Dairy-Free Gluten-Free Halal Vegetarian

MONDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato	100% potato	**Contains: None of the 14 Food Allergens**
Macaroni Cheese Pasta Bake	Ingredients: Durum **Wheat** Semolina Cheddar Cheese (**Milk**). Skimmed Milk Solids (24%), Lactose (**Milk**), Whey Powder (**Milk**), Vegetable Oil(Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator(Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.	**Contains: Milk, Gluten and Wheat**
Baked Beans	Ingredients: Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoring.	**Contains: None of the 14 Food Allergens**
Cheese	Ingredients: Cheddar Cheese (**Milk**).	**Contains: Milk**
Tuna mayo	Ingredients: Tuna (**Fish**), Water, Salt. Rapeseed Oil, Water, Spirit Vinegar, Sugar**, Egg Yolk Powder** (1%), Stabiliser (Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	**Contains: Fish and Egg**
Coleslaw	Ingredients: 50% Cabbage, 30% Carrots 5% onions Rapeseed Oil, Water, Spirit Vinegar, Sugar, **Egg Yolk Powder** (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	**Contains: Egg**
Wholemeal Roll (Malted Wheat Mini Petit Pain)	Ingredients: Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted **Wheat** Flakes (4.0%), Malted **Barley** Flour, Salt, **Wheat** Bran, Yeast, **Wheat Gluten**, **Barley** Flour, Flour Treatment Agent (Ascorbic Acid)	**Contains: Gluten, Barley and Wheat**

Dairy-Free Gluten-Free Halal Vegetarian

TUESEDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Chilli con Carne	Ingredients: 75% Halal Mince Beef, 5% onions, 10% Diced Carrots, Water, Tomato Purée from Concentrate (8%), Spice Paste (7%) [Rapeseed Oil, Water, Sugar, Spices (Ground Ginger, Ground Coriander, Cumin, Cardamom, Paprika, Ground Cinnamon, Cumin Seeds, Ground Cloves, Chilli Powder, Ground Fenugreek, Ground Black Pepper, Black Onion Seed), Onion Purée, Concentrated Lemon Juice, Salt, Herbs (Coriander Leaf, Ground Fennel), Garlic Powder, Acidity Regulator(Acetic Acid)], Onion Purée, Modified Maize Starch, Sugar, Spices (Coriander, Ground Cumin, Ginger Purée, Chilli Powder, Cardamom), Lemon Juice made from Concentrate, Garlic Purée, Salt, Colour (Paprika Extract), Coriander Leaf (2%), Acidity Regulator (Lactic Acid).	**Contains: None of the 14 Food Allergens**
Chicken Curry	Ingredients: 75% Halal diced chicken; Water Tomatoes (14%) Onions (7.9%) Fresh Cream (from **MILK**) (7.2%) Coconut (4.8%) Sugar Sunflower Oil Desiccated Coconut (2.9%) Modified Maize Starch Salt Skimmed MILK Yoghurt Powder Acid (Lactic Acid) Spices Ginger Curry Powder (0.4%) Coriander Garlic Colours (Beta-Carotene, Paprika Extract)	**Contains: Milk**
Chickpea and Lentil Korma	Ingredients: Chick Peas, Red Lentils, Water, Double Cream (**Milk**) (5%), Sugar, Reconstituted Tomato Purée, Desiccated Coconut (4%), Onion, Creamed Coconut (3%), Modified Maize Starch, Whey Powder (**Milk**), Garlic Purée, Salt, Ginger Purée, Acidity Regulator (Lactic Acid), Rapeseed Oil, Garam Masala [Coriander, Cassia, Cumin Seeds, Allspice, Ground Ginger, Cloves, Nutmeg, Dill, Fennel, Mace, Ground Black Pepper, Chilli Powder, Aniseed), Coriander, Cumin Seeds, Cassia, Turmeric, Cardamom, Colour (Paprika Extract).	**Contains: Milk**
Brown Rice	Ingredients: Long Grain Brown Rice (100%).	**Contains: None of the 14 Food Allergens**
Peas	Ingredients: peas	**Contains: None of the 14 Food Allergens**
Tortilla Wrap	Ingredients: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators (Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt.	**Contains: Gluten and Wheat**
Blueberry Muffins	Sugar, **WHEAT** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Rapeseed Oil, Pasteurised Whole **EGG**, Blueberries (11%), Cornflour, **WHEAT** Starch, Whey Powder (**MILK**), Raising Agents (Potassium Bicarbonate, Diphosphates)	**Contains: Gluten, Egg, Milk and Wheat**

