

Allergen Information Spring/Summer 2023 Nursery Menus



Week 1

Monday

Main Choices

Macaroni Cheese (V)

Pasta (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, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A).

Spinach, Sweet potato and Lentil Dahl with rice (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.

Vegetables of the Day

Peas

Sliced Tomatoes

Sweetcorn

(Sweetcorn, water)

Deli Choices

Salmon Finger Wrap

Salmon Fingers (Salmon (**FISH**) (58%), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt (Salt, Sodium Ferrocyanide), Colour (Paprika Extract, Curcumin), Turmeric), 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, 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))

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).

Tuna Mayo

Tuna (Tuna ((**FISH**), Water, Salt), 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

Cheese

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

Coronation Chickpea Spread (Ve)

Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)), Tomatoes, Cucumber, 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)), Curry Powder (Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Garlic.

Desserts

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.

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**

Tuesday

Main Choice

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).

Chicken Fried Rice and Curry Sauce

Chicken (100% chicken), Water, Rice (Basmati Rice (100%)), Onions, Peas, Sweetcorn, Carrots, Peppers, Mushrooms, Vegetable oil (Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), 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), Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Curry Sauce (Ve)

Cauliflower, Onions, Courgette, Water, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), tin coconut milk Coconut Extract (65%), Water, Stabiliser: Guar Gum), Red pepper, Garlic, Ginger, 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), Salt and pepper.

Vegetable Fried Rice and Curry Sauce (Ve)

Rice (Basmati Rice (100%)), Water, Onions, Peas, Sweetcorn, Carrots, Peppers, Mushrooms, Vegetable oil (Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), 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), Water, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory),

Curry Sauce (Ve)

Cauliflower, Onions, Courgette, Water, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), tin coconut milk Coconut Extract (65%), Water, Stabiliser: Guar Gum), Red pepper, Garlic, Ginger, 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), Salt and pepper.

Vegetable of the Day

Broccoli

Deli Choices

Cheese and Tomato Pizza

Pizza 50-50 Base (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), Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Water, Cornflour (Maize Starch), Cheese (Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), (Garlic, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory).

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

Sliced Chicken

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

BBQ Chickpea Spread (Ve)

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, Flavoursings

(contain **WHEAT, CELERY**), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder), Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)).

Dessert

Crackers and Cheese (V)

Crackers (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Palm Oil, Salt, Raising Agent (Sodium Hydrogen Carbonate), Yeast), Cheese (Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Crackers May contain : **BARLEY, OATS and RYE**

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

Main Choice

Roast Chicken with Gravy, Yorkshire Pudding and Boiled Potatoes

Roast Chicken (Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers (Diphosphates, Triphosphates), Gravy (Potato Starch, Salt, **WHEAT** Starch, Colour (E150c), Yeast Powder (contains **BARLEY**), Onion Powder), Yorkshire Puddings (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 Contain : **CELERY, MILK, SOYA.**

Vegetable Roast with Gravy 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, Salt, **WHEAT** Starch, Colour (E150c), Yeast Powder (contains **BARLEY**), Onion Powder)

Vegetable of the Day

Carrots

Spring Greens

Deli Choice

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

Panini 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

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

Tuna Mayo

Tuna ((**FISH**), Water, Salt), 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)).

Salad (Ve)

Lettuce, Tomato, Cucumber, Onions.

Dessert

Shortbread

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**

Thursday

Main Choice

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

Lasagne

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)).

Vegetable Lasagne

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).

Deli Choice

Chicken Goujon Wrap

Chicken Goujon (Chicken (56%), **WHEAT** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, **GLUTEN** (**WHEAT**), Non Hydrogenated Vegetable Oil (Rapeseed & Sunflower), Emulsifier (Polyglycerol Polyricinoleate), Rice Flour, Potato Starch, **WHEAT** Starch, Salt, Burnt Sugar, Breadcrumb (**WHEAT** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Brine (Water, Salt, Amino Acid (Glycine)), Food Fibre (Oligofructose), Maltodextrine, Maize Flour, Vegetable Protein (**WHEAT**), Yeast, Colour (Paprika Extract), Spice Extract (Turmeric), Raising Agent (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Stabiliser (Hydroxypropyl Methylcellulose), 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, 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)).

