

Week One

Monday Week 1	Ingredients	Allergens
Meatballs in Italian Sauce	<p>Meatballs : Pork, water, pea protein, gluten free seasoning - salt, anti-caking agent E535, sugar, spices, black pepper, white pepper, nutmeg, mace, yeast extract, dehydrated onion, Preservative E223, <b>SULPHITE</b>, emulsifier E450, dextrose, rice flour, antioxidant E300, marjoram, natural onion powder, dextrose, onion powder, sage. <b>MAY CONTAIN TRACES SOYA</b></p> <p>Sauce Ingredients: Tomatoes (63%) Tomato Paste, Onion (8%) Water, Carrot Purée, Onion Purée, Modified Maize Starch, Basil 4196), Rapeseed Oil, Garlic Purée, Sun Dried Tomato Paste (Sunflower Oil, Sun Dried Tomatoes, Water, White Wine Vinegar, Sugar, Salt); Salt Sugar, Oregano, Acidity Regulator Citric Acid), Ground Fennel Seeds, Dried Parsley, Ground Black Pepper, Thyme, Vitamin C, Ground Bay Leaf, Vitamin D, Onion Powder, Natural Favouring, Natural Basil Flavouring, Onion Oil.</p> <p>Maltodextrin, potato starch, flavourings, sugar, salt, yeast extract, vegetables (onion powder*, tomato puree powder*), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage.</p>	<p><b>SULPHATES MAY CONTAIN TRACES SOYA IN MEATBALLS</b></p>
Veggie Meatballs	<p>Ingredients</p> <p>Rehydrated Textured <b>SOYA</b> Protein (66%), Onion Purée (9%), Water, Rapeseed Oil, <b>SOYA</b> Protein Concentrate (3%), Chickpea Flour, Yeast Extract, Stabiliser (Methyl Cellulose), Tomato Purée, Parsley, Garlic Purée, Onion Powder, Maltodextrin, Garlic</p> <p>Powder, Salt, Malted <b>BARLEY</b> Extract, Dextrose, Tomato Powder, Flavouring, Black Pepper, White Pepper</p> <p>Sauce Ingredients: Tomatoes (63%) Tomato Paste, Onion (8%) Water, Carrot Purée, Onion Purée, Modified Maize Starch, Basil 4196), Rapeseed Oil, Garlic Purée, Sun Dried Tomato Paste (Sunflower Oil, Sun Dried Tomatoes, Water, White Wine Vinegar, Sugar, Salt); Salt Sugar, Oregano, Acidity Regulator Citric Acid), Ground Fennel Seeds, Dried Parsley, Ground Black Pepper, Thyme, Vitamin C, Ground Bay Leaf, Vitamin D, Onion Powder, Natural Favouring, Natural Basil Flavouring, Onion Oil.</p> <p>Maltodextrin, potato starch, flavourings, sugar, salt, yeast extract, vegetables (onion powder*, tomato puree powder*), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage.</p>	<p><b>WHEAT GLUTEN SOYA</b></p>
Rice	Easy Cook Wholegrain and Easy Cook Long Grain Rice	
Jacket Potato & Cheddar cheese	Potato Cheese; <b>MILK</b> , salt, starter, rennet. Potato starch.	<b>MILK</b>
Sweetcorn	Sweetcorn	
Peas	Peas	

Week One

Chocolate cookie	<p><u>Flour</u>; <b>WHEAT</b> flour, calcium carbonate, Iron, Niacin, (B3), Thiamin (B1). Raising agents Sodium Bicarbonate, Monocalcium Phosphate Monohydrate, Sodium Acid Pyrophosphate, E450 (a) Disulphates. <u>Margarine</u>; Vegetable oils in varying proportions 75% rapeseed, palm·sunflower, water, salt, emulsifier, mono and diglycerides of fatty acid, acid - citric acid, vitamin A and D, colour carotenes, flavourings. <u>Syrup</u>; Partially inverted sugar syrup. <u>Sugar</u>; Sugar cane, <u>Cocoa</u>; Cocoa powder, <b>MAY CONTAIN TRACES OF MILK</b></p>	<b>WHEAT MAY CONTAIN MILK IN COCOA POWEDER</b>
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Week One

