

# AW24-25 Globetrotter Menus-Allergen Information

## Globetrotter Meal Deal 1

### Traditional Menu Week 1

#### Monday

#### Daily Special 1- Macaroni Cheese with Garlic Bread, Tomatoes and Peas

##### Macaroni Cheese with Garlic Bread

Macaroni (Durum **WHEAT** Semolina (100%)), **MILK**, Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Margarine (Vegetable oils in varying proportions (59%) (sunflower(36%), palm, linseed, rapeseed), water, salt (1.4%), Flora (Plant oils (sunflower, rapeseed, palm<sup>1</sup>, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A).

##### 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**

##### Peas(Ve)

##### Tomatoes (Ve)

## Daily Special 2- Roast Vegetable Wrap with Sald and Coleslaw (Ve)

### Roast 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), Violife cheese (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12), Lettuce.

### Salad (Ve)

#### Coleslaw

Cabbage, carrot, onions, 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).

## Tuesday

### Daily Special -1 Hunters Chicken with Chips / Potatoes, Broccoli and Sweetcorn

#### Hunters Chicken with Chips / Potatoes

Chicken Breast (Chicken (96%), Water, Rice Starch, Salt, Maltodextrin, Dextrose), BBQ Sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Barley Malt Vinegar, **SOYA** Sauce [Water, **SOYA** Extract (Water, **SOYA** Bean, Salt, **WHEAT** Flour)], Salt, Glucose, Spirit Vinegar, BARLEY Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain **WHEAT**, **CELERY**), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder), Cheese (Coloured Cheddar (**MILK**) contains colour (Annatto Norbixin), Anti-Caking Agent (Potato Starch), Chips (Potato, Sunflower Oil), Potatoes.

#### Broccoli (Ve)

#### Sweetcorn (Sweetcorn, Water) (Ve)

### Daily Special-2 Lentil Bolognese with Garlic Bread and Salad (Ve)

#### Lentil Bolognese with 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.

#### 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).

#### Salad (Ve)

## Wednesday

### Daily Special 1- Roast Beef with Gravy, Carrots, Cabbage with Yorkshire Pudding and Boiled Potatoes

#### Roast Beef with Gravy, Carrots, Peas with Yorkshire Pudding and Boiled Potatoes

Roast Beef (Beef (80%), Water, Pea Protein, Salt, Stabilisers (E451, E450), 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), Boiled potatoes.

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

**Carrots (Ve)**

**Cabbage (Ve)**

### Daily Special 2- Spinach, Sweet Potato and Lentil Dahl, Peas with Chapati (Ve)

#### 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), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper) White Pepper, Water), 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.

## Thursday

### Daily Special 1-Lasagne with Garlic Bread, Salad and Coleslaw

#### 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 (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures). **MILK**, tomato puree (tomatoes), water, 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**

#### Salad (Ve)

#### Coleslaw

Cabbage, carrot, onions, 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).

## Daily Special 2- BBQ Vegetable Wrap with Salad and Coleslaw

### BBQ Vegetable Wrap(Ve)

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), Green Pepper, Red Pepper, Onions, Mushrooms, BBQ sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Barley Malt Vinegar, **SOYA** Sauce [Water, **SOYA** Extract (Water, **SOYA** Bean, Salt, **WHEAT** Flour)], Salt, Glucose, Spirit Vinegar, **BARLEY** Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain **WHEAT**, **CELERY**), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder), Garlic.

### Salad (Ve)

#### Coleslaw

Cabbage, carrot, onions, 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).

## Friday

### Daily Special-1 Fish with Chips or Potatoes, Peas and Salad

#### 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)

Peas(Ve)

Salad (Ve)

### Daily Special 2- Mixed Bean Chilli with Rice, Peas and Salad(Ve)

#### Mixed Bean Chilli, Peas with Rice

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, Garlic, Paprika, Ground Coriander, Cumin, Sugar, Rice (Basmati Rice (100%)).

