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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 with Fresh Basil and Cheese Pasta Bake 	Ingredients: Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions, Fresh Basil 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
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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TUESDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Beef Cottage Pie  	Ingredients: 70% Halal mince beef , 10% Onions, 10% Carrots, 10% Swede Potato Starch, Maltodextrin, Salt, Flavourings, Colour (Ammonia Caramel), Palm Oil, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Lactose (Milk), Acid (Citric Acid), Milk Proteins. Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid) Garlic powered, Potatoes (82%), MILK (13%), Butter (4%) (MILK), Salt, Pepper	Contains: Milk
Breaded Chicken Goujons 	Ingredients: Chicken (50%), Breadcrumbs(Wheat Flour , Yeast, Salt), Water, Wheat Flour, Vegetable Oil(Sunflower Oil, Rapeseed Oil), Modified Wheat Starch, Wheat Fibre, Potato Starch, Modified Potato Starch, Maize Flour , Sea Salt, Salt, Raising Agent(Disodium Diphosphate, Sodium Bicarbonate), Wheat Starch, Rosemary Extract.	Contains: Gluten and Wheat
Jacket Wedges   	Ingredients: Potatoes (95%), sunflower oil, potato starch, salt, spices, vegetable powder, dextrin, rice flour, flavouring	Contains: None of the 14 Food Allergens
Chinese 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
Carrots and Peas   	100% Peas 100% Carrots	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
Vegetable Slice  	Ingredients: PUFF PASTRY: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids). FILLING: Water, Potato (8%), Broccoli (4.5%), Carrot (4.5%), Green Beans (3%), Red Onion (2.5%), Cauliflower (2.5%), Onion (1.5%), Celery (1.5%), Whey Powder (Milk), Palm Fat, Milk Proteins, Modified Potato Starch, Dried Potato, Modified Maize Starch, Maltodextrin, Salt, Onion Powder, Lactose (Milk), Thickeners (Carboxymethyl Cellulose, Guar Gum, Xanthan Gum), Yeast Extract, Cornflour, Sunflower Oil, Dried Onion, White Pepper, Leek Powder, Sugar, Carrot Powder, Tomato Powder, Turmeric Powder, Thyme, Bay Leaf. TOPPING: Breadcrumbs [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Yeast, Wheat Gluten , Salt, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)], Oats, Regato Cheese (Milk), Yeast Extract, Cornflour, Parsley, Dried Onion, Leek Powder, Sugar, Salt, Carrot Powder, Potato Starch, Tomato Powder, Sunflower Oil, Turmeric Powder, White Pepper, Thyme, Bay Leaf.GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract).	Contains : Celery, Gluten, Milk, Oats and Wheat
Diced Herby Potato  	Ingredients: Potato (88%), Sunflower Oil, Wheat Flour, Salt, Modified Potato Starch, Herbs (Parsley, Oregano), Spices (Chilli Pepper, Paprika, Cayenne Pepper, Cumin, Black Pepper, Turmeric), Onion Powder, Garlic Powder, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Dextrose, Yeast Extract, Paprika Extract, Natural Black Pepper Flavouring.	Contains : Gluten and Wheat
Green Beans   	Ingredients: Green Beans (100%)	Contains: None of the 14 Food Allergens
Orange 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

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
Sweetcorn   	Ingredients: Sweet corn (maize)	Contains : None of the 14 Food Allergens
Blueberry Muffin 	Ingredients: Sugar, WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Rapeseed Oil, Dark Chocolate Chips (18%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithins), Flavouring], Pasteurised Whole EGG , Cornflour, WHEAT Starch, Whey Powder (MILK), Raising Agents (Potassium Bicarbonate, Diphosphates)	Contains: Wheat, Egg, Soya and Milk

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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 Chloride, 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
Oven Chips   	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
Peas   	Ingredients: 50% Green beans 50% Sweetcorn	Contains: None of the 14 Food Allergens
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