



AW24-25 Allergen Information Primary Menus

Week 1

Monday

Soup

Lentil (Ve)

Water, Red Lentils, Carrots, Turnip, Onions, Leeks, Vegetable Bouillon(Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), White Pepper, Water.

Main Choices

Macaroni Cheese with Garlic Bread (V)

Macaroni (Durum **WHEAT** Semolina (100%)), **MILK**, Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A).

May Contain Pasta: **SOYA** and **MUSTARD**

Garlic Bread (Ve)

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A), Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

Roasted Vegetable Wrap (Ve)

Onions, Red Onions, Peppers (green, red, yellow), Potatoes, Vegetable Oil, Courgette, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory), Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Vegetables of the Day

Sliced Tomatoes and

Peas

Deli Choices

Breaded Chicken Burger Roll

Breaded Chicken Grill (Chicken (46%), Water, Breadcrumbs [**WHEAT** Flour, Water, Yeast, Salt, Spice, Rapeseed Oil, Paprika], Batter [**WHEAT** Flour, **WHEAT** Starch, Maize Flour, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate)], Rapeseed Oil, Breadcrumbs [**WHEAT** Flour, Salt, Yeast, Rice Flour, Stabiliser (Methylcellulose), Sunflower Oil], Seasoning [**WHEAT** Flour, Dextrose, Salt, Onion Powder, Spices (Black Pepper, Paprika, White Pepper, Chilli, Fennel), Tomato Powder, Garlic Powder, Herb Extract (Sage)], Burnt Sugar, Vegetable Fibre, **WHEAT** Protein, Colour (Paprika Extract), Emulsifier (Polyglycerol Polyricinoleate), Burger Roll (**WHEAT** Flour, (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Sugar, Rapeseed Oil, Flour Treatment Agents (Ascorbic Acid, L Cysteine), Emulsifiers (Mono and Diglycerides of Fatty Acids, Mono and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids).

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Sliced Chicken

Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers (Diphosphates, Triphosphates).

Tuna Mayo

Tuna (Tuna ((**FISH**), Water, Salt), Mayonnaise (Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range **EGG** yolk (1.5%), citrus fibre, skimmed **MILK** powder, natural flavourings (contains **MILK**, **MUSTARD**), thickeners (guar gum, xanthan gum), lemon juice concentrate, **MUSTARD** flour, antioxidant (calcium disodium EDTA), paprika extract.

Desserts

Crackers with Cheese(V) or (Ve)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch), Cream Crackers (**WHEAT** flour, Vegetable oil(Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A).

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**

Tuesday

Main Choices

Sausage Roll with Boiled Potatoes or Chips

Sausage roll (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, Pork (8%), Rusk [**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Hydrogen Carbonate)], **WHEAT** Gluten, **WHEAT** Starch, **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Potato Starch, Pork Fat, Dextrose, Yeast Extract, Caramelised Sugar Powder, Emulsifiers (Disodium Diphosphate, Pentasodium Triphosphate), Preservative (Sodium **SULPHITE**), Sugar, Antioxidant (Ascorbic Acid), Marjoram, Thyme, Pepper Extract, Herb Extracts (Sage Extract, Basil Extract, Marjoram Extract, Rosemary Extract, Thyme Extract)), Glaze (Water, Dextrose, Colours (Carotenes, Paprika Extract)), Potatoes, Chips (Potato, Sunflower Oil).

Sausage Roll May Contain : **MILK**

Lentil Bolognese with Pasta and Garlic Bread (Ve)

Spaghetti (Durum **WHEAT** Semolina (100%)), Lentils, Tinned Tomatoes, Onions, Mushrooms, Carrots, Tomato Puree((Tomatoes), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Garlic.

May Contain Pasta: **SOYA** and **MUSTARD**

Garlic Bread (Ve)

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A), Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

Vegetable of the Day

Beans

Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt , Onion Powder, Paprika, Flavouring.

Sweetcorn (Sweetcorn, water)

Deli Choices

Cheese Panini (V)

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Panini May Contain: **Traces of Sesame**

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, Calcium Carbonate, Iron, Niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Cheese (V) and/ or Beans (Ve)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt , Onion Powder, Paprika, Flavouring).

Ham

Pork (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers(Diphosphates, Triphosphates), Antioxidant(Sodium Ascorbate), Preservative(Sodium Nitrite).

Dessert

Carrot Cake Muffin (V)

WHEAT Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Whole **EGG** Powder, Malted **BARLEY**, Maize Starch, Raising Agents (E500(ii), E450(i)), Palm Oil, **SOYA** Flour, Modified Maize Starch, Whey Powder (**MILK**), Acid Casein (**MILK**), Sodium Carbonate, Disodium Phosphate, Salt, Emulsifier (Rice Starch, E475, E471), Colour (Caramel Powder), Flavourings, Thickener (Xanthan Gum), Ground Cinnamon.