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).

Egg Mayo (V)

EGG, 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), **EGG** Yolk Powder (1.5%), Salt,

Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

Coronation Chickpea Spread (Ve)

Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)), Tomatoes, Cucumber, 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)), Curry Powder (Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Garlic.

Dessert

Crackers and Cheese (V)

Crackers (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Palm Oil, Salt, Raising Agent (Sodium Hydrogen Carbonate), Yeast), Cheese (Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Crackers May contain : **BARLEY, OATS and RYE**

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 Fingers with Boiled Potatoes

FISH Finger (Alaska Pollack (**FISH**) (60%), **WHEAT** Flour (Calcium Carbonates, Iron, Niacin, Thiamin), Water, Rapeseed Oil, **WHEAT** Starch, Potato Starch, Salt, Yeast, Caramelised Sugar, Colour (Paprika Extract), Turmeric Extract), Potatoes, Chips (Potato, Sunflower Oil)

Vegetable Stir Fry (Ve)

Rice (Basmati Rice (100%), Water, 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

Baked beans

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

Deli Choice

Baked Potato Beans and/or Cheese (V)

Baked Potato (Potato), Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt , Onion Powder, Paprika, Flavouring).

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)

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

Cheese and Beans

Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt , Onion Powder, Paprika, Flavouring).

BBQ Chickpea Spread (Ve)

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), Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)).

Dessert

Ice Cream and Fresh Fruit (V)

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

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

Main Choice

Sausage Roll with Boiled Potatoes

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

Sausage Roll May Contain : **MILK**

Potato Topped Mixed Bean Pie (Ve)

Potatoes, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Chick Peas (Chick Peas, water, antioxidant(ascorbic acid), Red Kidney Beans (Red Kidney Beans, Water, Firming Agent (Calcium Chloride)), Peas, 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), Onions, Carrots, Garlic, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Vegetables of the Day

Peas

Beans

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

Deli Choice

Cheese and Tomato Pizza

Pizza 50-50 Base (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), Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Water, Cornflour (Maize Starch), Cheese (Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), (Garlic, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory).

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 and Beans

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

Salmon Mayo

Salmon (Pink Salmon (**FISH**), Salt), 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

BBQ Chickpea Spread (Ve)

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), Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)).

Dessert

Flapjacks (Ve)

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

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

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

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

Macaroni Cheese (V)

Pasta (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, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A).

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), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper), Tomato Puree (tomatoes), Sugar)), green pepper, basil, garlic powder, chilli powder.

Vegetables of the Day

Peas

Sliced tomatoes

Deli Choice

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).

Cheese (V)

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

Tuna Mayo

Tuna (Tuna (**FISH**), Water, Salt), 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

Coronation Chickpea Spread (Ve)

Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)), Tomatoes, Cucumber, 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)), Curry Powder (Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Garlic.

Crackers and Cheese (V)

Crackers (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Palm Oil, Salt, Raising Agent (Sodium Hydrogen Carbonate), Yeast), Cheese (Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Crackers May contain : **BARLEY, OATS and RYE**

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**

Dessert

Wednesday

Main Choice

Beef Casserole with Mashed Potatoes

Beef (100% Beef), Onions, Water, Carrot, Turnip, Gravy (Potato Starch, Salt, **WHEAT** Starch, Colour (E150c), Yeast Powder (contains **BARLEY**), Onion Powder), Potatoes.

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

Roasted Vegetables and Bean 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.

Vegetables of the Day

Turnip

Spring Greens

Deli Choice

Fillet Fish Finger Wrap

FISH Finger (Alaska Pollack (**FISH**) (60%), **WHEAT** Flour (Calcium Carbonates, Iron, Niacin, Thiamin), Water, Rapeseed Oil, **WHEAT** Starch, Potato Starch, Salt, Yeast, Caramelised Sugar, Colour (Paprika Extract), Turmeric Extract), 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), Fillet 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)).