Peas(Ve)

Salad (Ve)

## Traditional Menu Week 2

### Monday

#### Daily Special 1- Breaded Chicken Burger, Chips, Peas and Coleslaw

##### Breaded Chicken Burger, Chips, Salad and Coleslaw

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), Chips (Potato, Sunflower Oil), Salad, Coleslaw (Cabbage, carrot, onions, Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Stabilisers (Modified Maize Starch, Xanthan Gum), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

##### Peas (Ve)

##### Coleslaw

Cabbage, carrot, onions, 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).



## Daily Special 2- Vegetable Fajita Wrap with Salad and Coleslaw

### 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), Violife cheese (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12), Lettuce.

### Salad (Ve)

#### Coleslaw

Cabbage, carrot, onions, 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).

## Tuesday

### Daily Special 1- Chicken Chow Mein

#### Chicken Chow Mein

Noodles (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, **EGG** (5%), Salt, Colour: Carotenes, Acidity Regulators (Potassium Carbonate, Citric Acid, Sodium Carbonate), Chicken (100% Diced Chicken), Bean Sprouts, Mushrooms, Peppers, Onions, Garlic Powder, Soy Sauce (Water, **SOYA** Extract (Water, Soya Bean, Salt, Wheat Flour)], Salt, Glucose, Spirit Vinegar, **BARLEY** Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain Wheat, **CELERY**), Smoke Flavouring, Preservative (Potassium Sorbate), Spring Onions.

### Daily Special 2- Vegetable Lasagne with Garlic Bread

#### 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**

## Wednesday

### Daily Special 1- Steak Pie with Potatoes, Carrots and Broccoli

#### Steak Pie 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**), 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)), Garlic Powder), Boiled Potatoes.

**Carrots (Ve)**

**Broccoli (Ve)**

### Daily Special 2- Mixed Bean and Tomato Parcel, Carrots and Broccoli (Ve)

#### Mixed Bean and Tomato Parcel Parcels with Mashed Potatoes (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.

**Carrots(Ve)**

**Broccoli (Ve)**

## Thursday

### Daily Special 1- Chicken Tikka Curry, Rice, Green Beans and Sweetcorn

#### 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.

#### Green Beans (Ve)

#### Sweetcorn (Sweetcorn, water) (Ve)

### Daily Special 2- Sweet and Sour Vegetables with Rice, Green Beans and Sweetcorn (Ve)

#### 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.

#### Green Beans (Ve)

#### Sweetcorn (Sweetcorn, water) (Ve)

## Friday

### Daily Special 1- Fish with Chips or Potatoes, Peas or Beans

#### Fish with Chips or Boiled Potatoes & Peas or Beans

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).

**Peas (Ve)**

**Beans(Ve)**

### Daily Special 2- 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).

**Salad (Ve)**

**Coleslaw**

Cabbage, carrot, onions, 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).

## Traditional Menu Week 3

### Monday

#### Daily special 1- Cheese Burger, Chips, Salad and Coleslaw

##### Cheese Burger Roll with Chips or Potatoes

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 (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Chips ( Chips (Potato, Sunflower Oil) or Potatoes.

Rolls May Contain : **SESAME**

##### Salad (Ve)

##### Coleslaw

Cabbage, carrot, onions, 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).

#### Daily Special 2- Mixed Bean Chilli with Rice (Ve)

##### Mixed Bean Chilli with Rice(Ve)

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, Rice (Basmati Rice (100%)).

## Tuesday

### Daily Special 1- Spaghetti Bolognese with Garlic Bread and Peas

#### 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**

#### 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**

#### Peas (Ve)

### Daily Special 2- Roast Vegetable Pizza, with Salad (Ve) Peas and Sweetcorn

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).

#### Salad (Ve)

#### Peas (Ve)

#### Sweetcorn (Sweetcorn, water) (Ve)

## Wednesday

### Daily Special 1- Roast Chicken with Gravy, Stuffing, Carrots, Broccoli and Boiled Potatoes

#### 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**

**Carrots(Ve)**

**Broccoli (Ve)**

### Daily Special 2- Vegetable Roast with Gravy, Carrots, Broccoli and Roast Potatoes (Ve)

#### Vegetable Roast with Gravy, Carrots and Boiled 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**), Potatoes.

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

**Carrots(Ve)**

**Broccoli (Ve)**



## Thursday

### Daily Special 1- Chicken Fajita Wrap with Salad and Coleslaw

#### Chicken Fajita Wrap with

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), Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Lettuce.

