

# SS24 Allergen Information Primary Menus



## Week 1

### Monday

#### Soup

##### Lentil (Ve)

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

#### Main Choices

##### Hot Dog Roll with Chips or Boiled Potatoes

Hot Dog (Chicken Meat 54%, Water, Pork Collagen 12%, Chicken connective tissues, Potato starch, Pea Fibre, Chicken fat, Salt, Thickener: E412, Beef Collagen, Stabiliser: E451, Spices, Antioxidant: E301, Dextrose, Yeast Extract, Flavouring, Spice Extracts, Smoke Flavouring, Preservatives: E250), Hot Dog Roll (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Preservative(Calcium Propionate), Flour Treatment Agent (Ascorbic Acid), Boiled Potatoes, Chips (Potato, Sunflower Oil).

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

##### Vegetable Fajita Wrap (Ve)

Onions, Red Pepper, Mushrooms, Tomato Puree (Tomatoes), Sugar)), Garlic, Vegetable Oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Chilli Powder, Wrap (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, Thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282), Violife cheese (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12), Lettuce.

##### Vegetables of the Day

###### Beans

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

###### Sweetcorn

*Sweetcorn, water*

## Deli Choices

### 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).

### Ham

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

### Cheese (V) and / or Beans (Ve)

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)

## Desserts

### Crackers with Cheese(V) or (Ve)

Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Cream Crackers (**WHEAT** flour, Vegetable oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)).

### Strawberry Yogurt (V)

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

### Toffee Yogurt (V)

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

### Alpro Yogurt (Ve)

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

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

## Tuesday

### Main Choice

#### Chicken 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 Choice

### Cheese and Tomato Pizza (V)

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

### Baked Potato

Baked Potato (Potato)

### Sandwich

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

### Wrap

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

### Sliced Chicken

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

### Tuna Mayo

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

## Dessert

### Chocolate Brownie (V)

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

May Contain: **MILK, SOYA**

### Strawberry Yogurt (V)

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

### Toffee Yogurt (V)

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

### Alpro Yogurt (Ve)

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

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

## Wednesday

### 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).

##### Roast Beef with Gravy, Yorkshire Pudding & Boiled Potatoes

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

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

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

##### Chapati

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

##### Vegetable of the Day

*Carrots*

*Peas*



## Deli Choice

### Breaded Chicken Burger Roll

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

### Baked Potato

Baked Potato (Potato)

### Sandwich

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

### Wrap

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

### Sliced Chicken

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

### Cheese (V)

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

## Dessert

### Crackers with Cheese (V) or (Ve)

*Cheese* (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Cream Crackers (**WHEAT** flour, Vegetable oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)).

### Strawberry Yogurt (V)

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

### Toffee Yogurt (V)

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

### Alpro Yogurt (Ve)

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

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

## Thursday

### Main Choice

#### Chicken Meatballs Pasta with Garlic Bread

Pasta (Durum **WHEAT** Semolina (100%)), Chicken Meatballs (Chicken (70%); Water, Gluten Free Crumb (rice flour, gram flour, water, maize starch, salt, dextrose monohydrate); Seasoning (potato starch, salt, spices, onion powder, sugar, yeast extract, spice extracts)), Sauce(Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), onions, Vegetable bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper), Tomato Puree (tomatoes), Sugar)), green pepper, basil, garlic powder, chilli powder).

#### Garlic Bread (Ve)

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), Garlic powder, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

#### Italian Tomato Pasta with Garlic Bread (Ve)

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

#### Garlic Bread (Ve)

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), Garlic powder, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

#### Vegetables of the Day

*Sweetcorn and Broccoli*

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

### Baked Potato

Baked Potato (Potato).

### Sandwich

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

### Wrap

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

### Cheese (V)

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).

## Dessert

### Ice Cream 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**

## Friday

### Main Choice

#### **Fish with Chips or Boiled Potatoes**

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

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

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

#### **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

### 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).

Panini May Contain: **Traces of Sesame**

### Baked Potato

Baked Potato (Potato)

### Sandwich

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

### Wrap

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

### Sliced Chicken

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

### Cheese (V) and / or Beans (Ve)

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).

## Dessert

### Raspberry Jelly (Ve)

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

### Strawberry Yogurt (V)

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

### Toffee Yogurt (V)

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

### Alpro Yogurt (Ve)

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

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



## Week 2

### Monday

#### Soup

##### Lentil (Ve)

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

#### Main Choice

##### Chicken Goujons with Chips or Potatoes

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, Breadcrumbs (**WHEAT** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Brine (Water, Salt, Amino Acid (Glycine)), Food Fibre (Oligofructose), Maltodextrin, Maize Flour, Vegetable Protein (**WHEAT** ), Yeast, Colour (Paprika Extract), Spice Extract (Turmeric), Raising Agent (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Stabiliser (Hydroxypropyl Methylcellulose), Boiled Potatoes, Chips (Potato, Sunflower Oil).