Tuesday week 1	Ingredients	ALLERGENS
Beef Mince	Beef Mince Sauce Ingredients: Tomatoes (63%) Tomato Paste, Onion (8%) Water, Carrot Purée, Onion Purée, Modified Maize Starch, Basil 4196), Rapeseed Oil, Garlic Purée, Sun Dried Tomato Paste (Sunflower Oil, Sun Dried Tomatoes, Water, White Wine Vinegar, Sugar, Salt); Salt Sugar, Oregano, Acidity Regulator Citric Acid), Ground Fennel Seeds, Dried Parsley, Ground Black Pepper, Thyme, Vitamin C, Ground Bay Leaf, Vitamin D, Onion Powder, Natural Flavouring, Natural Basil Flavouring, Onion Oil. Maltodextrin, potato starch, flavourings, sugar, salt, yeast extract, vegetables (onion powder*, tomato puree powder*), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage.	
Yorkshire Pudding	Fortified <b>WHEAT</b> Flour ( <b>WHEAT Flour</b> , Calcium Carbonate, Iron, Niacin, Thiamin), <b>EGG</b> White, Whole <b>EGG</b> , Rapeseed Oil, Water, <b>Skimmed MILK Powder</b> , Salt.	<b>GLUTEN</b> <b>MILK</b> <b>EGGS</b>
Cheese Omelette	<b>EGG</b> (66%), <b>MILK</b> , <b>EGG</b> White, Rapeseed Oil, Thickener (Xanthan Gum), Salt, White Pepper. Cheese; <b>MILK</b> , salt, starter, rennet. Potato starch.	<b>EGGS</b> <b>MILK</b>
Wedges	potatoes, sunflower oil	
Jacket potato & Beans	Potato, Beans (49%), Water, Tomato Purée (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.  30% less salt and sugar than standard	
Farmhouse Veg	Cauliflower, carrots, broccoli, green beans	
Iced Sponge	<b>S.R.flour: WHEAT</b> flour, <b>WHEAT</b> flour, calcium carbonate, Iron, Niacin, (B3), Thiamin (B1). Raising agents Sodium Bicarbonate, Monocalcium Phosphate Monohydrate, Sodium Acid Pyrophosphate, E450 (a) <b>Disulphates</b> . Marg: Vegetable oils in varying proportions 75% rapeseed, palm, sunflower, water, salt, emulsifier, mono and diglycerides of fatty acid, acid - citric acid, vitamin A and D, colour carotenes, flavourings. Sugar; Cane sugar. <b>EGGS</b> . Vanilla essence: Water, Propylene Glycol, Colour: Plain Caramel; Flavourings. Icing: cane sugar (97%), maize starch. Water. Sugar modified maize starch, vegetable fat (palm), colouring foods (concentrates from spirulina, safflower, lemon, radish, sweet potato), glucose syrup, anit- caking agent: talc. Colour; copper complexes of chlorophyllin's	<b>WHEAT GLUTEN</b> <b>EGGS</b> <b>SULPHATE</b>

Week One

Wednesday Week 1	Ingredients	ALLERGENS
Roast chicken	Chicken, salt, water.	
Stuffing	Water, Rusk ( <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Breadcrumbs (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Salt), Dried Onion (3.17%), Herbs (Parsley, Sage (0.83%), Thyme), Sunflower Oil, Flavouring, Salt, Onion Powder	<b>WHEAT</b>
Veg Cornish Pasty	Water, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier: Mono-and Diglycerides of Fatty Acids), Potato (9%), Onion, Swede (5%), Carrot (5%), <b>SOYA</b> Protein Concentrate (2%), Seasoning (Salt, Yeast Extract, Potato Fibre, Ground Black Pepper, Dried Glucose Syrup, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin) Sugar, <b>BARLEY</b> Malt Extract, Emulsifier: Mono- And Diglycerides of Fatty Acids; Black Pepper, Dried Onion, Carrot Powder, Rapeseed Oil, Natural Flavourings), Peas (1%), Modified Maize Starch, Stabiliser: Methylcellulose, <b>WHEAT</b> Protein, Colour: Carotenes.	<b>WHEAT GLUTEN SOYA MAY CONTAIN MILK</b>
Jacket with tuna mayo	Potato Skipjack Tuna (Katsuwonus pelamis) ( <b>FISH</b> ), Water, Salt. Mayo Water, rapeseed oil, sugar, salt, whole <b>EGG</b> powder, modified starch, stabiliser (guar gum) acid: acetic acid, preservative (potassium sorbate) citric acid antioxidant (calcium disodium edta)	<b>FISH EGGS</b>
Roast potatoes	potatoes, sunflower oil	
Gravy	Maltodextrin, potato starch, flavourings, sugar, salt, yeast extract, vegetables (onion powder*, tomato puree powder*), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage. *Made from sustainably grown ingredients.	
Carrots	Carrots May contain E223 Sulphites	<b>May contain Sulphites</b>
Broccoli	Broccoli	
Vanilla Crunch	<u>Flour</u> ; <b>WHEAT</b> flour, calcium carbonate, iron, Niacin, Thiamin, <u>Margarine</u> ; Vegetable oils in varying proportions, rapeseed, palm, sunflower, water, salt, emulsifier, mono and diglycerides of fatty acid, acid - citric acid, vitamin A and D, colour carotenes, flavourings. <u>Sugar</u> ; Cane sugar. <u>Vanilla</u> ; Water, Propylene Glycol, Colour: Plain Caramel; Flavourings	<b>WHEAT GLUTEN</b>

