

<b>LUNCH</b>			
<b>Day</b>	<b>Item</b>	<b>Ingredients (allergens in bold)</b>	<b>Identified Allergens</b>
Wednesday Week 1 MEAT FREE	Jacket Potato with Cheese and Beans (V)	Baking potato, <b>Grated cheese:</b> Cheddar Cheese, (Milk), Anti-caking agent: PotatoStarch Baked Beans in Tomato Sauce: Beans, tomatoes, water, sugar, glucose-fructose syrup, modified <b>maize</b> starch, salt, onion powder, paprika, flavourings.	<b>Milk</b>
Wednesday Week 1 MEAT FREE	Tomato Pasta Bake with Garlic Bread (V)	Extra virgin olive oil, onions, garlic, chilli powder, mushrooms, tomatoes, concentrated tomato puree, sugar, lemon juice, onions, modified <b>maize</b> starch, salt, garlic puree, basil leaf, rapeseed oil, oregano, ground black pepper, tomato passata, mixed peppers. Aromat Seasoniong:- Ingredients:  Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.  Allergens are shown in Bold  Contains : Celery and Milk  May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat  Wholewheat fusilli pasta:-Durum Wholewheat Semolina. <b>Grated cheese:</b> Cheddar Cheese, (Milk), Anti-caking agent: Potato Starch Garlic Bread:- Fortified <b>Wheat Flour</b> , ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine (Rapeseed Oil, Palm Oil, Water, Emulsifier: Mono- and Didlycerides of Fatty Acids, Natural Flavouring, Colour:- Beta Carotene), Garlic Puree, Yeast, Salt, Flour Treatment Agent: Ascorbic Acid: Parsley, Marjoram, Sage, Oregano, <b>Wheat</b> Flour. May contain <b>Milk</b> and <b>Soya</b>	<b>Wheat</b> <b>Milk</b> <b>Soya</b> <b>Celery</b>  <b>May contain:-</b> <b>Barley, Egg, Kamut,</b> <b>Mustard, Oats, Rye,</b> <b>Spelt, Wheat</b>
Served daily	Side – Sweetcorn or Mixed Veg (V)	-	<b>No Allergens</b>
Served daily	Side – Salad (V)	-	<b>No Allergens</b>

Served daily	Side – Bread (V)	Wheat Flour,(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, Wheat Gluten, Salt, Wheat Flour, Deactivated Yeast, Flour Treatment Agent(Ascorbic Acid).	<b>Wheat, Gluten</b> <b>May contain Barley, Oats and Rye</b>
Wednesday Week 1 Wednesday Week 1 MEAT FREE	Tuna Bagels	<p>Ingredients:</p> <p>Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rye Flour, Sugar, Yeast, Maize, Rapeseed Oil, Salt, Malted Barley Flour, Emulsifier(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent(Ascorbic Acid), Wheat Starch.</p> <p>Allergens are shown in Bold</p> <p>Contains : Barley, Gluten, Rye and Wheat</p> <p>May contain : Sesame</p> <p>Tuna - Tuna (Fish), Water, Salt.</p> <p>Allergens are shown in Bold</p> <p>Contains : Fish</p> <p>Mayonnaise:- Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Egg Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).</p> <p>Allergens are shown in Bold</p> <p>Contains : Egg</p> <p>Salt, Pepper, Lemon Juice.</p>	<p><b>Wheat</b></p> <p><b>May contain Sesame</b></p> <p><b>Fish</b> <b>Egg</b></p>
Monday Week 1 Monday Week 2 Wednesday Week 1 Wednesday Week 2	Cheese Bagels	<p>Bagels:- <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rye Flour, Sugar, Yeast, Maize, Rapeseed Oil, Salt, <b>Malted Barley Flour</b>, Emulsifier(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Starch.</p>	<b>Wheat</b>

