

Week Three

Monday Week 3	Ingredients	ALLERGENS
Mince Beef Pasta Bake	<p>Beef Mince Tomatoes (63%), Tomato Paste, Onion (8%), Water, Carrot Purée, Onion Purée, Modified Maize E Starch, Basil (1%), 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. *Made from sustainably grown ingredients</p>	WHEAT GLUTEN
Quorn Bolognese	<p>Tomatoes (63%), Tomato Paste, Onion (8%), Water, Carrot Purée, Onion Purée, Modified Maize E Starch, Basil (1%), 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. *Made from sustainably grown ingredients Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; GLUTEN BARLEY Malt Extract.</p>	WHEAT GLUTEN EGGS
Jacket Potato & Baked Beans	<p>Beans (49%), Water, Tomato Purée (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings. 30% less salt and sugar than standard</p>	
Pasta	Durum WHOLEWHEAT Semolina	WHEAT GLUTEN
Peas	Peas	
Sweetcorn	Sweetcorn	
Chocolate Shortbread	<p>Flour; WHEAT flour, calcium carbonate, iron, Niacin, Thiamin. Margarine; 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. Cane sugar Cocoa powder, MAY CONTAIN TRACES OF MILK</p>	WHEAT GLUTEN MAY CONTAIN TRACES OF MILK

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Tuesday week 3	Ingredients	ALLERGENS
Pork Sausage Roll	<p>Water, WHEAT Flour, Pork (19%), Margarine (Palm Oil, Palm Stearin, Water. Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (E330), Lemon Juice], Rusk [Wheat Flour, Salt, Raising Agent (E5031)1, Glaze [Water, Modified Starch, Rapeseed Oil, MILK Proteins, Emulsifiers (Soya Lecithin (E322), E471), Acidity Regulator (E339). Colour (E160a)], Pork Fat, WHEAT Starch. Seasoning [Salt, Spices (White Pepper, Nutmeg, Ginger, Mace, Black Pepper, Coriander), Sugar, Emulsifier (E450i.il), Flavour Enhancer (E621), WHEAT Flour, Preservative (Sodium Metabisulphite), Onion Powder, Rusk (Wheat Flour, Salt, Raising Agent (E503ti)), Dextrose, Antioxidants (E301, E304, E307), Rapeseed Oil, Spice Extracts, Colour (E120), Herb Extracts], Pea Starch, Salt. Wheat Flour contains Calcium carbonate, Iron, Niacin and Thiamin. Allergens: For allergens (including cereals containing gluten) May also contain nuts. Although every care has been taken to remove bones, some small bones may remain.</p>	<p>WHEAT SOYA MILK SULPHATES May also contain NUTS. Although every care has been taken to remove bones, some small bones may remain</p>
Vegan Sausage Roll	<p>Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Vitamin B3, Vitamin B1), Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid)), Rusk (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Carbonate)), Textured SOYA Protein Concentrate (3%), SOYA Protein Isolate (2%), Rapeseed Oil, Potato Starch, Dehydrated Onion, Stabiliser (Modified Cellulose), Seasoning (Salt, Herbs (Sage, Parsley), Potato Starch, Rice Flour, Spices (Black Pepper, Nutmeg, Coriander), Stabiliser (Di- and Polyphosphates, Triphosphates), Preservative (Sodium METABISULPHITE (SULPHITES))), Acidity Regulator (Sodium Citrates), Antioxidant (Sodium L-Ascorbate), Spice Extracts (Pepper, Nutmeg, Cayenne), Herb Extracts (Sage, Thyme), Glaze (Water, WHEAT Protein), Salt, Black Pepper, Flavouring, Colouring (Paprika Concentrate, Fenugreek Extract, Beetroot Juice Concentrate, Vegetable Oil (Sunflower Oil), Colour (Ammonia Caramel), Dextrose (from Maize)), Natural Flavouring (Natural Flavouring, Maltodextrin</p>	<p>WHEAT GLUTEN SULHATES SOYA</p>
Wedges	potatoes, sunflower oil	
Jacket Potato & Cheese	Potato, <u>Cheese</u> ; MILK , salt, starter, rennet. Potato starch.	MILK
Farmhouse Veg	Cauliflower, carrots, broccoli, green beans	
Cornflake Crunchie	Maize, sugar, salt, dextrose, BARLEY malt extract, iron, niacin, pantothenic acid, vitamin B6, riboflavin (B2), thiamin (B1), folic acid, vitamin D, vitamin B12 Coconut ; Coconut, Preservative: Sodium METABISULPHITE . Margarine; 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 Cane sugar	WHEAT GLUTEN SULPHATES