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT.**

Wednesday

Soup

Tomato Soup (Ve)

Water, Diced Onions, Tinned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree (Tomatoes), Sugar)), Garlic Powder, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Chopped Parsley.

Main Choices

Roast Beef with Gravy, Yorkshire Pudding & Boiled Potatoes

Roast Beef (Beef, Dextrose, Potato Starch, Salt(contains anticaking agent: E535), Stabiliser: E451), Gravy (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour(E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier(E322) (contains **SOYA**), Yorkshire Pudding (Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), **MILK**, **EGG**, Water, Salt, Vegetable oil (Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane), Potatoes.

Gravy May also contain : **CELERY**, **MILK**.

Spinach, Sweet potato and Lentil Dahl with Chapati(Ve)

Sweet Potatoes, Red Lentils, Spinach, Red Onion, Vegetable Bouillon(Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Garlic, Chilli Powder (Paprika, Chilli Powder (20%)), Turmeric, Cumin, Ginger.

Chapati

Water, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin),Wholemeal **WHEAT** Flour (**WHEAT** Flour, **WHEAT** Gluten),Rapeseed Oil, Salt.

Vegetables of the Day

Carrots

Cabbage

Deli Choice

Fish Finger Sub Roll

Alaskan Pollock (*Theragra chalcogramma*)(60%) (**FISH**), Rice Flour, Water, Maize Flour, Rapeseed Oil, Modified Starch, Stabiliser (Methylcellulose), Dextrose, Vegetable Fibre (Bamboo), Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, Raising Agents (Sodium Carbonates, Potassium and Sodium Diphosphates), Hot Dog Roll (**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 Diglycerides of Fatty Acids), Preservative(Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Ham

Pork (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers(Diphosphates, Triphosphates), Antioxidant(Sodium Ascorbate), Preservative(Sodium Nitrite).

Cheese (V)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Dessert

Crackers with Cheese (V) or (Ve)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch), Cream Crackers(**WHEAT** flour, Vegetable oil(Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A).

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**

Thursday

Main Choices

Beef Lasagne with Garlic Bread

Beef (100% minced beef), Lasagne (Durum **WHEAT** Semolina (100%)), Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Cornflour (Maize Starch), Onions, Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch), **MILK**, tomato puree (tomatoes), water, Flora (Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Garlic, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Garlic Bread (Ve)

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A), Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

Italian Tomato Pasta with Garlic Bread (Ve)

Pasta (Durum **WHEAT** Semolina (100%)), Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), onions, Vegetable bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Tomato Puree (tomatoes), Sugar)), green pepper, basil, garlic powder, chilli powder.

May Contain Pasta: **SOYA** and **MUSTARD**

Garlic Bread (Ve)

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A), Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

Vegetables of the Day

Sweetcorn

Sweetcorn, water

Deli Choice

Cheese and Tomato Pizza (V)

Pizza Slab (**WHEAT** Flour (**WHEAT** Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast (Yeast, Deactivated Yeast), Sugar, salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Tomato Passata Sauce (Water, Tomatoes (36%) (tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion, Tomato Paste, Corn flour, Sugar, Garlic, Rapeseed Oil, Red Wine, Vinegar, Sea Salt, Basil, Coriander, Red Chilli Flakes, Black Pepper, Oregano). **Cheese** (Mozzarella (**MILK**), Water, Palm Oil, **MILK** proteins, Modified Starch, Potato Starch, Salt, Acidity Regulator, Lactic acid, Emulsifier: trisodium citrate, fibre, Stabilisers: Carrageenan & Potassium Chloride, Preservative: Potassium Sorbate, Colour: Beta Carotene, Anticaking Agent: Cellulose).

Baked Potato

Baked Potato (Potato).

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Cheese (V)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Egg Mayo (V)

EGGS (Boiled **EGGS**), Mayonnaise (Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range **EGG** yolk (1.5%), citrus fibre, skimmed **MILK** powder, natural flavourings (contains **MILK**, **MUSTARD**), thickeners (guar gum, xanthan gum), lemon juice concentrate, **MUSTARD** flour, antioxidant (calcium disodium EDTA), paprika extract.

Dessert

Vanilla Sponge and Custard (V)

WHEAT Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dextrose, Raising Agents (E500(ii), E450(i)), Dried whole **EGG** powder, Buttermilk Powder (**MILK**), Whey Powder (**MILK**), Emulsifier (Glucose Syrup, E472b, E477, **SOYA** Flour), Leavening Agent E450(vii), E341(i), **MILK** Protein (Whey Powder, Acid Casein), Dried **EGG** White Powder, Flavouring, Thickener (Xanthan Gum), Vanilla Essence (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings).