Dairy-Free Gluten-Free Halal Vegetarian

WEDNESDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Roast Chicken and Gravy	Ingredients: Halal Chicken, Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.	**Contains: None of the 14 Food Allergens**
Roast Pork and Gravy	Ingredients: Pork, Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.	**Contains: None of the 14 Food Allergens**
Quorn Roast	Ingredients: Mycoprotein (63%), Rehydrated Free Range **EGG** White, **MILK** Protein, Natural Flavouring, Pea Fibre.	**Contains: Egg and Milk**
Roasted Potatoes	Ingredients: Potatoes (96%), Sunflower Oil, Rice Flour, Dextrin, Potato Starch, Salt, Dextrose, Colour: Caramel, Natural Flavouring.	**Contains: None of the 14 Food Allergens**
Mixed Vegetables	Ingredients: 100% Mixed Vegetable	**Contains: None of the 14 Food Allergens**
Raspberry Jelly	Ingredients: Sugar, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Colour (Beetroot Red), Flavouring.	**Contains: None of the 14 Food Allergens**

Dairy-Free Gluten-Free Halal Vegetarian

THURSDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
BBQ Chicken Topping	Ingredients: Halal Diced Chicken,10% sliced peppers Water, Water, Sugar, Tomato Paste (13%), Spirit Vinegar, Glucose - Fructose Syrup, Modified Maize Starch, Concentrated Apple Juice, Salt, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper.	**Contains : None of the 14 Food Allergens**
Margarita Pizza	Ingredients**: Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Mozzarella Cheese **(12%)(Milk**), Tomatoes (12%), Wholemeal **Wheat Flour**, Cheddar Cheese **(5%)(Milk**), Yeast, Salt, Rapeseed Oil, Oregano, Black Pepper, Basil, Garlic, Acidity Regulator(Citric Acid).	**Contains: Gluten, Milk and Wheat**
Garlic & Parsley Bread Slices	Ingredients: **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Garlic Margarine (25%) (Margarine[Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Garlic Mix [Garlic Puree, Water, Salt], Parsley), Yeast, Salt, Flour Treatment Agent (Ascorbic Acid), Wheat Flour.	**Contains: Gluten and Wheat**
Sweetcorn	Ingredients: Sweet corn	**Contains : None of the 14 Food Allergens**
Mixed Yoghurts	Ingredients: Skimmed **Milk**, Sugar 7.1%, Cream (**milk**), Skimmed **Milk** Powder, Modified Manioc And Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acid: Citric Acid, Preservative: Potassium Sorbate, Lactic Cultures (**Milk**), Vitamin D	**Contains : Milk**

Dairy-Free Gluten-Free Halal Vegetarian

FRIDAY WEEK 1		
ITEM	INGREDNGIENTS	ALLERGENS
Fish Fingers	Ingredients: Cod (**Fish**) (58%), Wheat Flour (**Wheat Flour**, Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt, Colour (Paprika Extract, Curcumin), Turmeric.	**Contains: Gluten, Fish and Wheat**
Vegetable Burger	Ingredients: **Wheat Flour**(Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (11%),Peas (10%),Sweetcorn (9%),Onion (8%),Red Pepper (6%),Dried Potato,Green Beans (4.5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (2.5%),Potato,Salt,Yeast,Sugar,Yeast Extract,Garlic Powder,Onion Powder,Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage Extract.	**Contains: Gluten and Wheat**
Potatoes Waffles	Ingredients: Potatoes (81%), Dehydrated Potato, Sunflower Oil (8.8%), Potato Starch, Salt, Pepper Extract.	**Contains: None of the 14 Food Allergens**
Baked Beans	Ingredients: Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoring.	**Contains: None of the 14 Food Allergens**
Sliced Bread	Ingredients: **Wheat** Flour (with added calcium, niacin, iron, folic acid and thiamin), Water, Yeast, Salt, Emulsifiers: E471, E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300.	**Contains: Gluten and Wheat**
Vanilla Ice-Cream	Water, Invert Sugar Syrup, Vegetable Fat(Palm Oil, Palm Kernel Oil), Skimmed **Milk** Powder, **Milk** Proteins, Whey Powder (Milk), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Cellulose Gum, Carrageenan), Flavouring, Colour(Beta-Carotene - synthetic).	**Contains: Milk**