Week One

Thursday Week 1	Ingredients	ALLERGENS
Sausage & Gravy	<p>Pork belly Shoulder meat Plain seasoning. <b>WHEAT (SULPHUR DIOXIDE)</b> SOY GS90 ISOLATE RUSK (<b>GLUTEN</b>, FLOUR, salt (E535) Raising Agent(E503-ii) Water • Filled into an edible collagen casing. Salt, <b>Wheat</b> Flour Calcium Carbonate Niacin, Iron &amp;Thiamine Sodium Triphosphate (E451) Yeast Extract Preservative (E223) (Sulphur Dioxide) Flavouring Extracts (In Alphabetical Order) Capsicum Coriander Mace Parsley Pepper Pimento Antioxidant (E300) Rapeseed Oil Polysorbate 80 (E433) Maltodextrin, potato starch, flavourings, sugar, salt, yeast extract, vegetables (onion powder*, tomato puree powder*), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage. *Made from sustainably grown ingredients.</p>	<b>GLUTEN WHEAT SULPHATES</b>
Vegan Sausage & Gravy	<p>Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [<b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], <b>WHEAT Gluten</b>, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose; Stabiliser: Sodium alginate..</p>	<b>WHEAT GLUTEN</b>
Mash	<p>potatoes 83%, water, palm oil, <b>whhey powder (MILK)</b>, <b>MILK powder</b>, <b>LACTOSE</b>, <b>MILK protein</b>, <b>butter</b> oil (<b>MILK</b>), natural flavouring, salt, dextrose, <b>CREAM</b> powder, onion, white pepper.</p>	<b>MILK</b>
Jacket potato and cheese	<p>Potato, <u>Cheese</u>; <b>MILK</b>, salt, starter, rennet. Potato starch.</p>	
Strawberry muffin	<p><u>Flour</u>; <b>WHEAT</b> flour, calcium carbonate, Iron, Niacin, (B3), Thiamin (B1). Raising agents Sodium Bicarbonate, Monocalcium Phosphate Monohydrate, Sodium Acid Pyrophosphate, E450 (a) Disulphates. <u>Margarine</u>; Vegetable oils in varying proportions 75% rapeseed, palm·sunflower, water, salt, emulsifier, mono and diglycerides of fatty acid, acid - citric acid, vitamin A and D, colour carotenes, flavourings. <b>EGGS</b>. <u>Sugar</u>: cane sugar. <b>OATS</b>: 100% Wholegrain <b>OATFLAKES</b>. <u>Coconut</u>: Coconut, Preservative: Sodium <b>METABISULPHITE</b>. <u>Strawberries</u>. Strawberries.</p>	<b>WHEAT GLUTEN EGGS SULPHATES</b>

Week One

Friday Week 1	Ingredients	ALLERGENS
Starfish	Fish ( <b>FISH</b> ) (54%), Reconstituted Mashed Potato (11%), Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Water, Yeast, Salt, Parsley, Onion Extract.	<b>FISH</b> <b>WHEAT</b> <b>GLUTEN</b>
Cheese & Tomato Pizza	Pizza Base (60%) Fortified <b>WHEAT flour</b> ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, wholemeal <b>WHEAT</b> flour <b>WHEAT GLUTEN</b> , yeast, rapeseed oil, sugar, salt, emulsifiers E471, E472 (e), E481, flour treatment agent E300, preservative.  Pizza Topping. (20%) Cheese flavour (water, palm oil, modified maize starch, ) <b>MILK</b> protein, salt, antioxidants (E331, E339), colour (E160a)),  Mozzarella cheese, cheddar cheese. ( <b>MILK</b> ) Tomato Sauce (20%) Tomatoes, water, salt, sunflower oil, herbs, garlic, acidity regulator (E330).	<b>WHEAT</b> <b>GLUTEN</b> <b>MILK</b>
Jacket potato & Baked Beans	Potato  Beans (49%), Water, Tomato Purée (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.  30% less salt and sugar than standard	
Chips	potatoes, palm oil	
Baked beans	Beans (49%), Water, Tomato Purée (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.  30% less salt and sugar than standard	
Peas	Peas	
Malt Chocolate Brownie	<b>WHEAT</b> flour; calcium carbonate, iron, Niacin, Thiamin. <b>EGGS</b> . Cocoa powder, <b>MAY CONTAIN TRACES OF MILK</b> . Prunes, Preservative: Potassium Sorbate. Dates; Rice Flour, Cottonseed Oil. Cane sugar. Water, Propylene Glycol, Colour: Plain Caramel; Flavourings. Apple juice; Spring water, apple juice from concentrate, acid - citric acid, natural apple flavouring, sweetener - sucrose.	<b>WHEAT</b> <b>GLUTEN</b> <b>EGGS</b> <b>MILK</b>

Pork belly

Shoulder meat

Plain seasoning. **WHEAT (SULPHUR DIOXIDE)**

SOY GS90 ISOLATE

RUSK (**GLUTEN**, FLOUR, salt (E535) Raising Agent(E503-ii)

Water

- Filled into an edible collagen casing.

Salt, **Wheat** Flour Calcium Carbonate

Niacin, Iron &Thiamine Sodium Triphosphate (E451)

Yeast Extract Preservative (E223)

(Sulphur Dioxide) Flavouring Extracts

(In Alphabetical Order) Capsicum

Coriander Mace Parsley Pepper Pimento

Antioxidant (E300) Rapeseed Oil

Week One

Polysorbate 80  
(E433)