Custard (V)

Custard (Maize Starch, Colour (Annatto), Flavouring, **MILK**), **MILK**, Sugar.

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**

Friday

Soup

Lentil (Ve)

Water, Red Lentils, Carrots, Turnip, Onions, Leeks, Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper) White Pepper, Water).

Main Choice

Fish with Chips or Boiled Potatoes

Breaded **FISH** (Pollack (**FISH**) (50%), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate)), Boiled Potatoes, Chips (Potato, Sunflower Oil).

Mixed Bean Chilli with Rice (Ve)

Rice (Basmati Rice (100%), Canned Tomatoes (Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Water, Cornflour (Maize Starch))), Mixed Beans (Vegetables (51%) in variable proportions (Chick Peas, Baby Green Lima Beans, Borlotti Beans, Red Kidney Beans) Water, Sunflower Oil, Vinegar, Salt, Sugar, Olive Oil, **MUSTARD** Powder, Thyme, Garlic Powder, Ground White Pepper, Pepper Extract, Herb Extracts), Kidney Beans (Red kidney beans, Water), Onion, Peppers, Garlic, Paprika, Ground Coriander, Cumin, Sugar.

Vegetables of the Day

Peas

Baked beans

Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring.

Deli Choices

Chicken Goujon Wrap

Chicken Goujons (Chicken (58%), **WHEAT** Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, **WHEAT** Starch, Salt, Potato Starch, Stabiliser: Triphosphate; Glucose Syrup, Colour: Paprika; Spice Extract, Caramelised Sugar, Yeast, Fructose, Thickener: Xanthan Gum; Sugar), Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282), Mayonnaise (Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range **EGG** yolk (1.5%), citrus fibre, skimmed **MILK** powder, natural flavourings (contains **MILK**, **MUSTARD**), thickeners (guar gum, xanthan gum), lemon juice concentrate, **MUSTARD** flour, antioxidant (calcium disodium EDTA), paprika extract).

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Sliced Chicken

Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).

Cheese (V)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Dessert

Chocolate Brownie (V)

WHEAT Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (5%), Dried Whole **EGG** Powder, Dried Glucose, Salt, Emulsifier (Rice Starch, E475, E471), Chocolate Flavouring (0.06%), Flavouring, Natural Flavouring, Icing Sugar(Sugar (97%), Maize Starch), Water.

May Contain: **MILK, SOYA**

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**

Week 2

Monday

Soup

Lentil (Ve)

Water, Red Lentils, Carrots, Turnip, Onions, Leeks, Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper), White Pepper, Water).

Main Choice

Hot Dog Roll with Chips or Boiled Potatoes

Hot Dog (Chicken Meat 54%, Water, Pork Collagen 12%, Chicken connective tissues, Potato starch, Pea Fibre, Chicken fat, Salt, Thickener: E412, Beef Collagen, Stabiliser: E451, Spices, Antioxidant: E301, Dextrose, Yeast Extract, Flavouring, Spice Extracts, Smoke Flavouring, Preservatives: E250), Hot Dog Roll (**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 Diglycerides of Fatty Acids), Preservative(Calcium Propionate), Flour Treatment Agent (Ascorbic Acid), Boiled Potatoes, Chips (Potato, Sunflower Oil).

Hot Dog Rolls: May contain: **SESAME**

Vegetable Fajita Wrap (Ve)

Onions, Red Pepper, Mushrooms, Tomato Puree (Tomatoes), Sugar)), Garlic, Vegetable Oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Chilli Powder, Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282), Fajita Mix (Salt [Salt, Anticaking Agent (Sodium Ferrocyanide)], Chilli Powder (23%), Onion Powder, Sugar, Cumin Powder, Garlic Powder (8%), Oregano (0.5%), Flavouring, Paprika Extract, Lime Extract (0.5%), Cassia, Nutmeg, Coriander Leaf, Anticaking Agent (Silicon Dioxide)), Violife cheese (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12), Lettuce.

Vegetables of the Day

Peas and

Beans

Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt , Onion Powder, Paprika, Flavouring.