Dairy-Free Gluten-Free Halal Vegetarian

MONDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato	100% potato	**Contains: None of the 14 Food Allergens**
Tomato and Cheese Tricolour Fusilli Pasta Bake	Ingredients: Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions and Cheddar Cheese (**Milk**), Durum **Wheat** Semolina (85%), Tomato Powder (7%), Spinach Powder (7%).	**Contains: Milk, Gluten and Wheat**
Baked Beans	Ingredients: Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoring.	**Contains: None of the 14 Food Allergens**
Cheese	Ingredients: Cheddar Cheese (**Milk**).	**Contains: Milk**
Tuna mayo	Ingredients: Tuna (**Fish**), Water, Salt. Rapeseed Oil, Water, Spirit Vinegar, Sugar, **Egg Yolk Powder** (1%), Stabiliser (Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	**Contains: Fish and Egg**
Coleslaw	Ingredients: 50% Cabbage, 30% Carrots 5% onions Rapeseed Oil, Water, Spirit Vinegar, Sugar, **Egg** Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	**Contains: Egg**
Wholemeal Roll (Malted Wheat Mini Petit Pain)	Ingredients: Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted **Wheat** Flakes (4.0%), Malted **Barley** Flour, Salt, **Wheat** Bran, Yeast, **Wheat Gluten**, **Barley** Flour, Flour Treatment Agent (Ascorbic Acid)	**Contains: Gluten, Barley and Wheat**
Soreen Bar	Ingredients: Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Strawberry Pieces (7%) (Concentrated Apple Puree, Strawberry Puree, Fructose Glucose Syrup, Humectant: Glycerol, Sugar.), **WHEAT** Fibre, Palm Fat, Gelling Agent: Pectin. Acidity Regulator: Malic Acid. Colouring: Fruit and Plant Concentrates, (Concentrate of Carrot, Pumpkin, Blueberry), Natural Flavouring), Sugar, Maize Starch, Strawberry Puree (5%), Partially Inverted Refiners Syrup, Malted **BARLEY** Flour (1%), Vegetable Fat (Rapeseed, Palm), Natural Flavourings, Salt, Yeast, Preservative: Calcium Propionate. Yeast	**Contains : Barley, Gluten and Wheat**

Dairy-Free Gluten-Free Halal Vegetarian

TUESDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Beef Lasagne	Ingredients: I70% Halal minced Beef, Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions and Durum **Wheat** Semolina Cheddar Cheese (**Milk**) (Minimum Fat Content 82%) Cheddar Cheese (**Milk**). Water, **Mustard** Flour (18%), Glucose-Fructose Syrup, Salt, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Acidity Regulator (Acetic Acid), Turmeric Powder, Stabiliser (Xanthan Gum).	**Contains: Milk, Gluten, Mustard, and Wheat**
Vegetable Hotpot	Ingredients: Courgette (30%), Tomatoes (22.5%), Green Pepper (12.5%), Red Pepper (12.5%), Onion (12.5%), Aubergine (10%). Garlic and vegetable stock, Potato (96%)(Origin: EU),Palm Oil,Sunflower Oil	**Contains: None of the 14 Food Allergens**
Garlic & Parsley Bread Slices	Ingredients: **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Garlic Margarine (25%) (Margarine[Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Garlic Mix [Garlic Puree, Water, Salt], Parsley), Yeast, Salt, Flour Treatment Agent (Ascorbic Acid), Wheat Flour.	**Contains: Gluten and Wheat**
Cauliflower & Broccoli	Ingredients: 100% Cauliflower & Broccoli	**Contains: None of the 14 Food Allergens**
Sliced Peaches	Ingredients: Peaches, Pear Juice from Concentrate, Water, Acidity Regulator: Citric Acid	**Contains: None of the 14 Food Allergens**
Strawberry Jelly	Ingredients: Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.	**Contains: None of the 14 Food Allergens**