		<p>Allergens are shown in Bold</p> <p>Contains : Barley, Gluten, Rye and Wheat</p> <p>May contain : Sesame</p> <p>Butter:- Blended Spread 78% (52% milk fat &amp; 26% rapeseed oil). Butter (64%) (MILK), rapeseed oil, water, lactic acid culture (MILK), salt.</p> <p>Allergens are shown in Bold</p> <p>Contains : Milk</p> <p>Cheese:- Mozzarella Cheese (49%) (Milk), Monterey Jack Cheese (25%) (Milk), Coloured Cheddar Cheese (25%) (Milk) (contains Colour: Annatto Norbixin), Anti-caking Agent (Potato Starch).</p> <p>Allergens are shown in Bold</p> <p>Contains : Milk</p>	<p><b>May contain Sesame</b></p> <p><b>Milk</b></p> <p><b>Milk</b></p>
<p>Monday Week 1 Monday Week 2 Wednesday Week 1 Wednesday Week 2</p>	<p>Egg Mayonnaise Bagels</p>	<p>Bagels:- <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rye Flour, Sugar, Yeast, Maize, Rapeseed Oil, Salt, <b>Malted Barley Flour</b>, Emulsifier(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Starch.</p> <p>Allergens are shown in Bold</p> <p>Contains : Barley, Gluten, Rye and Wheat</p> <p>May contain : Sesame</p> <p>Egg Mayonnaise:- Free - Range EGG (71%), Free Range Mayonnaise (28.9%) [ Rapeseed Oil, Water, UK Free Range Pasteurised EGG, Spirit Vinegar, Cornflour, Sugar, Salt], White Pepper.</p> <p>Allergens are shown in Bold</p> <p>Contains : Egg</p>	<p><b>Wheat</b></p> <p><b>May contain Sesame</b></p> <p><b>Egg</b></p>

Monday Week 1 Monday Week 2	Rice Pudding (V)  Banana or Satsuma	Full Cream MILK, Skimmed MILK, Whey (MILK), Rice (9%), Sugar. Total Milk Content 72%.  Allergens are shown in Bold  Contains : Milk	<b>Milk</b>
Served daily	Fruit (V)	-	<b>No Allergens</b>
Tuesday Week 1	BBQ Chicken	Halal chicken Legs Chicken Marinade: olive oil, peri peri seasoning, black cajun seasoning, onion powder, black pepper, lemon juice. Veg Stock:- (Water, Onion, Carrot Extract, Tomato, Celeriac, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil. Halal Chicken Stock:- Salt, Corn starch, Flavour Enhancer, (Monosodium glutamate, disodium 5-ribonucleotides), maltodextrin, sugar, <b>Soya</b> Flour, sunflower Oil, chicken 1.1%(fat, meat 0.5%), Flavourings contain <b>Soya</b> , Spices, Garlic, herbs, onion, carrot. May contain traces of <b>egg, milk, celery, fish, crustaceans, wheat, molluscs.</b> Aromat Seasoning:- Ingredients:  Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.  Allergens are shown in Bold  Contains : Celery and Milk  May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat	<b>Celeriac</b>  <b>Soya</b> <b>Egg</b> <b>Milk</b> <b>Celery</b> <b>Fish</b> <b>Crustaceans</b> <b>Wheat</b> <b>Molluscs</b>
Tuesday Week 1	Quorn Wrap (V)	Ingredients: Quorn Pieces.	<b>Egg</b>



		<p>Cheese:- Mozzarella Cheese (49%) (Milk), Monterey Jack Cheese (25%) (Milk), Coloured Cheddar Cheese (25%) (Milk) (contains Colour: Annatto Norbixin), Anti-caking Agent (Potato Starch).</p> <p>Allergens are shown in Bold</p> <p>Contains : Milk</p>	<b>Milk</b>
Tuesday Week 1	Jellof Rice (V)	<p>Tilda easy cook basmati rice, extra virgin olive oil, plum tomatoes, onions, spring onions, tomato puree, red, green, yellow peppers, rosemary, thyme, garlic, ginger,</p> <p>mixed vegetables, butter, turmeric powder, vegetable stock, bay leaf, water, chilli powder, salt and pepper.</p> <p>Aromat Seasoning:- Ingredients:</p> <p>Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.</p> <p>Allergens are shown in Bold</p> <p>Contains : Celery and Milk</p> <p>May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat</p> <p>Butter:- Butter:- Blended Spread 78% (52% milk fat &amp; 26% rapeseed oil). Butter (64%) (MILK), rapeseed oil, water, lactic acid culture (<b>MILK</b>), salt.</p> <p>Allergens are shown in Bold</p> <p>Contains : Milk</p>	<p><b>Celeriac</b></p> <p><b>Milk</b></p> <p><b>May contain:-</b>  <b>Barley, Egg, Kamut,</b>  <b>Mustard, Oats, Rye,</b>  <b>Spelt, Wheat</b></p> <p><b>Milk</b></p>
	<p>Yoghurt Pots</p> <p>Banana or Satsuma</p>	<p>STRAWBERRY YOGURT: Yogurt (MILK), Sugar, Strawberries (7.6%), Strawberry Purée (2.5%), Modified Maize Starch, Flavourings, Concentrated Lemon Juice, Colour (Beetroot Red).</p>	