Deli Choices

Breaded Salmon Bites Wrap

Breaded Salmon Bites (Skinless and boneless Salmon Fillet (*Oncorhynchus app*) (50%) (**FISH**); Breadcrumb (**WHEAT** Flour, Salt, Yeast, Modified Maize Starch, Rapeseed Oil); Water, Batter (**WHEAT** Flour (with added Calcium carbonate, Iron, Niacin, Thiamine), **WHEAT** Starch, Maize Flour, salt, Raising Agents (disodium Diphosphate and Sodium Bicarbonate); Rapeseed Oil; Seasoning (Dextrose, Stabiliser: Methylcellulose, Salt, Onion Powder, Tomato Powder, Garlic Powder, White Pepper, Black Pepper, Fennel); Lemon Juice; Colour (burnt sugar); Vegetable Fibre; **WHEAT** Protein; Colour (Paprika Extract); Stabiliser (Methylcellulose); Emulsifier (Polyglycerol Polyricinoleate)), Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282), Mayonnaise((Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range **EGG** yolk (1.5%), citrus fibre, skimmed **MILK** powder, natural flavourings (contains **MILK**, **MUSTARD**), thickeners (guar gum, xanthan gum), lemon juice concentrate, **MUSTARD** flour, antioxidant (calcium disodium EDTA), paprika extract).

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Cheese (V) and / or Beans (Ve)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch), Beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring).

Ham

Pork (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers(Diphosphates, Triphosphates), Antioxidant(Sodium Ascorbate), Preservative(Sodium Nitrite).

Dessert

Crackers with Cheese (V) or (Ve)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch), Cream Crackers(**WHEAT** flour, Vegetable oil(Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), Flora Margarine((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)).

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**

Tuesday

Main Choice

Chicken Meatballs and Tomato Sauce with Pasta with Garlic Bread

Pasta (Durum **WHEAT** Semolina (100%)), 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), Sauce(Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), onions, Vegetable bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Tomato Puree (tomatoes), Sugar)), green pepper, basil, garlic powder, chilli powder).

May Contain Pasta: **SOYA** and **MUSTARD**

Garlic Bread (Ve)

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A), Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

Vegetable Lasagne with Garlic Bread (Ve)

Lasagne (Durum **WHEAT** Semolina (100%)), Green Peppers, Red Peppers, Mushrooms, Onions, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Cornflour (Maize Starch), **SOYA** milk (Water, Hulled **SOYA** beans (8.7%), apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium (calcium carbonate), sea salt (Gellan gum), vitamins (riboflavin (B2), B12, D2), Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Garlic, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Garlic Bread (Ve)

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A), Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

Vegetables of the Day

Sweetcorn

Sweetcorn, water

Deli Choices

Cheese Burger Roll

Beef Burger (Beef Meat 98.0%, Salt & Pepper Seasoning 2% Salt, Spices (Ground White Pepper, Black Pepper, Cayenne Pepper)), Burger roll Roll (**WHEAT** Flour, (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Sugar, Rapeseed Oil, Flour Treatment Agents (Ascorbic Acid, L Cysteine), Emulsifiers (Mono and Diglycerides of Fatty Acids, Mono and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids), Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch), Chips (Potato, Sunflower Oil) or Potatoes.

Rolls May Contain : **SESAME**

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Cheese (V)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Egg Mayo (V)

EGGS (Boiled **EGGS**), Mayonnaise (Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range **EGG** yolk (1.5%), citrus fibre, skimmed **MILK** powder, natural flavourings (contains **MILK**, **MUSTARD**), thickeners (guar gum, xanthan gum), lemon juice concentrate, **MUSTARD** flour, antioxidant (calcium disodium EDTA), paprika extract.

Dessert

Chocolate Sponge and Custard (V) or (Ve)

Chocolate Sponge (**WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (4.8%), raising Agents (E500(ii), E450(i), E341(i)), Dried Whole **EGG** Powder, Skimmed **MILK** Powder, Dextrose, Butter **MILK** Powder, **MILK** Protein (Whey Powder, Acid Casein), Chocolate Flavouring (0.4%), Dried **EGG** White Powder, Maltodextrin, Thickener (Xanthan Gum), Colour (Caramel Powder), Emulsifier (Glucose Syrup, E472b, E477, **SOYA** Flour), Flavouring.

Custard (V)

Custard (Maize Starch, Colour (Annatto), Flavouring, **MILK**), **MILK**, Sugar.

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**

Wednesday

Soup

Minestrone (Ve)

Water, Chopped Tomatoes ((Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Carrots, Onions, Spaghetti ((Durum **WHEAT** Semolina (100%)), Tomato Puree ((tomatoes), Sugar)), Vegetable Bouillon ((Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Garlic, Oil, Seasoning.

Main Choice

Steak Pie, Gravy with Mashed Potatoes

Steak ((100% Diced Steak), Water, 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), Onions (Diced Onions), Gravy (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour(E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier(E322) (contains **SOYA**), Boiled Potatoes.

Gravy May also contain : **CELERY, MILK.**

Mixed Bean and Tomato Parcel (Ve)

Parsnips, Carrots, Puff Pastry (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Red Kidney Beans (Red Kidney Beans, Water, Firming Agent (Calcium Chloride)), Onions, Courgettes, Peppers, Potatoes.