Dairy-Free Gluten-Free Halal Vegetarian

WEDNESDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Roast Chicken and Gravy	Ingredients: Halal Chicken, Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.	**Contains: None of the 14 Food Allergens**
Roast Beef and Gravy	Ingredients: Beef, Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.	**Contains: None of the 14 Food Allergens**
Vegan Mini Fillets	Ingredients: Mycoprotein (88%), Pea Fibre, Natural Flavouring, Potato Protein, Pea Protein, **Wheat** Gluten. Allergy Advice: For allergens, including cereals containing gluten	**Contains: Gluten and Wheat**
Roasted New Potatoes	Ingredients: New Potatoes Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).	**Contains: None of the 14 Food Allergens**
Carrots	Ingredients: Carrots	**Contains: None of the 14 Food Allergens**
Strawberry Jelly	Ingredients: Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.	**Contains: None of the 14 Food Allergens**

Dairy-Free Gluten-Free Halal Vegetarian

THURSDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
BBQ Chicken Topping	Ingredients: Halal Diced Chicken,10% sliced peppers Water, Water, Sugar, Tomato Paste (13%), Spirit Vinegar, Glucose - Fructose Syrup, Modified Maize Starch, Concentrated Apple Juice, Salt, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper.	**Contains : None of the 14 Food Allergens**
Margarita Pizza	Ingredients**: Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Mozzarella Cheese **(12%)(Milk)**, Tomatoes (12%), Wholemeal **Wheat Flour**, Cheddar Cheese **(5%)(Milk)**, Yeast, Salt, Rapeseed Oil, Oregano, Black Pepper, Basil, Garlic, Acidity Regulator(Citric Acid).	**Contains: Gluten, Milk and Wheat**
Garlic & Parsley Bread Slices	Ingredients: **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Garlic Margarine (25%) (Margarine[Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Garlic Mix [Garlic Puree, Water, Salt], Parsley), Yeast, Salt, Flour Treatment Agent (Ascorbic Acid), Wheat Flour.	**Contains: Gluten and Wheat**
Sweetcorn	Ingredients: Sweetcorn	**Contains : None of the 14 Food Allergens**
Mixed Yoghurts	Ingredients: Skimmed **Milk**, Sugar 7.1%, Cream (**milk**), Skimmed **Milk** Powder, Modified Manioc and Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acid: Citric Acid, Preservative: Potassium Sorbate, Lactic Cultures (**Milk**), Vitamin D	**Contains: Milk**

Dairy-Free Gluten-Free Halal Vegetarian

FRIDAY WEEK 2		
ITEM	INGREDNGIENTS	ALLERGENS
Breaded Fish	Ingredients: Alaska Pollack (**Fish**) (50%), **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate).	**Contains: Gluten, Fish and Wheat**
Vegan Sausages	Ingredients: 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.	**Contains: Gluten and Wheat**
Oven Chips	Ingredients: Potato, Sunflower Oil.	**Contains: None of the 14 Food Allergens**
Spaghetti Hoops	Ingredients: Cooked Pasta (46%) (Water, Durum **Wheat** Semolina), Tomatoes (42%), Water, Sugar, Modified Maize Starch, Maize Starch, Salt, **Wheat Flour**, Acidity Regulator (Citric Acid), Rapeseed Oil, Onion Powder, Paprika, Paprika Extract, Capsicum Extract.	**Contains: Gluten and Wheat**
Sliced Bread	Ingredients: **Wheat** Flour (with added calcium, niacin, iron, folic acid and thiamin), Water, Yeast, Salt, Emulsifiers: E471, E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300.	**Contains: Gluten and Wheat**
Sliced Oranges	Ingredients: 100% Orange	**Contains: None of the 14 Food Allergens**