#### Salad (Ve)

#### Coleslaw

Cabbage, carrot, onions, 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).

### Daily Special 2- Vegetable Fajita Wrap with Salad and Coleslaw

#### 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), Violife cheese (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12), Lettuce.

#### Salad (Ve)

## **Coleslaw**

Cabbage, carrot, onions, 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).

## Friday

### Daily Special 1- Fish with Chips or Potatoes, Peas or Beans

#### Fish with Chips or Boiled Potatoes & Peas

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).

Peas(Ve)

Beans(Ve)

### Daily Special 2- Stir Fired Vegetables with Rice (Ve)

#### Stir Fry Vegetables with Rice (Ve)

Stir Fry Vegetables (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)), Rice (Basmati Rice (100%)).

## Globetrotter Meal Deal 1- Pizza, Pasta, Panini

### Pizza (V)

#### Cheese 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), **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).

### Pasta

#### Chicken Fajita

##### Chicken Fajita Pasta

Pasta (Durum **WHEAT** Semolina (100%)), Chicken Fajita Sauce (Tomato, Chicken (23%) Red Peppers, Onions, Sugar, Tomato Puree, Cornflour, Lime Juice (Water, Concentrated Lime Juice (20%), Preservative), Vegetarian Chicken Stock (Natural Flavourings, Salt, Sugar, Yeast Extracts, Sunflower Oil ) Water Ground Coriander, Sea Salt, Garlic, Rapeseed Oil, Cumin, Smoked Paprika, Lemon Zest, Red Chilli Peppers, Black Pepper).

#### Tomato and Basil (Ve)

##### Tomato and Basil Pasta

Pasta (Durum **WHEAT** Semolina (100%)), Tomato & Basil Sauce (Tomato (60%) Water, Onions, Tomato Puree, Cornflour, Sugar, Rapeseed Oil, Garlic, Red Wine Vinegar, Basil (1%) Sea Salt, Black Pepper, Oregano).

## Panini

### Cheese Panini

#### Cheese Panini

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Panini May Contain: **Traces of Sesame**

### Cheese and Chicken Panini

#### Cheese and Chicken Panini

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates), Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Panini May Contain: **Traces of Sesame**

### Cheese and Tuna Panini

#### Cheese and Tuna Panini

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid),TUNA(**FISH**), Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Panini May Contain: **Traces of Sesame**

## Globetrotter Menu - Chicken Bar

### Chicken Breast

#### Chicken Breast

Chicken Breast (Chicken (96%), Water, Rice Starch, Salt, Maltodextrin, Dextrose).

### Chicken Goujons

#### Chicken Goujons

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).

### Southern Fried Chicken Goujons

#### Southern Fries Chicken Goujons

Chicken Breast (57%), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Breadcrumbs (**WHEAT** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Salt, Yeast), Water, **WHEAT (GLUTEN)**, Non Hydrogenated Vegetable Oil (Rapeseed & Sunflower), Emulsifier (Polyglycerol Polyricinoleate), Rice Flour, Spices (Pepper, Garlic, Paprika, Chilli Pepper, Cardamom, Turmeric, Nutmeg, Cayenne, Cumin, Oregano), Maize Starch, Dextrose Monohydrate, **WHEAT** Starch, Potato Starch, Caramel, Salt, Food Fibre (Chicory), Maltodextrin, Stabiliser (Triphosphate), Maize Flour, Vegetable Protein (**WHEAT** Protein Hydrolysate), Dehydrated Onion, Raising Agent (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Stabiliser (Methylcellulose), Colour (Paprika Extract).

## Rice

### Rice

Rice (Basmati Rice (100%).