Vegetables of the Day

Carrots

Broccoli

Deli Choices

Cheese Panini (V)

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Panini May Contain: **Traces of Sesame**

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Cheese (V)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Ham

Pork (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers(Diphosphates, Triphosphates), Antioxidant(Sodium Ascorbate), Preservative(Sodium Nitrite).

Dessert

Crackers with Cheese (V) or (Ve)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch), Cream Crackers(**WHEAT** flour, Vegetable oil(Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A).

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**

Thursday

Main Choice

Chicken Tikka Curry with Rice

Rice (Basmati Rice (100%)), Chicken (100% Diced Chicken), Water, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tin Coconut milk (Coconut Extract (65%0, Water, Stabiliser: Guar Gum), Cauliflower, Courgette, Red Pepper, Onions, Garlic, Ginger, Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper, Rapeseed Oil, Garam Masala (Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove, Curry Powder (Coriander, Turmeric (26%), Cumin Powder (8%), Salt (Salt, Anticaking agent (Sodium Ferrocyanide)), Rice Flour, Fenugreek (8%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace, Seasoning.

Sweet and Sour Vegetables with Rice (Ve)

Rice (Basmati Rice (100%)), Cornflour (Maize Starch), Sliced Mushrooms, Red Peppers, Green Peppers, Carrots, **SOY** Sauce (Water, **SOY** sauce extract (22% water, **SOY** Bean, salt, **WHEAT** Flour), sugar, salt, colour-plain caramel, acidity regulators-Lactic acid, citric acid, preservative-Potassium Sorbate, Tomato Ketchup (Water, Glucose-Fructose Syrup, Tomato Paste (8%), Modified Maize Starch, Sugar, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Colours (Beetroot Red, Curcumin), Tomato Spice Blend (Salt, Clove Extract, Flavouring, Cayenne Extract), Preservative (Potassium Sorbate), Seasoning Blend (Tomato Powder, Dextrose, Salt, Nutmeg Extract, Onion Extract), Sweetener (Sodium Saccharin), Caramelised Sugar Syrup, Pineapple (Pineapple (60%), Pineapple Juice (40%)), Sugar, Vinegar, Rapeseed Oil.

Vegetables of the Day

Green Beans

Sweetcorn

Sweetcorn, water

Deli Choice

Chicken Goujon Wrap

Chicken Goujons (Chicken (58%), WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, WHEAT Starch, Salt, Potato Starch, Stabiliser: Triphosphate; Glucose Syrup, Colour: Paprika; Spice Extract, Caramelised Sugar, Yeast, Fructose, Thickener: Xanthan Gum; Sugar), Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282), Mayonnaise (Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range **EGG** yolk (1.5%), citrus fibre, skimmed **MILK** powder, natural flavourings (contains **MILK**, **MUSTARD**), thickeners (guar gum, xanthan gum), lemon juice concentrate, **MUSTARD** flour, antioxidant (calcium disodium **EDTA**), paprika extract).

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Sliced Chicken

Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).

Tuna Mayo

Tuna (Tuna ((**FISH**), Water, Salt), Mayonnaise (Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range **EGG** yolk (1.5%), citrus fibre, skimmed **MILK** powder, natural flavourings (contains **MILK**, **MUSTARD**), thickeners (guar gum, xanthan gum), lemon juice concentrate, **MUSTARD** flour, antioxidant (calcium disodium EDTA), paprika extract.

Dessert

Raspberry Jelly (Ve) and Ice Cream (V)

Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid(Citric Acid), Colour (Beetroot Red), Flavouring.

Ice Cream (V)

MILK, Cream (**MILK**) (22%), Sugar, Skimmed **MILK** Powder, **EGG** Yolk, Natural flavouring: vanilla essence (0.04%).

(OR)

Reconstituted skimmed **MILK** powder, Sugar, Hydrogenated Vegetable Oil (Palm), Reconstituted **WHEY** powder (**MILK**), Dextrose, emulsifier: (Mono and Diglycerides of fatty acids), Stabilisers: (Guar Gum, Locust Bean Gum, Carrageenan), Flavour: Vanilla.

Allergens: **MILK, SOYBEANS**

May Contain: Cereals Containing Gluten, **WHEAT, EGGS, NUTS(Tree), ALMOND NUTS, HAZELNUTS, PISTACHIO NUTS** and **PEANUTS**.

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**

Friday

Soup

Lentil (Ve)

Water, Red Lentils, Carrots, Turnip, Onions, Leeks, Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper) White Pepper, Water).

Main Choice

Fish Star with Chips or Boiled Potatoes

Fish Star (35% Minced Cod (**FISH**), Water, Potato Flakes, Breadcrumb (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Yeast), Rapeseed Oil, Dehydrated Onion, Citric Acid, Pepper, Garlic, Natural Flavouring, Natural Parsley Flavouring, Salt), Potatoes, Chips (Potato, Sunflower Oil).