Dairy-Free Gluten-Free Halal Vegetarian

MONDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Jacket potato	100% potato	**Contains: None of the 14 Food Allergens**
Cheese and Tuna Pasta Bake	Ingredients: Tuna (**FISH**), Water, Salt. Rapeseed Oil, Water, Spirit Vinegar Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Garlic Powder (22%), Onions, **Mustard** and Durum **Wheat** Semolina Cheddar Cheese (**Milk**).	**Contains: Fish, Milk, Gluten, Mustard, and Wheat**
Baked Beans	Ingredients: Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoring.	**Contains: None of the 14 Food Allergens**
Cheese	Ingredients: Cheddar Cheese (**Milk**).	**Contains: Milk**
Tuna mayo	Ingredients: Tuna (**Fish**), Water, Salt. Rapeseed Oil, Water, Spirit Vinegar, Sugar, **Egg Yolk Powder** (1%), Stabiliser (Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	**Contains: Fish and Egg**
Coleslaw	Ingredients: 50% Cabbage, 30% Carrots 5% onions Rapeseed Oil, Water, Spirit Vinegar, Sugar, Egg Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).	**Contains: Egg**
Wholemeal Roll (Malted Wheat Mini Petit Pain)	Ingredients: Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted **Wheat** Flakes (4.0%), Malted **Barley** Flour, Salt, **Wheat** Bran, Yeast, **Wheat Gluten**, **Barley** Flour, Flour Treatment Agent (Ascorbic Acid)	**Contains: Gluten, Barley and Wheat**
Soreen Bar	Ingredients: Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Strawberry Pieces (7%) (Concentrated Apple Puree, Strawberry Puree, Fructose Glucose Syrup, Humectant: Glycerol, Sugar.), WHEAT Fibre, Palm Fat, Gelling Agent: Pectin. Acidity Regulator: Malic Acid. Colouring: Fruit and Plant Concentrates, (Concentrate of Carrot, Pumpkin, Blueberry), Natural Flavouring), Sugar, Maize Starch, Strawberry Puree (5%), Partially Inverted Refiners Syrup, Malted BARLEY Flour (1%), Vegetable Fat (Rapeseed, Palm), Natural Flavourings, Salt, Yeast, Preservative: Calcium Propionate. Yeast	**Contains: Barley, Gluten and Wheat**