## Wrap

### Wrap

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

## Sub Roll

### Sub Roll

**WHEAT** flour (**WHEAT**, stabiliser: calcium carbonate (E170(i), iron, Thiamin (B1), nicotinic acid), Water, fibre supplement, yeast, salt, vegetable shortening (water, vegetable oils (rapeseed & palm), salt, emulsifier: E471, acidity regulator: citric acid (E330)), **SEMOLINA**, dough conditioner (**WHEAT** flour, emulsifier: E472e, **SOYA** flour, yeast nutrient E516, flour treatment agent: E300, rapeseed, enzymes).

## Sauces

### Sweet Chilli

Water, sugar, glucose-fructose syrup, diced pickled red chilli (5%) [red chilli peppers, salt, vinegar], spirit vinegar, pickled garlic pulp (3%) [garlic, water, salt, acidity regulators (acetic acid, citric acid)].

### Curry Sauce

Water, Tomato Purée from concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Purée (3%), Soy sauce (2.5%) (Water, Sugar, Rice Vinegar, **SOYA** Bean, **WHEAT**, Salt), Garlic Purée, Turmeric, Ground Coriander, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Black Pepper, Garlic Powder, Stabiliser (Xanthan Gum), Ground Cassia, Cumin Seed, Ground Fennel, Ground Cloves..

### Mayo

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).

### Garlic Mayo

Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, **EGG** Yolk Powder (**EGG** Yolk Powder, Salt, Maltodextrin), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Garlic Extract, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).

### BBQ

BBQ sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Barley Malt Vinegar, **SOYA** Sauce [Water, **SOYA** Extract (Water, **SOYA** Bean, Salt, **WHEAT** Flour)], Salt, Glucose, Spirit Vinegar, **BARLEY** Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain **WHEAT**, **CELERY**), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder).



## Tomato Sauce

### Tomato Sauce

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.

## Sweet Chilli Sauce

### Sweet Chilli Sauce

Sweet Chilli Sauce ((Water, sugar, glucose-fructose syrup, diced pickled red chilli (5%) [red chilli peppers, salt, vinegar], spirit vinegar, modified maize starch, minced garlic (3%), red chilli paste (1.7%) [red chilli peppers, salt, acidity regulator (acetic acid)], garlic puree (1.5%), salt, red pepper flakes, colour (paprika extract)).

## Salad

### Coleslaw

Cabbage, carrot, onions, 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).

### Beetroot

Beetroot, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).

### Lettuce

Lettuce(Ve)

## Tomato

Tomatoes(Ve)

## Cucumber

Cucumber(Ve)

## Pepper

Pepper(Ve)

## Red Onion

Red Onion (Ve)

## Cheese

Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

## Soup



### **Lentil Soup(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).

## Globetrotter Meal Deal-2

### Deli/Express

#### Baked Potato

##### Baked Potato

Baked Potato (Potato)

#### Bread Roll

##### Bread Roll

Wholemeal **WHEAT** Flour (45%), **WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin) (45), Dried Yeast, **SOYA** Flour, Vegetable Oil Blend (Palm & Rapeseed Oil), Salt, Emulsifier(**WHEAT** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), E472(e), E516, E300), Dextrose.

Allergens: **SOYA, WHEAT**

#### Baguette

##### Baguette

**WHEAT** flour, water, yeast, salt, **WHEAT GLUTEN**, flour treatment agent: E300, enzymes, malted **WHEAT** flour.

May contain: **EGG, SESAME**

#### 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).

## Deli Roll

### Deli Roll

**WHEAT** flour [**WHEAT**, stabiliser: calcium carbonate (E170(i), iron, thiamine (B1), nicotinic acid), water, **WHEAT** flour, **WHEAT** fibre, yeast, salt, vegetable shortening [water, vegetable oils (rapeseed & palm), salt, emulsifier: E471, acidity regulator: citric acid (E330)], **SEMOLINA**, dough conditioner [WHEAT flour, emulsifier: E472e, **SOYA** flour, yeast nutrient E516, flour treatment agent: E300, rapeseed, enzymes].

## Sandwich

### 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

May Contain: **SESAME**

## Cold Pasta

### Cold Pasta

Durum **WHEAT** Semolina (100%).

## Fillings



## Tuna Mayo

### Tuna Mayo

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).

## Cheese (V)

### Cheese (V)

Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures.

