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ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato   	100% potato	<b>Contains: None of the 14 Food Allergens</b>
Tuna Pasta Bake	Ingredients: Tuna ( <b>Fish</b> ), Florets Wheat Flour ( <b>Wheat Flour</b> , Calcium Carbonate, Niacin, Iron, Thiamin). Milk (Milk) (Minimum Fat Content 82%) Cheddar Cheese ( <b>Milk</b> ). 20% Sweetcorn, Water, <b>Mustard</b> Flour (18%), Glucose-Fructose Syrup, Salt, <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Acidity Regulator(Acetic Acid), Turmeric Powder, Stabiliser(Xanthan Gum).	<b>Contains: Fish, Milk, Gluten, Mustard and Wheat</b>
Baked Beans   	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  	Ingredients: Cheddar Cheese ( <b>Milk</b> ).	<b>Contains: Milk</b>
Tuna mayo  	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   	Ingredients: 50% Cabbage, 30% Carrots 5% onions 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: Egg</b>
Pineapple Chucks   	Ingredients: Pineapple, Pineapple Juice.	<b>Contains: None of the 14 Food Allergens</b>
Cream  	Ingredients: <b>BUTTERMILK</b> (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, <b>BUTTERMILK</b> powder, thickeners (guar gum, locust bean gum).	<b>Contains: Milk and Soya</b>

TUESDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Beef Lasagna    	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	<b>Contains: None of the 14 Food Allergens</b>
Pork Meatballs  	Ingredients: Pork (70%), Breadcrumbs ( <b>Wheat Flour</b> , Water, Salt, Yeast), Onion, <b>Egg</b> , 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.	<b>Contains: Gluten, Egg and Wheat</b>
Cauliflower and Broccoli Cheese Bake  	Ingredients: 40% Cauliflower, 40% Broccoli, Wheat Flour ( <b>Wheat Flour</b> , Calcium Carbonate, Niacin, Iron, Thiamin). Milk (Milk) (Minimum Fat Content 82%) Cheddar Cheese ( <b>Milk</b> ). Water, <b>Mustard</b> Flour (18%), Glucose-Fructose Syrup, Salt, <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Acidity Regulator(Acetic Acid), Turmeric Powder, Stabiliser(Xanthan Gum).	<b>Contains: Milk, Gluten, Mustard and Wheat</b>
Penne Pasta  	Ingredients: Durum <b>Wheat</b> Semolina (100%).	<b>Contains: Gluten and Wheat</b>
Peas and Carrots    	Ingredients: Peas, Carrots	<b>Contains: None of the 14 Food Allergens</b>
Garlic & Parsley Bread Slices   	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>
Strawberry Jelly    	Ingredients: Sugar, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Colours (Beetroot Red, Annatto Norbixin), Flavouring.	<b>Contains: None of the 14 Food Allergens</b>

 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.	<b>Contains: None of the 14 Food Allergens</b>
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.	<b>Contains: None of the 14 Food Allergens</b>
Macaroni Cheese  	Ingredients: Durum <b>Wheat</b> Semolina Cheddar Cheese ( <b>Milk</b> ). Skimmed Milk Solids (24%), Lactose ( <b>Milk</b> ), Whey Powder ( <b>Milk</b> ), 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.	<b>Contains: Milk, Gluten and Wheat</b>
Roasted New Potatoes    	Ingredients: New Potatoes Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).	<b>Contains: None of the 14 Food Allergens</b>
Medley Vegetables    	Ingredients: Broccoli Florets (35%), Cauliflower Florets (35%), Carrot (30%).	<b>Contains: None of the 14 Food Allergens</b>
Homemade Cookies  	<b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Sugar, Butter ( <b>Milk</b> ) (10%), Dark Chocolate (8%)(Sugar, Cocoa Mass, Cocoa Butter, Whey Powder ( <b>Milk</b> ), Emulsifier(Soya Lecithin), Flavouring), Milk Chocolate (8%)(Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier( <b>Soya Lecithin</b> ), Flavouring), Palm Oil, Water, Rapeseed Oil, Invert Sugar Syrup, <b>Egg</b> 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.	<b>Contains : Contains : Gluten, Egg, Milk, Soya and Wheat</b>

THURSDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Chicken Burger  	Ingredients; Chicken 50%, water, sunflower oil, WHEAT flour, maize flour, starch, salt, <b>WHEAT</b> starch, <b>WHEAT</b> fiber, raising agents (diphosphates, sodium carbonates), glucose syrup, rice flour, natural flavouring, spices ( <b>CELERY</b> ), dextrose, colour (curcumin), rosemary extract.	<b>Contains: Celery, Gluten and Wheat</b>
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.	<b>Contains: None of the 14 Food Allergens</b>
Vegetable Burger 	Ingredients: Mycoprotein (44%), Rehydrated Free Range <b>EGG</b> White, Textured <b>WHEAT</b> Protein, [ <b>WHEAT</b> Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Caramel. Stabiliser: Sodium Alginate.], Onion, <b>MILK</b> Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted <b>BARLEY</b> Malt Extract	<b>Contains: Barley, Gluten, Egg, Milk and Wheat</b>
Burger Bun/ Hotdog Rolls  	Ingredients: <b>Wheat</b> 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).	<b>Contains: Gluten and Wheat</b>
Sweetcorn   	Ingredients: 100% Sweetcorn	<b>Contains: None of the 14 Food Allergens</b>
Oven Chips   	Ingredients: Potato, Sunflower Oil.	<b>Contains: None of the 14 Food Allergens</b>
Mixed Yoghurts  	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>

FRIDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Breaded Fish 	Ingredients: Alaska Pollack ( <b>Fish</b> ) (50%), <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate).	<b>Contains: Gluten, Fish and Wheat</b>
Vegetable Samosa  	Ingredients: Potato (57%), <b>Wheat</b> 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.	<b>Contains: Gluten and Wheat</b>
Wedges   	Ingredients: Potatoes (95%), sunflower oil, potato starch, salt, spices, vegetable powder, dextrin, rice flour, flavouring	<b>Contains: None of the 14 Food Allergens</b>
Spaghetti Hoops  	Ingredients: Cooked Pasta (46%) (Water, Durum <b>Wheat</b> Semolina), Tomatoes (42%), Water, Sugar, Modified Maize Starch, Maize Starch, Salt, <b>Wheat Flour</b> , Acidity Regulator (Citric Acid), Rapeseed Oil, Onion Powder, Paprika, Paprika Extract, Capsicum Extract.	<b>Contains: Gluten and Wheat</b>
Jam Doughnut  	Ingredients: <b>Wheat Flour</b> (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, <b>Wheat Gluten, Soya</b> Flour, Yeast, Flour Treatment Agent (Ascorbic Acid.)	<b>Contains : Gluten, Soya and Wheat</b>