		<p>VANILLA: Yogurt (MILK), Sugar, Water, Modified Maize Starch, Glucose Syrup, Flavourings, Sweetened Condensed Skimmed MILK, Vanilla Flavouring, Double Cream (MILK), Acidity Regulator (Citric Acid).</p> <p>APRICOT &amp; MANGO: Yogurt (MILK), Sugar, Apricots (3%), Mango (2%), Apricot Purée From Concentrate, Mango Purée From Concentrate, Modified Maize Starch, Flavourings, Acidity Regulators (Sodium Citrate, Citric Acid), Colour (Annatto Norbixin).</p> <p>Allergens are shown in Bold</p> <p>Contains : Milk</p>	
Tuesday Week 1 Tuesday Week 2	Roast Chicken Sandwich	<p>Chicken breast, maize starch, Dextrose, Salt, although every care has been taken to remove all bones some small bones may remain. Salt, Pepper. Mayonnaise:- water, rapeseed oil, sugar, spirit vinegar, Modified maize starch, <b>Egg Yolk</b> powder 1.5%, salt, stabilizer (xanthan gum), acidity regulator, (acetic acid), Lactic acid, preservative (potassium sorbate). Lettuce.</p> <p>White Bread - <b>Wheat</b> flour, (with added calcium, iron, niacin, thiamin), water, Yeast, <b>soya</b>,</p> <p>Wholemeal Bread - Wholemeal flour, (<b>Wheat</b>), water, <b>Wheat</b> protein, Yeast, granulated sugar, Salt, <b>Soya</b> flour, <b>Wheat</b> Flour, (with added Calcium, Iron, Niacin, Thiamin), Vegetable Oil, (Palm, Rapeseed). Emulsifiers: E471, E472e; Preservative: E282, caramelised Sugar, Flour Treatment agent: Ascorbic Acid.</p>	<b>Egg</b> <b>Wheat</b> <b>Soya</b>
Tuesday Week 1 Tuesday Week 2	Tuna Sweetcorn Sandwich (V)	<p>Tuna <b>Fish</b>, salt, water. Mayonnaise, water, rapeseed oil, sugar, spirit vinegar, Modified maize starch, <b>Egg Yolk</b> powder 1.5%, salt, Stabilizer (xanthan gum), acidity regulator, (acetic acid), Lactic acid, preservative (potassium sorbate). Sweetcorn, Lettuce.</p> <p>White Bread - <b>Wheat</b> flour, (with added calcium, iron, niacin, thiamin), water, Yeast, <b>soya</b>,</p> <p>Wholemeal Bread - Wholemeal flour, (<b>Wheat</b>), water, <b>Wheat</b> protein, Yeast, granulated sugar, Salt, <b>Soya</b> flour, <b>Wheat</b> Flour, (with added Calcium, Iron, Niacin, Thiamin), Vegetable Oil, (Palm, Rapeseed). Emulsifiers: E471, E472e; Preservative: E282, caramelised Sugar, Flour Treatment agent: Ascorbic Acid.</p>	<b>Wheat</b> <b>Soya</b> <b>Fish</b> <b>Egg</b>





		(Oregano, Thyme), Herb Extract (Oregano Extract, Thyme Extract, Origanum Oil), Yeast Extract.	
Wednesday Week 1 Friday Week 2	Chips (V)	Potato (94%), Sunflower Oil, Salt, Pepper, Chilli Flakes.	<b>No Allergens</b>
Wednesday Week 1	Coleslaw (V)	Cabbage(45%), Mayonnaise (Rapeseed Oil, Water, Spirit Vinegar, Whole <b>Egg</b> powder, Salt, Stabiliser <b>Egg</b> (Xanthan Gum), <b>Mustard</b> Flour, Preservative (Potassium Sorbate) <b>Mustard</b> Stabiliser (Guar Gum), Carrot (15%), Onion (2%).	<b>Egg Mustard</b>
Monday Week 1 Monday Week 2	Apple Crumble with Custard  Banana or Satsuma	INGREDIENTS: Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid). Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil), Wholemeal Wheat Flour, Demerara Sugar, Breadcrumbs( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Dextrose), Dextrose.  Allergens are shown in Bold Contains : <b>Gluten and Wheat</b> May contain : <b>Egg, Milk and Soya</b>  Custard:- Maize Starch, Salt, Colour (Annatto Norbixin), Flavouring. Contains : None of the 14 Food Allergens May contain : Milk	<b>Wheat</b>  <b>May contain:- Egg, Milk, Soya</b>  <b>Milk</b>
Monday Week 1 Monday week 2	Chicken Pasta Salad	Wholemeal Pasta:- Whole <b>WHEAT</b> Flour, Water, Mixed Peppers, Salt, Pepper, Mayonnaise:- Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Egg Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).  Allergens are shown in Bold Contains : Egg  Lettuce, Cherry Tomatoes, Grated Carrot, mixed Olives.	<b>Wheat</b>  <b>Egg</b>