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)

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

Sliced Chicken

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

Salad (Ve)

Lettuce, Tomato, Cucumber, Onions

Dessert

Ice Cream and Fresh Fruit (V)

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

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

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

Spaghetti Bolognese and Garlic Bread

Mince (100% Beef), Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Water, Onions, Mushrooms, Carrots, Tomato Puree (Tomatoes), Sugar)), Cornflour (maize starch), Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory), Garlic, Spaghetti (Durum **WHEAT** Semolina (100%)).

Garlic Bread (Ve)

50-50 Bread Mix (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.), Water, Garlic Powder, Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A).

Spaghetti Bolognese and Garlic Bread (Ve)

Water, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Red Lentils, Onions, Mushrooms, Carrots, Tomato Puree (Tomatoes), Sugar)), Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory), Garlic, Cornflour (maize starch), Spaghetti (Durum **WHEAT** Semolina (100%)).

Garlic Bread (Ve)

50-50 Bread Mix (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.), Water, Garlic Powder, Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A).

Vegetables of the Day

Sweetcorn (sweetcorn, water)

Deli Choice

Baked Potato with Beans and/or Cheese (V)

Baked Potato (Potato), Beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt , Onion Powder, Paprika, Flavouring), Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

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

Sliced Chicken

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

BBQ Chickpea Spread (Ve)

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), Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)).

Dessert

Crackers and Cheese (V)

Crackers (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Palm Oil, Salt, Raising Agent (Sodium Hydrogen Carbonate), Yeast), Cheese (Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Crackers May contain : **BARLEY, OATS and RYE**

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

Breaded Fish with 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

BBQ Vegetable 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), 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

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 Choice

BBQ Chicken 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), Chicken (100% Diced Chicken), Green Pepper, Red Pepper, Onions, 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.

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).

Tuna Mayo

Tuna (Tuna ((**FISH**), Water, Salt), 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

Sliced Chicken

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

Beans and/or Cheese (V)

Beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt , Onion Powder, Paprika, Flavouring), Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Coronation Chickpea Spread (Ve)

Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)), Tomatoes, Cucumber, 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)), Curry Powder (Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Garlic.

Dessert

Vanilla Sponge and Custard (V)

WHEAT Flour (Contains: Calcium, Iron, Niacin, Thiamin) , Sugar , Vegetable Oil Blend (Palm & Rapeseed Oil), Palm Oil, Dried Whole **EGG** Powder, Whey Powder (**MILK**), Dextrose, Butter **MILK** Powder), Raising Agent (E500), Leavening Agent (E450(vii), E341(i)), Maltodextrin, Dried **EGG** White Powder, Raising Agent (E450(i), E526, E341), Emulsifier (Rice Starch, E475, E471) , Whey Powder (**MILK**), Acid Casein (**MILK**), Sodium Carbonate, Disodium Phosphate, Thickener (Xanthan Gum).

Custard (V)

Maize Starch, Colour (Annatto), Flavouring, **MILK**

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

Main Choice

Macaroni Cheese with Garlic Bread (V)

Pasta (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, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A).

Garlic Bread (Ve)

Bread Mix (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.), Water, Garlic Powder, Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A).

Bean Chilli 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%)).

Vegetables of the Day

Peas

Sliced Tomatoes

Deli Choice

Baked Potato with Beans and/or Cheese (V)

Baked Potato (Potato), Beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt , Onion Powder, Paprika, Flavouring), Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

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).

Salmon Mayo

Salmon (Red Salmon (**FISH**), Salt), 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

Sliced Chicken

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

Coronation Chickpea (Ve)

Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)), Tomatoes, Cucumber, 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)), Curry Powder (Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Garlic.

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.

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**

Tuesday

Main Choice

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).

Chicken Tikka Curry with Rice

Chicken (100% Diced Chicken), Curry Sauce (Cauliflower, Onions, Courgette, Water, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), tin Coconut Milk Coconut Extract (65%), Water, Stabiliser: Guar Gum), Red Pepper, Garlic, Ginger, 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), Salt and Pepper), Rice (Basmati Rice (100%)).