##### Savoury Vegetable Rice with Sweet Chilli Sauce (Ve)

Water, Rice((Basmati Rice(100%)), Onions, Mixed Peppers, Peas, Sweetcorn, 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, White Pepper, Water)), Garlic Powder.

##### 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

### Cheeseburger Roll

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

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 and / or 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).

## Dessert

### Crackers with Cheese (V) or (Ve)

*Cheese* (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Cream Crackers (**WHEAT** flour, Vegetable oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)).

### Strawberry Yogurt (V)

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

### Toffee Yogurt (V)

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

### Alpro Yogurt (Ve)

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

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

## Tuesday

### Main Choice

#### Sausages with Mashed Potatoes and Gravy

Sausages (Pork 75%, Seasoning - Rusk (**WHEAT** Flour, Salt, Raising Agent (E503(ii)), Salt, Whey Powder (**MILK**) Fortified WHEAT Flour, Sugar, Emulsifier E451 (i), Preservative (SULPHITES) (E223), Spice (White Pepper), Acidity Regulator (E331), Flavourings, Ice, Water), Potatoes.

#### Gravy

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

#### 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

*Broccoli*

*Carrots*

## Deli Choice

### 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),

Panini May Contain: **Traces of Sesame**

### Baked Potato

Baked Potato (Potato)

### Sandwich

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

### Wrap

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

### Cheese (V)

Cheese (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).

## Dessert

### Chocolate Muffin (V) or (Ve)

**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(Xanthum Gum). Icing Sugar (Sugar (97%), Maize Starch), Water.

May contain: **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**

## Wednesday

### Soup

#### Vegetable Soup (Ve)

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

### Main Choice

#### Steak Pie with Mashed Potatoes

Steak ((100% Diced Steak), Water, Puff Pastry (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Onions (Diced Onions), Gravy(Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour(E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier(E322) (contains **SOYA**), Bouillon((Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Rosemary Extract, Turmeric, Parsley, Flavouring, Pepper, White Pepper, Water))), Garlic Powder), Boiled Potatoes.

#### 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

*Carrots*

*Cabbage*

## Deli Choice

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

### Baked Potato

Baked Potato (Potato)

### Sandwich

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

### Wrap

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

### Cheese (V)

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

### Tuna Mayo

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



## Dessert

### Crackers with Cheese (V) or (Ve)

*Cheese* (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Cream Crackers (**WHEAT** flour, Vegetable oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)).

### Strawberry Yogurt (V)

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

### Toffee Yogurt (V)

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

### Alpro Yogurt (Ve)

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

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

## Thursday

### Main Choice

#### Macaroni Cheese with Garlic Bread (V)

Macaroni (Durum **WHEAT** Semolina (100%)), **MILK**, Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Margarine (Vegetable oils in varying proportions (59%) (sunflower(36%), palm, linseed, rapeseed), water, salt (1.4%), Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A).

#### Garlic Bread (Ve)

Panini (**WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), Garlic powder, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

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

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

#### Vegetables of the Day

*Sliced Tomatoes and*

*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).

### 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).

## 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**

## Friday

### Main Choice

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

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

#### **Roast Vegetable Pizza (Ve)**

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

#### **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

### Cheese and Tomato Pizza(V)

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

### Baked Potato

Baked Potato (Potato)

### Sandwich

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

### Wrap

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

### Sliced Chicken

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

### Cheese (V)

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

## Dessert

### Shortbread (Ve)

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

### Strawberry Yogurt (V)

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

### Toffee Yogurt (V)

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

### Alpro Yogurt (Ve)

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

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

## Week 3

### Monday

#### Soup

##### Lentil (Ve)

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

#### Main Choice

##### Macaroni Cheese with Garlic Bread

Macaroni (Durum **WHEAT** Semolina (100%)), **MILK**, Cheese (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Plain Flour (**WHEAT** Flour ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Margarine (Vegetable oils in varying proportions (59%) (sunflower(36%), palm, linseed, rapeseed), water, salt (1.4%), Flora (Plant oils (sunflower, rapeseed, palm1, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A).

##### Garlic Bread (Ve)

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), Garlic powder, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory).

Panini May Contain: **Traces of Sesame**

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

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

#### Vegetables of the Day

*Sliced Tomatoes*

*Peas*



## 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).

### 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).

## Dessert

### Crackers with Cheese (V) or (Ve)

*Cheese* (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Cream Crackers (**WHEAT** flour, Vegetable oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)).

### Strawberry Yogurt (V)

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

### Toffee Yogurt (V)

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

### Alpro Yogurt (Ve)

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

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

## Tuesday

### Main Choice

#### Sausage Roll with Boiled Potatoes or Chips

Sausage roll (Puff Pastry (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)), Filling (Water, Pork (8%), Rusk [**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Hydrogen Carbonate)], **WHEAT** Gluten, **WHEAT** Starch, **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Potato Starch, Pork Fat, Dextrose, Yeast Extract, Caramelised Sugar Powder, Emulsifiers (Disodium Diphosphate, Penta sodium Triphosphate), Preservative (Sodium **SULPHITE**), Sugar, Antioxidant (Ascorbic Acid), Marjoram, Thyme, Pepper Extract, Herb Extracts (Sage Extract, Basil Extract, Marjoram Extract, Rosemary Extract, Thyme Extract)), Glaze (Water, Dextrose, Colours (Carotenes, Paprika Extract)), Potatoes, Chips (Potato, Sunflower Oil).