<p>Monday week 1 Monday week 2</p>	<p>Tuna Pasta Salad</p>	<p>Wholemeal Pasta:- Whole <b>WHEAT</b> Flour, Water, Mixed Peppers, Salt, Pepper, Mayonnaise:- Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Egg Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).</p> <p>Allergens are shown in Bold</p> <p>Contains : Egg</p> <p>Tuna - Tuna (Fish), Water, Salt.</p> <p>Lettuce, Cherry Tomatoes, Grated Carrot, mixed Olives</p>	<p><b>Wheat</b> <b>Egg</b> <b>Fish</b></p>
<p>Monday week 1 Monday week 2</p>	<p>Feta Cheese Pasta Salad</p>	<p>Wholemeal Pasta:- Whole <b>WHEAT</b> Flour, Water, Mixed Peppers, Salt, Pepper, Mayonnaise:- Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Egg Yolk Powder (1.5%), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).</p> <p>Allergens are shown in Bold</p> <p>Contains : Egg</p> <p>Feta Cheese:- Feta (Pasteurised Sheep &amp; Goat's MILK, Salt, Starter culture, Microbial rennet), Brine (Water, Salt).</p> <p>Allergens are shown in Bold</p> <p>Contains : Milk</p> <p>Lettuce, Cherry Tomatoes, Grated Carrot, mixed Olives</p>	<p><b>Wheat</b>          <b>Milk</b></p>
<p>Thursday Week 1 Thursday Week 2</p>	<p>Lamb Curry</p>	<p>Diced Halal Lamb, Extra Virgin Olive Oil, Onions, garlic, ginger, bayleaf, rosemary, Thyme, turmeric, curry powder, Plain flour, chilli powder, paprika, cumin, Butter:- Blended Spread 78% (52% milk fat &amp; 26% rapeseed oil). Butter (64%) (<b>MILK</b>), rapeseed oil, water, lactic acid culture (<b>MILK</b>), salt. vegetable stock:- Ingredients when reconstituted: Vegetable Stock (Water, Onion, Carrot Extract, Tomato, <b>CELERIAC</b>, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil.</p>	<p><b>Milk</b> <b>Celeriac</b></p>

		<p>Allergens are shown in Bold</p> <p>Contains : Celery. Cajun seasoning, black cracked pepper, salt.</p> <p>Knorr Balti Sauce:- Water, onion (18%), tomato (15%), red and green peppers (6%), rapeseed oil, sugar, concentrated tomato puree (1.5%), spices, modified maize starch, garlic puree, salt, ginger puree (0.7%), dried onion (0.5%), lemon juice from concentrate, cumin powder, acids (lactic acid, acetic acid), cracked black pepper, cracked coriander seed, paprika extract, dried coriander leaf, fennel seed, dried crushed red chilli, dried fenugreek leaf. crushed chilli, dried fenugreek leaf</p> <p><b>May contain : Almonds, Cashew Nut, Mustard, Nuts and Peanuts</b></p> <p>Balti Paste:- Water, rapeseed oil, maize flour, concentrated tomato puree (5%), sugar, ginger puree (3%), cumin powder (3%), salt, paprika powder, turmeric powder (2.5%), acid (acetic acid), coriander powder (2.5%), spices (1%), fennel powder, ground black pepper, garlic puree (1%), cracked coriander seeds (0.5%), red onion powder, garlic powder (0.4%), tamarind (0.3%), dried coriander leaf (0.1%).</p> <p><b>May contain : Almonds, Cashew Nut, Mustard, Nuts and Peanuts</b></p> <p>Aromat Seasoning:-</p> <p>Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.</p> <p>Allergens are shown in Bold</p> <p>Contains : Celery and Milk</p> <p><b>May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat</b></p>	<p><b>May contain:- Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat</b></p> <p><b>May contain : Almonds, Cashew Nut, Mustard, Nuts and Peanuts</b></p> <p><b>Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt, Wheat</b></p>
Thursday Week 1	Quorn Chilli (V)	<p>Quorn Mince:- Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free BARLEY Malt Extract, Onions, garlic, chilli powder, black cracked pepper, mixed peppers. Brakes chilli con carne sauce with kidney</p>	<p><b>Egg Barley Mycoprotein – high protein and fibre</b></p>

