



# Allergen Information Spring Summer 2023 Secondary Menu

Due to the current supply issues some of our standard products are no longer available. As a result we have some substitute products, please ensure you contact your schools catering team if you want to anymore information on these. The time period of this is unknown.

## Globetrotter Meal Deal 1



## Traditional Menu Week 1

### Monday

#### Daily Special 1 - Cheese Burger and Chips with Salad and Coleslaw

##### Cheese Burger and Chips with Salad and Coleslaw

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), Chips (Potato, Sunflower Oil), Salad (Lettuce, Tomato, Cucumber, Onions), 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)).

May Contain - Roll: **SESAME**

#### Daily Special 2 - Spinach, Sweet potato and Lentil Dahl with rice (Ve)

##### 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.

### Tuesday

#### Daily Special 1 - Chicken Fried Rice and Curry Sauce

##### 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.

## Daily Special 2 - Vegetable Fried Rice and Curry Sauce (Ve)

### 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.

## Wednesday

## Daily Special 1 - Roast Chicken with Gravy, Boiled Potatoes and Carrots/ Spring Greens with Yorkshire Pudding

### Roast Chicken with Gravy, Boiled Potatoes and Carrots/ Spring Greens with Yorkshire Pudding

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), Boiled Potatoes (Potatoes), 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))), Carrots, Spring Greens.

## Daily Special 2 - Vegetable Roast with Gravy, Boiled Potatoes and Carrots/ Spring Greens (Ve)

### Vegetable Roast with Gravy, Boiled Potatoes and Carrots/ Spring Greens

Pepper, leeks, carrots, mushrooms, onions, vegetable oil, violife cheese (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavours, 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), Boiled Potatoes (Potatoes), Carrots, Spring Greens.

## Thursday

## Daily Special 1 - Lasagne and Garlic Bread

### 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)).

### 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).

## Daily Special 2 - Vegetable Lasagne and Garlic Bread (Ve)

### 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)

### 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).

## Friday

### Daily Special 1 - Breaded Fish and Chips with Peas/ Beans

#### **Breaded Fish and Chips with Peas/ Beans**

Pollock (**FISH**) (50%), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate), Chips (Potato, Sunflower Oil), Peas, Beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring).

### Daily Special 2 - Vegetable Stir Fry with Noodles (Ve)

#### ***Vegetable Stir Fry with Noodles (Ve)***

Rice Noodles (Rice flour (85%), 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).

## Traditional Menu Week 2



### Monday

#### Daily Special 1 - Chicken Burger and Chips with Salad and Coleslaw

##### Chicken Burger and Chips with Salad and Coleslaw

Chicken Burger Pattie (Chicken Thigh 77%, Water 18%, Chicken Burger Seasoning 8%- Rusk **WHEAT** Flour (calcium carbonate, iron niacin, thiamine) salt, yeast, Salt, Dextrose, Tapioca Starch, Spices (White Pepper, Fennel), Onion Powder, Preservative: Sodium **SULPHITES**-, Herbs (Sage, Bay, Oregano, Thyme), Yeast Extract, Garlic Powder, Antioxidant E301, Herb Extract), 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 (Lettuce, Tomato, Cucumber, Onions), 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)).

#### Daily Special 2 - Potato Topped Mixed Bean Pie (Ve)

##### 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).

## Tuesday

### Daily Special 1 - Macaroni Cheese and Garlic Bread (V)

#### Macaroni Cheese

Pasta (Durum **WHEAT** Semolina (100%)), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin))), **MILK**, Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Margarine (Vegetable oils in varying proportions (59%) (sunflower(36%), palm, linseed, rapeseed), water, salt (1.4%), **BUTTERMILK**, emulsifiers (mono- and diglycerides of fatty acids), preservative (potassium sorbate), citric acid, flavouring, vitamins A & D, colour (carotenes))

#### Garlic Bread

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.), Garlic Powder

### Daily Special 2 - Italian Tomato Pasta and Garlic Bread (Ve)

#### Italian Tomato Pasta

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

#### Garlic Bread

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.), Garlic Powder.

## Wednesday

### Daily Special 1 - Steak Pie and Mashed Potato with Carrots and Spring Greens

#### Steak Pie

Diced Shoulder Steak (100% Beef), Water, Puff Pastry (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative (Potassium Sorbate), Onions, Gravy (Potato Starch, Salt, **WHEAT** Starch, Colour (E150c), Yeast Powder (contains **BARLEY**), Onion Powder), Water, Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin))), Mashed Potatoes (Potatoes), Carrots, Spring Greens.

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

### Daily Special 2 - Roasted Vegetables and Bean Parcels with Mashed Potato with Carrots and Spring Greens (Ve)

#### Roasted Vegetables and Bean Parcels with Mashed Potato with Carrots and Spring Greens (V)(Ve)

Red kidney beans (Red Kidney Beans, Water, Firming Agent (Calcium Chloride)), parsnips, carrots, onions, courgettes, peppers, Puff Pastry (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative (Potassium Sorbate), Mashed Potatoes (Potatoes), Carrot, Spring Greens.

## Thursday

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

#### Spaghetti Bolognese

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)

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).



## Daily Special 2 - Vegetable Bolognese with Garlic bread (Ve)

### Spaghetti Bolognese (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)

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).

## Friday

## Daily Special 1 - Breaded Fish and Chips with Peas/ Beans

### Breaded Fish and Chips with Peas/ Beans

Pollock (**FISH**) (50%), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate), Chips (Potato, Sunflower Oil), Peas, Beans (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring).