Chickpea Tikka Curry with Rice (Ve)

Chickpeas (Chickpeas, water, antioxidant(ascorbic acid)), Curry Sauce (Cauliflower, Onions, Courgette, Water, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), tin Coconut Milk Coconut Extract (65%), Water, Stabiliser: Guar Gum), Red Pepper, Garlic, Ginger, 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), Salt and pepper), Rice (Basmati Rice (100%)).

Vegetable of the Day

Broccoli

Deli Choice

Chicken Burger

Breaded Chicken Grill (Chicken (46%), Water, Breadcrumb [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, Breadcrumb [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), 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).

May Contain Roll: **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).

Egg Mayo (V)

EGG, 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

Ham

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

BBQ Chickpea Spread (Ve)

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), Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)).

Dessert

Crackers and Cheese (V)

Crackers (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Palm Oil, Salt, Raising Agent (Sodium Hydrogen Carbonate), Yeast), Cheese (Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Crackers May contain : **BARLEY**, **OATS** and **RYE**

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

Main Choice

Roast Beef with Gravy, Yorkshire Pudding & Boiled Potatoes

Roast Beef (Beef (80%), Water, Pea Protein, Salt, Stabilisers (E451, E450), (Gravy (Potato Starch, Salt, **WHEAT** Starch, Colour (E150c), Yeast Powder (contains **BARLEY**), Onion Powder), 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, SOYA.**

Vegetable Roast with Gravy and Boiled Potatoes (Ve)

Pepper, leeks, carrots, mushrooms, onions, vegetable oil, violife cheese (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavoursings, Olive Extract, Colour (B-Carotene), Vitamin B12), breadcrumbs (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Yeast, Salt), Gravy (Potato Starch, Salt, **WHEAT** Starch, Colour (E150c), Yeast Powder (contains **BARLEY**), Onion Powder).

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

Vegetable of the Day

Spring Greens

Turnip

Deli Choice

Cheese Panini (V)

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

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

Tuna Mayo

Tuna (Tuna ((**FISH**), Water, Salt), 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)).

Salad (Ve)

Lettuce, Tomato, Cucumber, Onions.

Dessert

Ice Cream (V) and Fresh Fruit

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

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

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

Chicken Carbonara

Pasta (Durum **WHEAT** Semolina (100%)), Chicken (100% Diced Chicken), Onions , **MILK**, Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin))), Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A) Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory), Garlic, 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)

Mushroom Carbonara

Pasta (Durum **WHEAT** Semolina (100%)), Chicken (100% Diced Chicken), Mushrooms, Onions, **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), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin))), Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A) Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory), Garlic, 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)

Vegetables of the Day

Peas

Broccoli

Deli Choices

Cheese Burger

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

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).

Sliced Chicken

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

Cheese (V)

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

Coronation Chickpeas (Ve)

Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)), Tomatoes, Cucumber, 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), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservatives (Potassium Sorbate), Colour (Mixed Carotenoids)), Curry Powder (Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Garlic.

Dessert

Crackers and Cheese (V)

Crackers (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Palm Oil, Salt, Raising Agent (Sodium Hydrogen Carbonate), Yeast), Cheese (Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

Crackers May contain : **BARLEY, OATS and RYE**

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

Breaded Fish with 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

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.

Vegetables of the Day

Peas

Beans

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

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

Sliced Chicken

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

Cheese

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

Beans and/or Cheese (V)

Beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt , Onion Powder, Paprika, Flavouring), Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures).

BBQ Chickpea Spread (Ve)

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), Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)).

Dessert

Homemade Empire Biscuits (Ve)

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), Caster Sugar (sugar), Cornflour (maize Starch), Mixed fruit jam (Glucose-Fructose Syrup, Apple (29%), Sugar, Raspberries (2%), Plum (2%), Rhubarb (2%), Gelling Agent (Pectin), Colour (Anthocyanins), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Preservative (**SULPHUR DIOXIDE**) Icing sugar (Sugar (97%), Maize Starch).

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**