		<p>beans:- Tomatoes, water, red kidney beans, tomato puree, Onion, red pepper, modified maize, starch, sugar, Salt, acidity regulator, (lactic acid), cumin, paprika, Coriander powder, dried oregano, garlic powder, Chilli powder, fat reduced cocoa powder, black pepper.</p> <p>Aromat Seasoning:-</p> <p>Ingredients:</p> <p>Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.</p> <p>Allergens are shown in Bold</p> <p>Contains : <b>Celery and Milk</b></p> <p><b>May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat</b></p>	<p><b>which may cause intolerance in some people</b></p> <p><b>May contain:- Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt, Wheat</b></p>
Thursday Week 1 Thursday Week 2	Basmati Rice (V)	No Allergens	
Thursday Week 1 Thursday Week 2	Roast Chicken Baguette	<p>Chicken breast, maize starch, Dextrose, Salt, although every care has been taken to remove all bones some small bones may remain.</p> <p>Salt, Pepper. Mayonnaise, water, rapeseed oil, sugar, spirit vinegar, Modified maize starch, <b>Egg Yolk</b> powder 1.5%, salt, Stabilizer (xanthan gum), acidity regulator, (acetic acid), Lactic acid, preservative (potassium sorbate). Lettuce Salt and Pepper.</p> <p>Baguette:- Cereals containing Gluten. Milk and Milk Products, Sesame Seeds, Wheat.</p>	<p><b>Milk</b></p> <p><b>Egg</b></p> <p><b>Sesame</b></p> <p><b>Wheat</b></p>
Thursday Week 1 Thursday Week 2	Tuna and Sweetcorn Baguette (V)	<p>Tuna <b>Fish</b>, water, salt, Mayonnaise, water, rapeseed oil, sugar, spirit vinegar, Modified maize starch, <b>Egg Yolk</b> powder 1.5%, salt, Stabilizer (xanthan gum), acidity regulator, (acetic acid), Lactic acid, preservative (potassium sorbate). Sweetcorn, Lettuce.</p> <p>Baguette:- Cereals containing Gluten. Milk and Milk Products, Sesame Seeds, Wheat.</p>	<p><b>Fish</b></p> <p><b>Egg</b></p> <p><b>Milk</b></p> <p><b>Sesame</b></p> <p><b>Wheat</b></p>

Thursday Week 1 Thursday Week 2	Cheese and Tomato Baguette (V)	Cheddar Cheese, <b>(Milk)</b> , 98%, Anti caking agent (Potato Starch), Packaged in a protective atmosphere. Butter, <b>(Milk)</b> , Tomato. Baguette:- Cereals containing Gluten. Milk and Milk Products, Sesame Seeds, Wheat.	
Thursday Week 1 Thursday Week 2	Egg Mayonnaise Baguette (V)	Baguette:- Cereals containing Gluten. Milk and Milk Products, Sesame Seeds, Wheat. Egg Mayonnaise:- Boiled Eggs (80%), Rapeseed Oil, Water, Pasteurised Egg Yolk, Thickener (Modified Starch), Spirit Vinegar, Sugar, Salt, Acidity Regulator (Acetic Acid), Stabilisers (Guar Gum, Xanthan Gum), Flavouring, Preservative (Potassium Sorbate), Colour (Beta Carotene), Black Pepper.	<b>Wheat, Gluten</b>  <b>Eggs</b>
	Yoghurt Pots  Banana or Satsuma	STRAWBERRY YOGURT: Yogurt (MILK), Sugar, Strawberries (7.6%), Strawberry Purée (2.5%), Modified Maize Starch, Flavourings, Concentrated Lemon Juice, Colour (Beetroot Red).  VANILLA: Yogurt (MILK), Sugar, Water, Modified Maize Starch, Glucose Syrup, Flavourings, Sweetened Condensed Skimmed MILK, Vanilla Flavouring, Double Cream (MILK), Acidity Regulator (Citric Acid).  APRICOT & MANGO: Yogurt (MILK), Sugar, Apricots (3%), Mango (2%), Apricot Purée From Concentrate, Mango Purée From Concentrate, Modified Maize Starch, Flavourings, Acidity Regulators (Sodium Citrate, Citric Acid), Colour (Annatto Norbixin).  Allergens are shown in Bold  Contains : Milk	
Friday Week 1	Garlic and Pea Salmon Pasta (V)	Spaghetti:- Durum <b>WHEAT</b> semolina. <b>May contain : Egg and Mustard.</b> Extra Virgin Olive Oil, Garlic, Chilli Flakes, Fresh Green chillies, Fresh Salmon Fillet, Lemon Zest and Lemon Juice. Aromat Seasoning:- Ingredients:  Salt, flavour enhancer (monosodium glutamate), lactose <b>(MILK)</b> , onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric,	<b>Wheat</b>  <b>Fish may contain some bones</b> May contain <b>Egg</b> <b>Celeriac</b> <b>Milk</b>

