

MONDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	Contains: None of the 14 Food Allergens
Macaroni Cheese 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
Malted Wheat Mini Petit Pain  	Ingredients: Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted Wheat Flakes (4.0%), Malted Barley Flour, Salt, Wheat Bran, Yeast, Wheat Gluten , Barley Flour, Flour Treatment Agent (Ascorbic Acid)	Contains: Gluten, Barley and Wheat

TUESDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Chilli con Carne   	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).	Contains: None of the 14 Food Allergens
Chicken Curry 	Ingredients: 75% Halal diced chicken; Water Tomatoes (14%) Onions (7.9%) Fresh Cream (from MILK) (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)	Contains: Milk
Chickpea and Lentil Korma  	Ingredients: Chick Peas, Red Lentils, Water, Double Cream (Milk) (5%), Sugar, Reconstituted Tomato Purée, Desiccated Coconut (4%), Onion, Creamed Coconut (3%), Modified Maize Starch, Whey Powder (Milk), Garlic Purée, Salt, Ginger Purée, Acidity Regulator (Lactic Acid), Rapeseed Oil, Garam Masala [Coriander, Cassia, Cumin Seeds, Allspice, Ground Ginger, Cloves, Nutmeg, Dill, Fennel, Mace, Ground Black Pepper, Chilli Powder, Aniseed), Coriander, Cumin Seeds, Cassia, Turmeric, Cardamom, Colour (Paprika Extract).	Contains: Milk
Brown Rice   	Ingredients: Long Grain Brown Rice (100%).	Contains: None of the 14 Food Allergens
Peas   	Ingredients: peas	Contains: None of the 14 Food Allergens
Tortilla Wrap  	Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators (Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt.	Contains: Gluten and Wheat
Blueberry Muffins 	Sugar, WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Rapeseed Oil, Pasteurised Whole EGG , Blueberries (11%), Cornflour, WHEAT Starch, Whey Powder (MILK), Raising Agents (Potassium Bicarbonate, Diphosphates)	Contains: Gluten, Egg, Milk and Wheat

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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 Pork and Gravy  	Ingredients: Pork, 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 Roast  	Ingredients: Mycoprotein (63%), Rehydrated Free Range EGG White, MILK Protein, Natural Flavouring, Pea Fibre.	Contains: Egg and Milk
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
Mixed Vegetables   	Ingredients: 100% Mixed Vegetable	Contains: None of the 14 Food Allergens
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

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THURSDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
BBQ Chicken   	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.	Contains : None of the 14 Food Allergens
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
Sweetcorn   	Ingredients: Sweet corn	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

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FRIDAY WEEK 1		
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
Vegetable Burger  	Ingredients: Wheat Flour (Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (11%),Peas (10%),Sweetcorn (9%),Onion (8%),Red Pepper (6%),Dried Potato,Green Beans (4.5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (2.5%),Potato,Salt,Yeast,Sugar,Yeast Extract,Garlic Powder,Onion Powder,Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage Extract.	Contains: Gluten and Wheat
Potatoes Waffles   	Ingredients: Potatoes (81%), Dehydrated Potato, Sunflower Oil (8.8%), Potato Starch, Salt, Pepper Extract.	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
Sliced Bread  	Ingredients: Wheat Flour (with added calcium, niacin, iron, folic acid and thiamin), Water, Yeast, Salt, Emulsifiers: E471, E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300.	Contains: Gluten and Wheat
Vanilla Ice-Cream  	Water, Invert Sugar Syrup, Vegetable Fat(Palm Oil, Palm Kernel Oil), Skimmed Milk Powder, Milk Proteins, Whey Powder (Milk), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Cellulose Gum, Carrageenan), Flavouring, Colour(Beta-Carotene - synthetic).	Contains: Milk