Mediterranean Pizza (Ve)

Pizza Slab (**WHEAT** Flour (**WHEAT** Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast (Yeast, Deactivated Yeast), Sugar, salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Tomato Passata). Violife Cheese(Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12), Sweetcorn(Sweetcorn, Water), Onions, Peppers. Sauce(Water, Tomatoes (36%) (tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion, Tomato Paste, Cornflour, Sugar, Garlic, Rapeseed Oil, Red Wine, Vinegar, sea Salt, Basil, Coriander, Red Chilli Flakes, Black Pepper, Oregano).

Vegetables of the day

Baked Beans

Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt , Onion Powder, Paprika, Flavouring.

Peas

Deli Choices

Cheese and Tomato Pizza(V)

Pizza Slab (**WHEAT** Flour (**WHEAT** Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast (Yeast, Deactivated Yeast), Sugar, salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Tomato Passata, Sauce (Water, Tomatoes (36%) (tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion, Tomato Paste, Cornflour, Sugar, Garlic, Rapeseed Oil, Red Wine, Vinegar, Sea Salt, Basil, Coriander, Red Chilli Flakes, Black Pepper, Oregano), Cheese (Mozzarella (**MILK**), Water, Palm Oil, **MILK** proteins, Modified Starch, Potato Starch, Salt, Acidity Regulator, Lactic acid, Emulsifier: trisodium citrate, fibre, Stabilisers: Carrageenan & Potassium Chloride, Preservative: Potassium Sorbate, Colour: Beta Carotene, Anticaking Agent: Cellulose).

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **Wheat** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Sliced Chicken

Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).

Cheese (V)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Dessert

Flapjack (Ve)

Flapjack Mix (Wholegrain **OAT** Flakes (54%), Vegetable Oil Blend (Palm & Rapeseed Oil), Sugar, Dried Glucose, Dextrose, Natural Flavouring, Salt, Flavouring), Water.

May Contain: **MILK, EGG, SOYA, WHEAT, BARLEY**

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**

Week 3

Monday

Soup

Lentil (Ve)

Water, Red Lentils, Carrots, Turnip, Onions, Leeks, Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper) White Pepper, Water).

Main Choice

Sausage Roll with Boiled Potatoes or Chips

Sausage roll (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, Pork (8%), Rusk [**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Hydrogen Carbonate)], **WHEAT** Gluten, **WHEAT** Starch, **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Potato Starch, Pork Fat, Dextrose, Yeast Extract, Caramelised Sugar Powder, Emulsifiers (Disodium Diphosphate, Pentasodium Triphosphate), Preservative (Sodium **SULPHITE**), Sugar, Antioxidant (Ascorbic Acid), Marjoram, Thyme, Pepper Extract, Herb Extracts (Sage Extract, Basil Extract, Marjoram Extract, Rosemary Extract, Thyme Extract)), Glaze (Water, Dextrose, Colours (Carotenes, Paprika Extract)), Potatoes, Chips (Potato, Sunflower Oil).

Sausage Roll May Contain : **MILK**

Mixed Bean Chilli with Rice (Ve)

Rice (Basmati Rice (100%)), Canned Tomatoes (Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Water, Cornflour (Maize Starch)), Mixed Beans (Vegetables (51%) in variable proportions (Chick Peas, Baby Green Lima Beans, Borlotti Beans, Red Kidney Beans) Water, Sunflower Oil, Vinegar, Salt, Sugar, Olive Oil, **MUSTARD** Powder, Thyme, Garlic Powder, Ground White Pepper, Pepper Extract, Herb Extracts), Kidney Beans (Red kidney beans, Water), Onion, Peppers, Garlic, Paprika, Ground Coriander, Cumin, Sugar.

Vegetables of the Day

Beans

Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt , Onion Powder, Paprika, Flavouring.

Peas

Deli Choices

Pork Burger Roll

Pork Burger (Pork Meat 98.0%, Salt & Pepper Seasoning 2% Salt, Spices (Ground White Pepper, Black Pepper, Cayenne Pepper)), Roll (**WHEAT** Flour, (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Sugar, Rapeseed Oil, Flour Treatment Agents (Ascorbic Acid, L Cysteine), Emulsifiers (Mono and Diglycerides of Fatty Acids, Mono and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids).

Rolls May Contain : **SESAME**

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **Wheat** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Ham

Pork (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers(Diphosphates, Triphosphates), Antioxidant(Sodium Ascorbate), Preservative(Sodium Nitrite).

Cheese (V) and / or Beans (Ve)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt , Onion Powder, Paprika, Flavouring).