		<p>garlic), onion extract, mushroom extracts, spice extracts (turmeric, <b>CELERY</b>, clove), bay leaf extract.</p> <p>Allergens are shown in Bold</p> <p>Contains : <b>Celery and Milk</b></p> <p><b>May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat</b></p>	<p><b>May contain:- Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt, Wheat</b></p>
Friday Week 1	<b>Marinated Quorn fillets:-</b>	<p>Quorn Fillets:- Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, WHEAT Gluten, Stabiliser: Carrageenan.</p> <p><b>Contains : Gluten and Wheat</b></p> <p>Extra Virgin Olive Oil, Salt, paprika, dried onion, cayenne pepper, garlic powder, cumin (8%), black pepper, thyme (4%), dried chillies (2%), oregano, white pepper, acidity regulator (citric acid), anti-caking agent (silicon dioxide).</p>	<b>Wheat</b>
Friday Week 1	<b>Indian Style Cous Cous</b>	<p>Dried Cous Cous [Durum <b>WHEAT</b> Semolina], Onion, Carrot, Sunflower Seeds, Natural Flavourings (contain <b>WHEAT</b>), Tomato, Palm Oil, Salt, Maltodextrin, Dried Herbs (Parsley, Coriander), Carrot Powder, Garlic Powder, Onion Powder, Chilli Powder. Fresh Chillies, Fresh Onions.</p>	<b>Wheat</b>
Friday Week 1 Friday Week 2	Roast Chicken Bagel	<p>Chicken breast, maize starch, Dextrose, Salt, although every care has been taken to remove all bones some small bones may remain.</p> <p>Salt, Pepper. Mayonnaise, water, rapeseed oil, sugar, spirit vinegar, Modified maize starch, <b>Egg Yolk</b> powder 1.5%, salt, Stabilizer (xanthan gum), acidity regulator, (acetic acid), Lactic acid, preservative (potassium sorbate).</p> <p>Lettuce Salt and Pepper</p> <p>Bagels:-Wheat Flour,(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, Wheat Gluten, Malted Barley Flour, Flour Treatment Agent(Ascorbic Acid),</p>	<p><b>Barley Cereals containing gluten Sesame Wheat</b></p>