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Wednesday week 3	Ingredients	ALLERGENS
Beef	Silverside beef, water, pea protein, salt, E450, E451	
Yorkshire puddings	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole EGG , EGG White, Water, Rapeseed Oil, Skimmed MILK Powder , Salt.	WHEAT GLUTEN EGGS MILK
Cheese Roll	Water, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Vitamin B3, Vitamin B1), Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid)), Onion (7%), Dehydrated Potato (Potatoes, Emulsifier (Mono-and Diglycerides of Fatty Acids), Stabiliser (Sodium Acid Pyrophosphate), Acidity Regulator (Citric Acid)), Cheddar Cheese (MILK) (3%), Red Leicester Cheese (MILK) (2%), Whole MILK Powder , Modified Maize Starch, Cheese Powder (MILK), Salt, Onion Powder, Stabiliser (Methyl Cellulose), Glaze (Water, WHEAT Protein).	WHEAT MILK
Jacket Potato & Tuna Mayo	Potato Skipjack Tuna (Katsuwonus pelamis) (FISH), Water, Salt. Mayo Water, rapeseed oil, sugar, salt, whole EGG powder, modified starch, stabiliser (guar gum) acid: acetic acid, preservative (potassium sorbate) citric acid antioxidant (calcium disodium edta)	FISH EGGS
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	May contain E223 Sulphites
Broccoli	Broccoli	
Fudge Crunch	S.R Flour WHEAT flour, WHEAT flour, calcium carbonate, Iron, Niacin, (B3), Thiamin (B1). Raising agents Sodium Bicarbonate, Monocalcium Phosphate Monohydrate, Sodium Acid Pyrophosphate, E450 (a) Disulphates . Plain Flour: WHEAT flour, calcium carbonate, iron, Niacin, Thiamin. 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. Fudge cubes: Sugar, Sweetened Condensed MILK (MILK, Sugar) , Glucose Syrup, Palm oil, Butter (MILK), Emulsifier (glycerol Mono-stearate), Humectant (vegetable Glycerine, Salt.	WHEAT SULPHATES MILK

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Thursday week 3	Ingredients	ALLERGENS
Chicken Bites	Chicken Breast (71%), Water, Modified Tapioca Starch, WHEAT Flour, Palm Oil, Maize Starch, Salt, WHEAT Starch, Sugar, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Garlic Powder, Yeast Extract, Black Pepper, Dextrose, Colour (Paprika Extract).	WHEAT GLUTEN May Contain MILK
Veggie Bites	Mycoprotein (53%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin and Thiamine), Water, Vegetable Oils (Sunflower, Rapeseed), WHEAT Starch, Potato Protein, Pea Fibre, Firming Agents: Calcium Chloride, Calcium Acetate; WHEAT Semolina, Natural Flavouring, WHEAT GLUTEN , Salt, Yeast, Sage & Sage Extract, Stabilisers: Carrageenan, Sodium Alginate; Onion Powder, Garlic Powder, White Pepper, Onion Extract, Colour: Paprika Extract; Raising Agent: Ammonium Bicarbonate..	WHEAT GLUTEN
Sweet & sour sauce	Tomato Purée from Concentrate, Water, Sugar, Pineapple (8%), Mixed Peppers (8%), Carrots (6%), Onions, Spirit Vinegar, Rice Vinegar, Modified Maize Starch, Pineapple Juice from Concentrate (2%), Ginger Purée, Salt, Garlic Purée.	
Jacket potato & Cheese	Potato, <u>Cheese</u> ; MILK , salt, starter, rennet. Potato starch.	MILK
Wedges	Potatoes, sunflower oil.	
Sweetcorn	Sweetcorn	
Carrots	Carrots May contain E223 Sulphites	MAY CONTAIN SULPHATES
Apple Flapjack	Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.5%), emulsifier (mono- diglycerides of fatty acids), citric acid, colour (carotenes), vitamin A and D, flavourings. Apples (88%), Water, Acidity Regulator; Citric Acid cane sugar partially Inverted refiners Syrup 100% Wholegrain OAT FLAKES WHEAT	WHEAT GLUTEN

Week Three

Friday week 3	Ingredients	ALLERGENS
Salmon Fishcakes	Minced Salmon (FISH) (50%), Reconstituted Mashed Potato (160/), Fortified Wheat Flour (WHEAT Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Salt, Onion Extract, Parsley.	FISH GLUTEN WHEAT
Cheese & Tomato Pizza	<p>Pizza Base (60%) Fortified WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, wholemeal WHEAT flour WHEAT GLUTEN, yeast, rapeseed oil, sugar, salt, emulsifiers E471, E472 (e), E481, flour treatment agent E300, preservative.</p> <p>Pizza Topping. (20%) Cheese flavour (water, palm oil, modified maize starch, MILK protein, salt, antioxidants (E331, E339), colour (E160a)),</p> <p>Mozzarella cheese, cheddar cheese. Tomato Sauce (20%) Tomatoes, water, salt, sunflower oil, herbs, garlic, acidity regulator (E330).</p>	WHEAT GLUTEN MILK
Jacket potato & Baked Beans	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, water, tomato puree, sugar, modified maize starch, salt, onion powder, paprika, flavourings	
Peas	Peas	
Chocolate orange muffin	<p><u>Self Raising Flour</u>; WHEAT flour, calcium carbonate, Iron, Niacin, (B3), Thiamin (B1). Raising agents Sodium Bicarbonate, Monocalcium Phosphate Monohydrate, Sodium Acid Pyrophosphate, E450 (a) Disulphates. <u>Free range EGGS</u>. <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.</p> <p><u>Sugar</u>; Cane sugar. <u>Mandarins</u>; Mandarin segments, apple juice (from concentrate), firming agent (calcium chloride), Acidity Regulator: Citric Acid. <u>Cocoa</u>: Cocoa powder, MAY CONTAIN TRACES OF MILK.</p>	WHEAT GLUTEN SULPHATES EGGS MAY CONTAIN TRACES OF MILK