Dairy-Free Gluten-Free Halal Vegetarian

TUESDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Beef Chilli con Carne	Ingredients: 75% Halal Mince Beef, 5% onions, 10% Diced Carrots, Water, Tomato Purée from Concentrate (8%), Spice Paste (7%) [Rapeseed Oil, Water, Sugar, Spices (Ground Ginger, Ground Coriander, Cumin, Cardamom, Paprika, Ground Cinnamon, Cumin Seeds, Ground Cloves, Chilli Powder, Ground Fenugreek, Ground Black Pepper, Black Onion Seed), Onion Purée, Concentrated Lemon Juice, Salt, Herbs (Coriander Leaf, Ground Fennel), Garlic Powder, Acidity Regulator(Acetic Acid)], Onion Purée, Modified Maize Starch, Sugar, Spices (Coriander, Ground Cumin, Ginger Purée, Chilli Powder, Cardamom), Lemon Juice made from Concentrate, Garlic Purée, Salt, Colour (Paprika Extract), Coriander Leaf (2%), Acidity Regulator (Lactic Acid).	**Contains: None of the 14 Food Allergens**
Chicken Korma Curry	Ingredients: 75% Halal diced chicken; Water Tomatoes (14%) Onions (7.9%) Fresh Cream (from **MILK**) (7.2%) Coconut (4.8%) Sugar Sunflower Oil Desiccated Coconut (2.9%) Modified Maize Starch Salt Skimmed MILK Yoghurt Powder Acid (Lactic Acid) Spices Ginger Curry Powder (0.4%) Coriander Garlic Colours (Beta-Carotene, Paprika Extract)	**Contains: Milk**
Bean & Roasted Vegetables	Ingredients: Mixed Beans in Variable Proportions (Butter beans, Borlotti beans, Cannellini beans, Chickpeas, Red kidney beans), Water. Red Onion (22%), Courgette (20%), Aubergine (18%), Red Pepper (14%), Yellow Pepper (14%), Potato (12%). Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Paprika, Chilli Powder. Onions, Water, Firming Agent (Calcium Chloride). Corn flour, high oleic sunflower oil (25%)	**Contains: None of the 14 Food Allergens**
Chapatti	Ingredients: Water,Wheat **Flour**(Wheat Flour,Calcium Carbonate,Niacin,Iron,Thiamin),Wholemeal Wheat **Flour**(Wheat Flour,Wheat **Gluten**),Rapeseed Oil,Salt	**Contains : Gluten and Wheat**
Tacos	Ingredients: Corn flour, high oleic sunflower oil (25%).	**Contains: None of the 14 Food Allergens**
Rice	Ingredients: Parboiled Long Grain Rice (100%).	**Contains: None of the 14 Food Allergens**
Carrots and Sweetcorn	Ingredients: 100% Carrots and Sweetcorn	**Contains: None of the 14 Food Allergens**
Strawberry Mousse	Ingredients: Sugar, **Skimmed Milk** Powder, Modified Maize Starch, Palm Oil, Emulsifiers (Propane-1, 2-diol Esters of Fatty Acids, Sunflower Lecithin), Flavouring, Stabilisers (Tetrasodium Diphosphate, Disodium Phosphate), **Milk** Proteins, Lactose (**Milk**), Firming Agent (Calcium Carbonates), Whey Powder (**Milk**), Colours (Beetroot Red, Beta-Carotene), Anticaking Agent (Silicon Dioxide).	**Contains: Milk**

Dairy-Free Gluten-Free Halal Vegetarian

WEDNESDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Chicken Sausages	Ingredients: Chicken (65%), Water, Rusk (**Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Raising Agent: Ammonium Carbonate), Salt, Stabiliser: Sodium Diphosphate, Dextrose, Flavourings, Spices, Preservative: **Sodium Sulphite**, Vegetable Oil, Filled into Beef Sausage Casings (Beef Collagen, Water, Cellulose)	**Contains: Gluten, Sulphites >10ppm and Wheat**
Pork Sausages	Ingredients: Water, Pork (28%), **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Pork Fat, Chicken Fat, Chicken (4%), Pork Rind, Chicken Skin, Salt, Dextrose, Stabilisers (Tetrasodium Diphosphate, Disodium Diphosphate), Yeast Extract, Sugar, Preservative (**Sodium Sulphite**), Raising Agent (Ammonium Carbonate), Spice Extracts (Coriander, Nutmeg, Pepper), Antioxidant (Ascorbic Acid), Sage Extract. Filled into Beef Casing (Beef Collagen, Water, Cellulose).	**Contains: Gluten, Sulphites >10ppm and Wheat**
Vegetable Balls in Gravy	Ingredients: Water, **SOYA** Protein (19%), Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Thickener (Methyl Cellulose), Brown Sugar, Parsley, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper. Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder.	**Contains: Soya**
Mashed Potato	Ingredients: Potato (83%), Water, Palm Oil, Butteroil (Milk), Flavouring, Salt, Glucose Syrup, Whole Milk Powder, Lactose (Milk), Milk Proteins, Dextrose, Dried Cream (Milk), Onion, White Pepper.	**Contains: Milk**
Mixed Vegetables	Ingredients: Carrot (65%), Peas (22%), Green Beans (6%), Sweet corn (5%), Broad Beans (2%).	**Contains: None of the 14 Food Allergens**
Orange Jelly	Ingredients: Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.	**Contains: None of the 14 Food Allergens**