Dessert

Crackers with Cheese (V) or (Ve)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch), Cream Crackers(**WHEAT** flour, Vegetable oil(Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A).

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT.**

Tuesday

Main Choice

Spaghetti Bolognese

Spaghetti (Durum **WHEAT** Semolina (100%)), Minced Beef(100% beef), Tinned Tomatoes, Onions, Mushrooms, Carrots, Tomato Puree((Tomatoes), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Garlic, Season to taste)).

May Contain Spaghetti: **SOYA** and **MUSTARD**

Mediterranean Pizza (Ve)

Pizza Slab (**WHEAT** Flour (**WHEAT** Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast (Yeast, Deactivated Yeast), Sugar, salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Tomato Passata),Violife Cheese(Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12), Sweetcorn(Sweetcorn, Water), Onions, Peppers. Sauce(Water, Tomatoes (36%) (tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion, Tomato Paste, Cornflour, Sugar, Garlic, Rapeseed Oil, Red Wine, Vinegar, sea Salt, Basil, Coriander, Red Chilli Flakes, Black Pepper, Oregano).

Vegetable of the Day.

Sweetcorn

sweetcorn, water.

Deli Choice

Chicken Goujon Wrap

Chicken Goujons (Chicken (58%), WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, WHEAT Starch, Salt, Potato Starch, Stabiliser: Triphosphate; Glucose Syrup, Colour: Paprika; Spice Extract, Caramelised Sugar, Yeast, Fructose, Thickener: Xanthan Gum; Sugar), Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282), Mayonnaise (Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range **EGG** yolk (1.5%), citrus fibre, skimmed **MILK** powder, natural flavourings (contains **MILK**, **MUSTARD**), thickeners (guar gum, xanthan gum), lemon juice concentrate, **MUSTARD** flour, antioxidant (calcium disodium EDTA), paprika extract).

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Sliced Chicken

Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).

Egg Mayo

EGGS (Boiled **EGGS**), Mayonnaise (Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range **EGG** yolk (1.5%), citrus fibre, skimmed **MILK** powder, natural flavourings (contains **MILK**, **MUSTARD**), thickeners (guar gum, xanthan gum), lemon juice concentrate, **MUSTARD** flour, antioxidant (calcium disodium **EDTA**), paprika extract.

Dessert

Eves Pudding and Custard (V) or (Ve)

Canned Solid Pack Apples (Apples, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Plain Flour (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Sugar (white), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), **EGGS**, Baking Powder (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agent (Disodium Diphosphate, Sodium Hydrogen Carbonate)).

Custard (V)

Custard (Maize Starch, Colour (Annatto), Flavouring, **MILK**), **MILK**, Sugar.

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT.**

Wednesday

Soup

Vegetable Soup (Ve)

Water, Onions, Carrots, Turnip, Cabbage, Leeks, Potatoes, Parsley, Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant Agent (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper).

Main Choice

Roast Chicken with Gravy, Stuffing and Boiled Potatoes

Roast Chicken (Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates), Gravy (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour(E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier(E322) (contains **SOYA**), Stuffing (Onions, Breadcrumbs (Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid), **EGGS**, Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A), Mixed Herbs(Marjoram, Thyme, Parsley, Basil, Savory), Cayenne Pepper, Salt), Potatoes.

Gravy May Contain : **CELERY, MILK.**

Vegetable Roast with Gravy and Roast Potatoes (Ve)

Pepper, leeks, carrots, mushrooms, onions, vegetable oil, Violife cheese (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12), breadcrumbs (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Yeast, Salt), Gravy(Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour(E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier(E322) (contains **SOYA**)

Gravy May also contain : **CELERY, MILK.**

Vegetable of the Day

Carrots

Broccoli

Deli Choices

Cheese Panini (V)

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Panini May Contain: **Traces of Sesame**

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Sliced Chicken

Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).

Tuna Mayo

Tuna (Tuna ((**FISH**), Water, Salt), Mayonnaise (Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range **EGG** yolk (1.5%), citrus fibre, skimmed **MILK** powder, natural flavourings (contains **MILK**, **MUSTARD**), thickeners (guar gum, xanthan gum), lemon juice concentrate, **MUSTARD** flour, antioxidant (calcium disodium **EDTA**), paprika extract).

Desserts

Crackers with Cheese (V) or (Ve)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch), Cream Crackers(**WHEAT** flour, Vegetable oil(Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A).

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**

Thursday

Main Choice

Sausages with Gravy and Potatoes

Sausages (Pork 75%, Seasoning - Rusk (**WHEAT** Flour, Salt, Raising Agent (E503(ii)), Salt, Whey Powder(**MILK**) Fortified **WHEAT** Flour, Sugar, Emulsifier E451 (i), Preservative (**SULPHITES**) (E223), Spice (White Pepper), Acidity Regulator (E331), Flavourings, Ice, Water), Gravy (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour(E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier(E322) (contains **SOYA**), Potatoes.

