pectin. Acidity Regulator: Malic Acid. Colouring: Fruit and Plant Concentrates, (Concentrate of Carrot, Pumpkin, Blueberry), Natural Flavouring), Sugar, Maize Starch, Strawberry Puree (5%), Partially Inverted Refiners Syrup, Malted BARLEY Flour (1%), Vegetable Fat (Rapeseed, Palm), Natural Flavourings, Salt, Yeast, Preservative: Calcium Propionate. Yeast | <b>Contains: Barley, Gluten and Wheat</b>               |

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| TUESDAY<br>WEEK 3                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                |
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| ITEM                                                                                                                                                                                                                                                                                 | INGREDNGIENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | ALLERGENS                                      |
| Chilli con Carne<br>              | 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). | <b>Contains: None of the 14 Food Allergens</b> |
| Chicken Korma Curry<br>                                                                                            | Ingredients: 75% Halal diced chicken; Water Tomatoes (14%) Onions (7.9%) Fresh Cream (from <b>MILK</b> ) (7.2%) Coconut (4.8%) Sugar Sunflower Oil Desiccated Coconut (2.9%) Modified Maize Starch Salt Skimmed MILK Yoghurt Powder Acid (Lactic Acid) Spices Ginger Curry Powder (0.4%) Coriander Garlic Colours (Beta-Carotene, Paprika Extract)                                                                                                                                                                                                                                                                                                                                                                                                | <b>Contains: Milk</b>                          |
| Bean & Roasted Vegetables<br>     | Ingredients: Mixed Beans in Variable Proportions (Butter beans, Borlotti beans, Cannellini beans, Chickpeas, Red kidney beans), Water. Red Onion (22%), Courgette (20%), Aubergine (18%), Red Pepper (14%), Yellow Pepper (14%), Potato (12%). Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Paprika, Chilli Powder. Onions, Water, Firming Agent (Calcium Chloride). Corn flour, high oleic sunflower oil (25%)                                                                                                                                                                                                                                                                                                                       | <b>Contains: None of the 14 Food Allergens</b> |
| Chapatti<br>                                                                                                       | Ingredients: Water,Wheat <b>Flour</b> (Wheat Flour,Calcium Carbonate,Niacin,Iron,Thiamin),Wholemeal Wheat <b>Flour</b> (Wheat Flour,Wheat <b>Gluten</b> ),Rapeseed Oil,Salt                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Contains : Gluten and Wheat</b>             |
| Tacos<br>                   | Ingredients: Corn flour, high oleic sunflower oil (25%).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Contains: None of the 14 Food Allergens</b> |
| Rice<br>                    | Ingredients: Parboiled Long Grain Rice (100%).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Contains: None of the 14 Food Allergens</b> |
| Carrots and Sweetcorn<br>   | Ingredients: 100% Carrots and Sweetcorn                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Contains: None of the 14 Food Allergens</b> |
| Strawberry Mousse<br>                                                                                          | Ingredients: Sugar, <b>Skimmed Milk</b> Powder, Modified Maize Starch, Palm Oil, Emulsifiers (Propane-1, 2-diol Esters of Fatty Acids, Sunflower Lecithin), Flavouring, Stabilisers (Tetrasodium Diphosphate, Disodium Phosphate), <b>Milk</b> Proteins, Lactose ( <b>Milk</b> ), Firming Agent (Calcium Carbonates), Whey Powder ( <b>Milk</b> ), Colours (Beetroot Red, Beta-Carotene), Anticaking Agent (Silicon Dioxide).                                                                                                                                                                                                                                                                                                                     | <b>Contains: Milk</b>                          |

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| WEDNESDAY<br>WEEK 3                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                        |
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| ITEM                                                                                                                                                                                                                                                                                 | INGREDNGIENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | ALLERGENS                                              |
| Chicken Sausages<br>                                                                                               | Ingredients: Chicken (65%), Water, Rusk ( <b>Wheat Flour</b> [ <b>Wheat Flour</b> , Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Raising Agent: Ammonium Carbonate), Salt, Stabiliser: Sodium Diphosphate, Dextrose, Flavourings, Spices, Preservative: <b>Sodium Sulphite</b> , Vegetable Oil, Filled into Beef Sausage Casings (Beef Collagen, Water, Cellulose)                                                                                                                    | <b>Contains: Gluten, Sulphites &gt;10ppm and Wheat</b> |
| Pork Sausages<br>                                                                                                                                                                                   | Ingredients: Water, Pork (28%), <b>Wheat Flour</b> (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 ( <b>Sodium Sulphite</b> ), Raising Agent (Ammonium Carbonate), Spice Extracts (Coriander, Nutmeg, Pepper), Antioxidant (Ascorbic Acid), Sage Extract. Filled into Beef Casing (Beef Collagen, Water, Cellulose). | <b>Contains: Gluten, Sulphites &gt;10ppm and Wheat</b> |
| Vegetable Meatball in Gravy<br>   | Ingredients: Water, <b>SOYA</b> 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. Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.                                    | <b>Contains: Soya</b>                                  |
| Mash Potato<br>                                                                                                  | Ingredients: Potato (83%), Water, Palm Oil, Butteroil (Milk), Flavouring, Salt, Glucose Syrup, Whole Milk Powder, Lactose ( <b>Milk</b> ), <b>Milk</b> Proteins, Dextrose, Dried Cream ( <b>Milk</b> ), Onion, White Pepper.                                                                                                                                                                                                                                                              | <b>Contains: Milk</b>                                  |
| Mixed Vegetables<br>        | Ingredients: Carrot (65%), Peas (22%), Green Beans (6%), Sweet corn (5%), Broad Beans (2%).                                                                                                                                                                                                                                                                                                                                                                                               | <b>Contains: None of the 14 Food Allergens</b>         |
| Orange Jelly<br>            | Ingredients: Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.                                                                                                                                                                                                                                                                                                                      | <b>Contains: None of the 14 Food Allergens</b>         |