Dairy-Free Gluten-Free Halal Vegetarian

THURSDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
BBQ Chicken Topping	Ingredients: Halal Diced Chicken,10% sliced peppers Water, Water, Sugar, Tomato Paste (13%), Spirit Vinegar, Glucose - Fructose Syrup, Modified Maize Starch, Concentrated Apple Juice, Salt, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper.	**Contains : None of the 14 Food Allergens**
Margarita Pizza	Ingredients**: Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Mozzarella Cheese **(12%)(Milk)**, Tomatoes (12%), Wholemeal **Wheat Flour**, Cheddar Cheese **(5%)(Milk**), Yeast, Salt, Rapeseed Oil, Oregano, Black Pepper, Basil, Garlic, Acidity Regulator(Citric Acid).	**Contains: Gluten, Milk and Wheat**
Garlic & Parsley Bread Slices	Ingredients: **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Garlic Margarine (25%) (Margarine[Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)], Garlic Mix [Garlic Puree, Water, Salt], Parsley), Yeast, Salt, Flour Treatment Agent (Ascorbic Acid), Wheat Flour.	**Contains: Gluten and Wheat**
Sweetcorn	Ingredients: Sweet corn	**Contains : None of the 14 Food Allergens**
Mixed Yoghurts	Ingredients: Skimmed **Milk**, Sugar 7.1%, Cream (**milk**), Skimmed **Milk** Powder, Modified Manioc And Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Acid: Citric Acid, Preservative: Potassium Sorbate, Lactic Cultures (**Milk**), Vitamin D	**Contains : Milk**

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FRIDAY WEEK 3		
ITEM	INGREDNGIENTS	ALLERGENS
Fish Cake	Ingredients: Minced White Fish (43%)(Fish), Water, Wheat Flour (**Wheat Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Dried Potato, Sunflower Oil, Rapeseed Oil, Palm Oil, Salt, Stabiliser (Methyl Cellulose), Yeast, Onion Powder, Parsley, Sugar, Turmeric, Colour (Paprika Extract), Black Pepper Extract, Parsley Extract.	**Contains: Gluten, Fish, and Wheat**
Tomato Ketchup	Ingredients: Water, Glucose-Fructose Syrup, Tomato Paste (8%), Modified Maize Starch, Sugar, Acidity Regulator(Acetic Acid, Citric Acid), Salt, Tomato Spice blend(Salt, Clove Extract, Flavouring, Cayenne Extract, Anti-caking Agent(Silicon Dioxide)), Preservative(Potassium Sorbate), Seasoning Blend(Tomato Powder, Dextrose, Salt, Spices[Nutmeg, Clove Powder, Cardamom, Cinnamon Powder, Coriander Powder], Onion Extract), Sweetener(Sodium Saccharin).	**Contains: None of the 14 Food Allergens**
Vegetable Samosas	Ingredients: Potato (57%), **Wheat Flour**, Cottonseed Oil, Onion (10%), Carrot (8%), Peas (8%), Salt, Green Chilli, Coriander, Garam Masala Powder (Cumin Seed, Black Pepper, Cinnamon, Cardamom, Bay Leaf, Mace, Clove, Nutmeg), Lemon Juice, Cumin Seed, Ginger, Garlic, Turmeric Powder.	**Contains: Gluten and Wheat**
Jacket Wedges	Ingredients: Potato, Sunflower Oil.	**Contains: None of the 14 Food Allergens**
Peas	Ingredients: Peas .	**Contains: None of the 14 Food Allergens**
Sliced Bread	Ingredients: **Wheat** Flour (with added calcium, niacin, iron, folic acid and thiamin), Water, Yeast, Salt, Emulsifiers: E471, E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300.	**Contains: Gluten and Wheat**
Carrot Cake	Sugar, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamine), Rapeseed Oil, **EGG**, Water, Humectant (Glycerine), Reconstituted Dried Carrot (15%), Cinnamon, Raising Agent (Disodium Diphosphate, Sodium Hydrogen Carbonate), Preservative (Potassium Sorbate), Stabiliser (Xanthum Gum), Salt.	**Contains: Gluten, Wheat and Egg**