Gravy May also contain : **CELERY, MILK.**

Tomato and Basil Pasta with Garlic Bread (Ve)

Water, Pasta (Durum **WHEAT** Semolina (100%)), Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onion, Green Peppers, Mushrooms (sliced), Cheddar Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin)), Anti-caking Agent (Potato Starch), Tomato Puree (Tomatoes, Sugar)), Rapeseed Oil, Basil dried (basil), Basil (fresh), Chilli Pepper.

Garlic Bread (Ve)

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A), Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

Vegetables of the Day

Turnip

Sweetcorn

Sweetcorn and water

Deli Choices

Chicken Fajita Wrap

Chicken (100% Diced Chicken), Onions, Red Peppers, Tomato Puree (Tomatoes), Sugar)), Garlic, Vegetable oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Chilli Powder, Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282), Fajita Mix (Salt [Salt, Anticaking Agent (Sodium Ferrocyanide)], Chilli Powder (23%), Onion Powder, Sugar, Cumin Powder, Garlic Powder (8%), Oregano (0.5%), Flavouring, Paprika Extract, Lime Extract (0.5%), Cassia, Nutmeg, Coriander Leaf, Anticaking Agent (Silicon Dioxide)), Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch), Lettuce.

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** Flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Cheese (V)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Ham

Pork (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers(Diphosphates, Triphosphates), Antioxidant(Sodium Ascorbate), Preservative(Sodium Nitrite).

Dessert

Chocolate Mousse (V) with Mandarins

Sugar, Whole **MILK** Powder, Modified Potato Starch, Modified Maize Starch, Fat-reduced Cocoa Powder, Stabilisers (E404, E450iii, E472a, E339ii, E412, E415, E410), Dried Glucose Syrup, Palm Oil, **MILK** Protein, natural Flavouring, **MILK**, Mandarins.

May Contain Chocolate Mousse: **SOYA**

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**

Friday

Main Choice

Fish with Chips or Boiled Potatoes

Breaded **FISH** (Pollack (**FISH**) (50%), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate)), Potatoes, Chips (Potato, Sunflower Oil).

Stir Fry Vegetables with Rice (Ve)

Rice (Basmati Rice (100%)), Green Beans, Red Peppers, Yellow Pepper, Baby Corn, Onions, Garlic, Cumin, Curry powder (Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Garam masala (Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove), Cornflour (Maize Starch), Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper).

Vegetables of the Day

Peas and

Beans

Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring

Deli Choices

Cheese and Tomato Pizza (V)

Pizza Slab (**WHEAT** Flour (**WHEAT** Flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast (Yeast, Deactivated Yeast), Sugar, salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Tomato Passata. Sauce (Water, Tomatoes (36%) (tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion, Tomato Paste, **CORNFLOUR**, Sugar, Garlic, Rapeseed Oil, Red Wine, Vinegar, Sea Salt, Basil, Coriander, Red Chilli Flakes, Black Pepper, Oregano), Cheese (Mozzarella (**MILK**), Water, Palm Oil, **MILK** proteins, Modified Starch, Potato Starch, Salt, Acidity Regulator, Lactic acid, Emulsifier: trisodium citrate, fibre, Stabilisers: Carrageenan & Potassium Chloride, Preservative: Potassium Sorbate, Colour: Beta Carotene, Anticaking Agent: Cellulose).

Baked Potato

Baked Potato (Potato)

Sandwich

Water, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (**WHEAT**) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, **WHEAT** Protein, **SOYA** Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.

Wrap

Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Sliced Chicken

Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates)

Cheese (V)

Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch).

Dessert

Shortbread (Ve)

Sugar, Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)).

Strawberry Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Fruit (3.9%) (Strawberry, Strawberry Puree), Modified Maize Starch, Glucose Syrup, Stabilisers (Guar Gum, Pectin), Blackcurrant Juice from Concentrate, Acidity Regulators (Citric Acid, Sodium Citrate), Flavouring, Colour (Anthocyanin).

Toffee Yogurt (V)

Yogurt (**MILK**) (89%), Sugar, Water, Modified Maize Starch, Stabilisers (Guar Gum, Pectin), Caramelised Sugar Syrup, Flavourings, Coffee Extract, Acidity Regulator (Citric Acid).

Alpro Yogurt (Ve)

Water, Hulled **SOYA** beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

May contain : **ALMONDS, BRAZIL NUT, CASHEW NUT, HAZELNUT, MACADAMIA/QUEENSLAND NUT, NUTS, PECAN NUT, PISTACHIO AND WALNUT**