## Daily Special 2 - BBQ Vegetable Wrap Wrap and Chips with Salad (Ve)

### 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, Chips (Potato, Sunflower Oil), Salad (Lettuce, Tomato, Cucumber, Onions).

## Traditional Menu Week 3



### Monday

#### Daily Special 1 - Macaroni Cheese (V) and Chips with Peas

##### Macaroni Cheese

Pasta (Durum **WHEAT** Semolina (100%)), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin))), **MILK**, Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Margarine (Vegetable oils in varying proportions (59%) (sunflower(36%), palm, linseed, rapeseed), water, salt (1.4%), **BUTTERMILK**, emulsifiers (mono- and diglycerides of fatty acids), preservative (potassium sorbate), citric acid, flavouring, vitamins A & D, colour (carotenes)), Chips (Potato, Sunflower Oil), Peas

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

##### 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%)), Peas.

## Tuesday

### Daily Special 1 - Chicken Tikka Curry and Rice with Broccoli

#### Chicken Tikka Curry and Rice with Broccoli

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%), Broccoli

### Daily Special 2 - Chickpea Tikka Curry and Rice with Broccoli (Ve)

#### 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%), Broccoli

## Wednesday - Roast Beef, Boiled Potatoes, Gravy and Carrots/Spring Greens with Yorkshire Pudding

#### Roast Beef, Boiled Potatoes, Gravy and Carrots/Spring Greens with Yorkshire Pudding

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)), Boiled Potatoes, Carrot, Spring Greens, 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)).

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

### Daily Special 2 - Vegetable Roast and Gravy with Carrots and Spring Greens (Ve)

#### Vegetable Roast and Gravy with Carrots and Spring Greens (Ve)

Vegetable Roast (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)), Boiled

Potatoes, Gravy ((Potato Starch, Salt, **WHEAT** Starch, Colour (E150c), Yeast Powder (contains **BARLEY**), Onion Powder)), Carrots and Spring Greens

## Thursday

### Daily Special 1 - Chicken Carbonara and Garlic Bread

#### 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)

#### 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).

### Daily Special 2 - Mushroom Carbonara and Garlic Bread (Ve)

#### 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)

#### 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).

## Friday

### Daily Special 1 - Breaded Fish and Chips with Peas/ Beans

#### Breaded Fish and Chips with Peas/ Beans

Pollock (**FISH**) (50%), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate), Chips (Potato, Sunflower Oil), Peas, Beans (Haricot Beans (53%), Tomatoes (31%)), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring).

### Daily Special 2 - Vegetable Fajita Wrap and Chips with Peas/Beans (Ve)

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

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

#### Chicken Fajita

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 & Basil (Ve)

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).

## Pizza (V)

### Tugo Slipper Pizza

Pizza Dough (**WHEAT** Flour ( Calcium, Iron, Niacin, Thiamin) Water, Salt, Sugar, Yeast , Olive Oil), Sauce (Tomatoes, Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black pepper, Garlic), Acidity Regulator E330 (Citric Acid), Cheese (Mozzarella (**MILK**), water, palm oil, **MILK** proteins, butterfat (**MILK**), salt, emulsifier: trisodium citrate, modified starch, stabilisers: carrageenan & potassium chloride, acidity regulator: citric acid, preservative: potassium sorbate. Anticaking agent: cellulose).

Tugo

Pizza Dough (**WHEAT** Flour ( Calcium, Iron, Niacin, Thiamin) Water, Salt, Sugar, Yeast , Olive Oil), Sauce (Tomatoes, Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black pepper, Garlic), Acidity Regulator E330 (Citric Acid), Cheese (Mozzarella (**MILK**), water, palm oil, **MILK** proteins, butterfat (**MILK**), salt, emulsifier: trisodium citrate, modified starch, stabilisers: carrageenan & potassium chloride, acidity regulator: citric acid, preservative: potassium sorbate. Anticaking agent: cellulose).

## Cheese Panini (V)

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).

May Contain - Panini: **SOYA**

## Cheese & Chicken Panini

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid)), 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).

May Contain - Panini: **SOYA**

## Cheese & Tuna Panini

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

May Contain - Panini: **SOYA**

## Globetrotter Menu - Chicken Bar

### Chicken Goujons

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).

### Southern Fried Goujons

Chicken Breast (57%), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Breadcrumb (**WHEAT** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), 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).

### Chicken Breast

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

### Rice

Rice (Basmati Rice (100%).

### 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

**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



### Warm/Cold 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)].

### Warm Katsu

Katsu 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), 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).

### Mayo

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)).

### 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

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.

## 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)).

## Beetroot

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

## Cheese

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

## Globetrotter Meal Deal 2

### Deli/Express

## Baked Potato

Baked Potato (Potato)

## Morning Roll

**WHEAT** flour [**WHEAT**, stabiliser: calcium carbonate (E170(i), iron, thiamin (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].

## Baguette

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

May contain: **EGG**, **SESAME**

## 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

**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).

## Bread

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**

## Pasta

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

## Fillings



## 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)).

## Cheese

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

## Savoury Cheese

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

## Sliced Chicken

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

## Chicken Breast

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

## Coronation Chicken

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

**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)).

## Salmon Mayo

### 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 Chickpeas

### 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)).

## Coronation Chickpeas

### Coronation Chickpea Spread (Ve)

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

## Vegetable/Salad

## Baked Beans

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

## 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)).

## Beetroot

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

## Cheese

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



## Soup



### **Lentil**

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)

Kiwi, Strawberries, Pinapples, Melon, Grapes

### 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)

## Flapjack (V)

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)

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, palm<sup>1</sup>, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A), Cocoa Powder (100% Cocoa Powder).

## 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)

**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 (V)

**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).