

Monday Week 2	Ingredients	ALLERGENS
Ham & Cheese Pasta Bake	Durum WHEAT Semolina (WHEAT) Pork (80%), water, salt, glucose syrup, dextrose, stabilizers (E451), antioxidant (E301), preservative (E250). Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb], Skimmed MILK , Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (MILK) (5%), Whey (MILK) Protein Concentrate, Salt, Emulsifier (SOYA Lecithin E322) <u>Cheese</u> ; MILK , salt, starter, rennet. Potato starch.	GLUTEN MILK SOYA
Mac & Cheese	Durum WHEAT Semolina Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb], Skimmed MILK , Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (MILK) (5%), Whey (MILK) Protein Concentrate, Salt, Emulsifier (SOYA Lecithin E322) <u>Cheese</u> , MILK , salt, starter, rennet. Potato starch.	WHEAT MILK SOYA
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	
Peas	Peas	
Sweetcorn	Sweetcorn	
Chocolate Cherry Crunch	<u>Flour</u> : WHEAT flour, WHEAT flour, calcium carbonate, Iron, Niacin, (B3), Thiamin (B1). Raising agents Sodium Bicarbonate, Monocalcium Phosphate Monohydrate, Sodium Acid Pyrophosphate, E450 (a) Disulphates . <u>Wholemeal flour</u> : Wholemeal WHEAT Flour, WHEAT Gluten . <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, Cherries: Cherries (56%), Glucose-Fructose Syrup, Sugar, Acidity Regulator: Citric Acid; Preservatives: Potassium Sorbate, SULPHUR DIOXIDE ; Colour: Erythrosine. <u>Cocoa</u> : Cocoa powder, MAY CONTAIN TRACES OF MILK	WHEAT GLUTEN SULPHATES MAY CONTAIN TRACES OF MILK

Tuesday week 2	Ingredients	ALLERGENS
Sausage Yorkshire pudding Gravy	<p>Sausage: 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 Polysorbate 80 (E433) 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. Onions *Made from sustainably grown ingredients. Yorkshire pudding: Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole EGG, EGG White, Water, Rapeseed Oil, Skimmed MILK Powder, Salt.</p>	<p>Sausage: WHEAT GLUTEN SULPHUR DIOXIDE</p> <p>Yorkshire Pudding: WHEAT GLUTEN EGGS MILK</p>
Vegan Sausage & onion Gravy	<p>Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [WHEAT 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], WHEAT Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose; Stabiliser: Sodium alginate.. 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. Onions *Made from sustainably grown ingredients.</p>	WHEAT GLUTEN
Jacket Potato Cheese	Potato, <u>Cheese</u> ; MILK , salt, starter, rennet. Potato starch.	
Farmhouse Veg	Cauliflower, carrots, broccoli, green beans	
Wedges	potatoes, sunflower oil	
Banana 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 banana Citric Acid cane sugar partially Inverted refiners Syrup 100% Wholegrain OAT FLAKES WHEAT	WHEAT

Wednesday week 2	Ingredients	ALLERGENS
Roast Chicken Stuffing	Chicken, salt, water. Stuffing Water, Rusk (WHEAT 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	Stuffing: WHEAT GLUTEN
Quorn Fillet	Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, WHEAT Gluten , Stabiliser: Carrageenan.	WHEAT GLUTEN
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	Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic	
Carrots	Carrots May contain E223 Sulphites	May contain E223 Sulphites
Broccoli	Broccoli	
Apple & Blackberry Shortbread	Apples (88%), Water, Acidity Regulator; Citric Acid Blackberries. 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. Cane sugar Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate.	WHEAT GLUTEN

Thursday week 2	Ingredients	ALLERGENS
Chicken Meatballs Tomato Sauce	Chicken (70%); Water; Gluten Free Crumb (rice flour, gram flour, water, maize starch, salt, dextrose monohydrate); Seasoning (potato starch, salt, spices, onion powder, sugar, yeast extract, spice extracts) CAUTION: ALTHOUGH CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME BONES MAY REMAIN 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. Mixed peppers & onions	CAUTION: ALTHOUGH CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME BONES MAY REMAIN
Boston Bean Casserole	<u>Mixed beans</u> , Borlotti beans, Red Kidney beans, Butter beans, Cannellini beans, Chickpeas, Water, Tomatoes, Sugar, Vinegar, Tomato Paste, Modified Maize Starch, Barbecue Seasoning (Onion Powder, Tomato Powder, Garlic Powder, Salt, Spices (Paprika, Chillies, Cumin, Pepper, Coriander), Maltodextrin, Modified Maize Starch, Smoke Flavouring, Yeast Extract, Colour (Plain Caramel), Oregano), Salt, Colour (Plain Caramel), Natural Flavouring, Spice 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. Mixed peppers & onions	
Jacket Potato & Cheese	Potato, <u>Cheese</u> ; MILK, salt, starter, rennet. Potato starch.	MILK
Rice	Easy Cook Wholegrain and Easy Cook Long Grain Rice	
Sweetcorn	Sweetcorn	
Carrots	Carrots	
Raspberry Jelly	Dextrose, Sugar, Bovine Gelatine, Colour: Beetroot Red, Preservatives (Citric Acid, Trisodium Citrate), Flavouring.	

Friday Week 2	Ingredients	ALLERGENS
Fish Fingers	MSC Certified Alaska Pollock Fillet (Fish) (55%) (Theragra Chalcogramma), WHEAT Flour, SOYA Bean Oil, Corn Starch, Salt, Yeast, Modified Tapioca Starch, Baking Powder (Sodium Carbonate), Paprika Oleoresin, Guar Gum	FISH WHEAT GLUTEN SOYA
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>	MILK WHEAT GLUTEN
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 (49%), Water, Tomato Purée (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings. 30% less salt and sugar than standard	
Peas	Peas	
Sticky Toffee Muffin	<p><u>Dates</u>; Dates, Sunflower oil, <u>Flour</u>; WHEAT flour, calcium carbonate, Iron, Niacin, (B3), Thiamin (B1). Raising agents Sodium Bicarbonate, Monocalcium Phosphate Monohydrate, Sodium Acid Pyrophosphate, E450 (a) Disulphates.</p> <p><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. EGGS. <u>Sugar</u>; cane sugar.</p> <p>MILK. <u>Toffee sauce</u>: Invert Sugar Syrup, full cream sweetened condensed MILK, Colour, plain caramel; natural flavouring. <u>Black treacle</u>; Cane molasses, (SULPHITES) Partially Inverted Refiners Syrup or Sugarcane Syrup. <u>Vanilla</u>; Water, Propylene Glycol, Colour: Plain Caramel; Flavourings</p>	WHEAT EGGS GLUTEN SULPHATES MILK