## Cheese Savoury(V)

### Cheese Savoury(V)

Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), 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), Peppers, Onions.

## Sliced Chicken

### Sliced Chicken

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

## Cooked Chicken Breast

### Cooked Chicken Breast

Chicken Breast (Chicken (96%), Water, Rice Starch, Salt, Maltodextrin, Dextrose).

## Coronation Chicken

### Coronation Chicken

Chicken Breast (Chicken (96%), Water, Rice Starch, Salt, Maltodextrin, Dextrose), 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), curry powder (Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace).

## Egg Mayo (V)

### Egg Mayo(V)

**EGG**, 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.

### Salmon Mayo

Salmon (Pink Salmon (FISH), 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)).



## Vegetable/Salad



## Baked Beans

### ***Baked Beans (Ve)***

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

## Coleslaw

### **Coleslaw**

Cabbage, carrot, onions, 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).

### **Beetroot**

#### **Beetroot (Ve)**

Beetroot, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).

## **Lettuce**

Lettuce (Ve)

## **Tomato**

Tomato (Ve)

## **Cucumber**

Cucumber (Ve)

## **Pepper**

Pepper (Ve)

## **Onion**

Onion (Ve)

## **Cheese (V)**

### **Cheese (V)**

Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures),

## Sauces

### Mayo

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).

### Garlic Mayo

Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, **EGG** Yolk Powder(**EGG** Yolk Powder, Salt, Maltodextrin), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Garlic Extract, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).

### BBQ

#### BBQ

BBQ sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Barley Malt Vinegar, **SOYA** Sauce [Water, **SOYA** Extract (Water, **SOYA** Bean, Salt, **WHEAT** Flour)], Salt, Glucose, Spirit Vinegar, **BARLEY** Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain **WHEAT, CELERY**), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder).

### Sweet Chilli

#### Sweet Chilli

Water, sugar, glucose-fructose syrup, diced pickled red chilli (5%) [red chilli peppers, salt, vinegar], spirit vinegar, pickled garlic pulp (3%) [garlic, water, salt, acidity regulators (acetic acid, citric acid)].

## Tomato Sauce

### Tomato Sauce

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.

## Soup



### Lentil Soup (Ve)

#### Lentil Soup(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).

## Desserts

### Fruit Pot(Ve)

#### Fruit Pot (Ve)

Kiwi, Strawberries, Pineapples, Melon, Grapes

## Yogurt

### Strawberry Yogurt

#### 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)

#### Toffee Yogurt

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)

#### 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**

## Flapjack (Ve)

### Flapjack(Ve)

Wholegrain **OAT** Flakes (50%), Vegetable Oil Blend (Palm & Rapeseed Oil), Sugar, Dried Glucose, Dextrose, Flavouring, Salt, Flavouring

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

## Homemade Tiffin (V)

### Homemade Tiffin (V)

Condensed milk (MILK, sugar), Digestives (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Palm Oil, Wholemeal **WHEAT** Flour, Sugar, Partially Inverted Refiners Syrup, Whey Powder (**MILK**), Raising Agent(Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate), Rapeseed Oil, Salt, Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A), Cocoa Powder (100% Cocoa Powder).

## Chocolate Brownie (V)

### Chocolate Brownie (V)

Chocolate Fudge Brownie (**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).

May Contain: **MILK, SOYA**

## Chocolate Muffin (V)

### Chocolate Muffin (V)

**WHEAT** Flour (Contains: Calcium, Iron, Niacin, Thiamin), Sugar, Reduced Fat Cocoa Powder (8.2%), Dried Whole **EGG** Powder, Palm Oil, Butter **MILK** Powder, Raising Agent (E450, E500), Flavouring (Contains **MILK**), Thickener (Xanthan Gum).

May Contain: **SOYA**.

## Vanilla Muffin (Ve)

### Vanilla Muffin (Ve)

**WHEAT** Flour (Contains: Calcium, Iron, Niacin, Thiamin), Sugar, Dried Whole **EGG** Powder, Butter **MILK** Powder, Palm Oil, Raising Agents (E450, E500), Flavouring, Thickener (Xanthan Gum).