Sausage Roll May Contain: **MILK**

#### Roast Vegetable Pizza (Ve)

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

#### Vegetable of the Day

##### *Beans*

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

##### *Sweetcorn*

*Sweetcorn and water*

## Deli Choice

### Cheese and Tomato Pizza (V)

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

### Baked Potato

Baked Potato (Potato)

### Sandwich

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

### Wrap

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

### Ham

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

### Cheese (V) and / or Beans (Ve)

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).

## Dessert

### Chocolate Muffin (V) or (Ve)

**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 (Xanthum Gum). Icing Sugar (Sugar (97%), Maize Starch), Water.

May contain: **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**

## Wednesday

### Soup

#### Vegetable Soup (Ve)

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

### 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, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour(E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier(E322) (contains **SOYA**)). Yorkshire 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.

#### 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 (Gravy (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour(E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier(E322) (contains **SOYA**)).

#### Vegetable of the Day

*Carrots*

*Peas*

## Deli Choice

### Salmon Bites Wrap

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

### Baked Potato

Baked Potato (Potato)

### Sandwich

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

### Wrap

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

### Ham

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

### Cheese (V)

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

## Dessert

### Crackers with Cheese (V) or (Ve):

*Cheese* (Pasteurised cow's **MILK**, salt, anti-caking agent (potato starch), rennet, cultures), Cream Crackers (**WHEAT** flour, Vegetable oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)).

### Strawberry Yogurt (V)

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

### Toffee Yogurt (V)

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

### Alpro Yogurt (Ve)

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

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



## Thursday

### Main Choice

#### Pasta Bolognese with Garlic Bread

##### Pasta Bolognese

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

##### Garlic Bread (Ve)

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), Garlic powder, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory)).

Panini May Contain: **Traces of Sesame**

#### Lentil Bolognese with Pasta and Garlic Bread (Ve)

Spaghetti (Durum **WHEAT** Semolina (100%)), 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),

##### Garlic Bread (Ve)

Panini (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent (Ascorbic Acid), Flora Margarine ((plant oils (rapeseed, palm1, sunflower 1%, linseed), water, salt 1.35%, plant-based emulsifier (lecithin), faba bean protein, natural flavourings, vitamin A)), Garlic powder, Mixed herbs (Marjoram, Thyme, Parsley, Basil, Savory)).

Panini May Contain: **Traces of Sesame**

#### Vegetables of the Day

*Broccoli*

*Sweetcorn*

*Sweetcorn and water*

## Deli Choices

### Chicken Goujon Wrap with Sweet Chilli Sauce

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

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

## Dessert

### Chocolate Mousse and Mandarins (V)

Chocolate Mousse (Sugar, Whole **MILK** Powder, Modified Potato Starch, Modified Maize Starch, Fat-reduced Cocoa Powder, Stabilisers (E404, E450iii, E472a, E339ii, E412, E415, E410), Dried Glucose Syrup, Palm Oil, **MILK** Protein, natural Flavouring), Mandarins (Mandarins, Water, Concentrated Grape Juice, Firming Agent (Calcium Chloride), Acidity Regulator (Citric Acid)).

### Strawberry Yogurt (V)

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

### Toffee Yogurt (V)

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

### Alpro Yogurt (Ve)

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

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

## Friday

### Main Choice

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

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

#### **Sweet Chilli Vegetables with Rice (Ve)**

Sweet Chilli Sauce ((Water, sugar, glucose-fructose syrup, diced pickled red chilli (5%) [red chilli peppers, salt, vinegar], spirit vinegar, modified maize starch, minced garlic (3%), red chilli paste (1.7%) [red chilli peppers, salt, acidity regulator (acetic acid)], garlic puree (1.5%), salt, red pepper flakes, colour (paprika extract), Mushrooms, Onions, Red Peppers, Green Peppers, Vegetable Oil(Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)), Rice(Basmati Rice(100%)).

#### **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

### Hot Sweet Chilli Chicken Wrap

Chicken ((100% Diced Chicken), Lettuce, Onions, Sweet Chilli sauce (Water, sugar, glucose-fructose syrup, diced pickled red chilli (5%) [red chilli peppers, salt, vinegar], spirit vinegar, modified maize starch, minced garlic (3%), red chilli paste (1.7%) [red chilli peppers, salt, acidity regulator (acetic acid)], garlic puree (1.5%), salt, red pepper flakes, colour (paprika extract), 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).

### 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)

### Beans (Ve) 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).

## Dessert

### 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**