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| THURSDAY<br>WEEK 3                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                           |                                                 |
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| ITEM                                                                                                                                                                                                                                                                  | INGREDNGIENTS                                                                                                                                                                                                                                                                                                                                                                                             | ALLERGENS                                       |
| BBQ Chicken<br>    | Ingredients: Halal Diced Chicken,10% sliced peppers Water, Water, Sugar, Tomato Paste (13%), Spirit Vinegar, Glucose - Fructose Syrup, Modified Maize Starch, Concentrated Apple Juice, Salt, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper. | <b>Contains : None of the 14 Food Allergens</b> |
| Margarita Pizza<br>                                                                                                                                                                  | Ingredients: <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Water, Mozzarella Cheese ( <b>12%)(Milk)</b> , Tomatoes (12%), Wholemeal <b>Wheat Flour</b> , Cheddar Cheese ( <b>5%)(Milk)</b> , Yeast, Salt, Rapeseed Oil, Oregano, Black Pepper, Basil, Garlic, Acidity Regulator(Citric Acid).                                                                                                 | <b>Contains: Gluten, Milk and Wheat</b>         |
| Garlic & Parsley Bread Slices<br>                                                                   | Ingredients: <b>Wheat Flour</b> (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.                                    | <b>Contains: Gluten and Wheat</b>               |
| Sweetcorn<br>   | Ingredients: Sweet corn                                                                                                                                                                                                                                                                                                                                                                                   | <b>Contains : None of the 14 Food Allergens</b> |
| Mixed Yoghurts<br>                                                                              | Ingredients: Skimmed <b>Milk</b> , Sugar 7.1%, Cream ( <b>milk</b> ), Skimmed <b>Milk</b> Powder, Modified Manioc And Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acid: Citric Acid, Preservative: Potassium Sorbate, Lactic Cultures ( <b>Milk</b> ), Vitamin D                                                                                                            | <b>Contains : Milk</b>                          |

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| FRIDAY<br>WEEK 3                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                |
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| ITEM                                                                                                                                                                                                                                                                    | INGREDNGIENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                     | ALLERGENS                                      |
| Fish Cake<br>                                                                                                                                                                          | Ingredients: Minced White Fish (43%)(Fish), Water, Wheat Flour ( <b>Wheat Flour</b> , Calcium Carbonate, Iron, Niacin, Thiamin), Dried Potato, Sunflower Oil, Rapeseed Oil, Palm Oil, Salt, Stabiliser (Methyl Cellulose), Yeast, Onion Powder, Parsley, Sugar, Turmeric, Colour (Paprika Extract), Black Pepper Extract, Parsley Extract.                                                                                                                        | <b>Contains: Gluten, Fish, and Wheat</b>       |
| Tomato Ketchup<br>   | Ingredients: Water, Glucose-Fructose Syrup, Tomato Paste (8%), Modified Maize Starch, Sugar, Acidity Regulator(Acetic Acid, Citric Acid), Salt, Tomato Spice blend(Salt, Clove Extract, Flavouring, Cayenne Extract, Anti-caking Agent(Silicon Dioxide)), Preservative(Potassium Sorbate), Seasoning Blend(Tomato Powder, Dextrose, Salt, Spices[Nutmeg, Clove Powder, Cardamom, Cinnamon Powder, Coriander Powder], Onion Extract), Sweetener(Sodium Saccharin). | <b>Contains: None of the 14 Food Allergens</b> |
| Vegetable Samosas<br>                                                                                 | Ingredients: Potato (57%), <b>Wheat Flour</b> , 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.                                                                                                                                                                  | <b>Contains: Gluten and Wheat</b>              |
| Jacket Wedges<br>    | Ingredients: Potato, Sunflower Oil.                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Contains: None of the 14 Food Allergens</b> |
| Peas<br>       | Ingredients: Peas                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Contains: None of the 14 Food Allergens</b> |
| Sliced Bread<br>                                                                                  | Ingredients: <b>Wheat</b> Flour (with added calcium, niacin, iron, folic acid and thiamin), Water, Yeast, Salt, Emulsifiers: E471, E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300.                                                                                                                                                                                                                                                          | <b>Contains: Gluten and Wheat</b>              |
| Carrot Cake<br>                                                                                   | Sugar, Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium, Iron, Niacin, Thiamine), Rapeseed Oil, <b>EGG</b> , Water, Humectant (Glycerine), Reconstituted Dried Carrot (15%), Cinnamon, Raising Agent (Disodium Diphosphate, Sodium Hydrogen Carbonate), Preservative (Potassium Sorbate), Stabiliser (Xanthum Gum), Salt.                                                                                                                               | <b>Contains: Gluten, Wheat and Egg</b>         |