Friday Week 1 Friday Week 2	Tuna and Sweetcorn Bagel (V)	Tuna <b>Fish</b> , water, salt. Mayonnaise, water, rapeseed oil, sugar, spirit vinegar, Modified maize starch, <b>Egg Yolk</b> powder 1.5%, salt, Stabilizer (xanthan gum), acidity regulator, (acetic acid), Lactic acid, preservative (potassium sorbate). Sweetcorn, Lettuce. Bagels:- Wheat Flour,(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, Wheat Gluten, Malted Barley Flour, Flour Treatment Agent(Ascorbic Acid),	Fish Egg Milk Sesame Wheat Barley Cereals with gluten
Friday Week 1 Friday Week 2	Cheese and Tomato Bagel (V)	Cheddar Cheese, ( <b>Milk</b> ), 98%, Anti caking agent (Potato Starch), Packaged in a protective atmosphere. Butter, ( <b>Milk</b> ). Tomato. Bagels: Wheat Flour,(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, Wheat Gluten, Malted Barley Flour, Flour Treatment Agent(Ascorbic Acid),	<b>Milk</b> <b>Barley, Cereals containing Gluten, Sesame Seeds, Wheat</b>
Friday Week 1 Friday Week 2	<b>Egg and Mayonnaise Bagel (V)</b>	Egg Mayonnaise:- Boiled Eggs (80%), Rapeseed Oil, Water, Pasteurised Egg Yolk, Thickener (Modified Starch), Spirit Vinegar, Sugar, Salt, Acidity Regulator (Acetic Acid), Stabilisers (Guar Gum, Xanthan Gum), Flavouring, Preservative (Potassium Sorbate), Colour (Beta Carotene), Black Pepper. Bagels: Wheat Flour,(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, Wheat Gluten, Malted Barley Flour, Flour Treatment Agent(Ascorbic Acid),	<b>Egg</b>  <b>Barley, Cereals containing Gluten, Sesame Seeds, Wheat</b>
	Jelly  Banana or Satsuma	Water, Gelling Agents (Gellan Gum, Xanthan Gum, Locust Bean Gum, Cassia Gum), Acid (Citric Acid), Acidity Regulator (Potassium Citrate), Colour (Anthocyanins), Flavouring, Sweeteners (Aspartame, Acesulfame K). Contains a source of phenylalanine.  <b>Contains : None of the 14 Food Allergens</b>	

<p>Wednesday Week 2</p>	<p>Quorn Thai Curry with Jasmine Rice (V)</p>	<p><b>Thai Curry:-</b> Quorn pieces:- Mycoprotein (94%), Rehydrated Free Range EGG White, Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate.  Green Curry Sauce. Thai Green Curry Paste:- Water, rapeseed oil, minced lemongrass (7%), green Bird's Eye chillies (6%), garlic purée, sliced green peppers, Thai basil (3.5%), modified starch, minced galangal (3%), lime leaves (3%), sugar, salt, coriander leaf, ground coriander, acidity regulator (citric acid), ground cumin, ground cardamom, colour (chlorophylls). Olive Oil, Green Beans, Baby Corn, Coconut Milk:- Coconut Extract, Water, Thickener(Carboxymethyl Cellulose), Emulsifier(Polysorbate 60), Red Peppers, Coriander.  Aromat Seasoning:- Ingredients:  Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.  Allergens are shown in Bold  Contains : Celery and Milk  May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat    <b>Jasmine Rice:</b> 100 % Jasmine Rice No Allergens</p>	<p><b>Soya</b>  <b>Barley</b>  <b>Celeriac</b>  <b>Egg</b>  <b>Milk</b></p> <p><b>May contain:-</b>  <b>Barley,Egg, Kamut,</b>  <b>Mustard, Oats, Rye,</b>  <b>Spelt, Wheat</b></p>
<p>Monday Week 2</p>	<p>Macaroni Cheese with Greens (V)</p>	<p>Macaroni, Cheese Sauce: Milk, Cornflour, Cheese, Salt, Pepper. Broccoli  Aromat Seasoning:- Ingredients:  Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.  Allergens are shown in Bold  Contains : Celery and Milk  May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat</p>	<p><b>Wheat</b>  <b>Gluten</b>  <b>Milk</b>  <b>Celery</b></p> <p><b>May contain:-</b>  <b>Barley, Egg, Kamut,</b>  <b>Mustard, Oats, Rye,</b>  <b>Spelt, Wheat</b></p>



	Rice Pudding		
Tuesday Week 2	Chicken Pie	<p>Halal Chicken Breast, Extra Virgin Olive Oil, Onions, Garlic, Thyme, Rosemary, Mushrooms, Veg Gravy:- Potato Starch, Maltodextrin, Salt, Palm Oil, Sugar, Wheat flour, (with added Calcium, Iron, Niacin, Thiamin), Yeast Extract, (contains Barley), Dried Onion, Colour (E150c), Flavour Enhancer(E621), Onion Powder, Vegetable Extracts, (Onion, Carrot, Celery, Tomato) Emulsifier (E322) (contains Soya), Dried Parsley, Flavourings.</p> <p>Vegetable Stock: Vegetable Stock-(Water, Onion, Carrot Extract, Tomato, Celeriac, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil.</p> <p>Halal Chicken Stock:- Salt, Corn starch, Flavour Enhancer, (Monosodium glutamate, disodium 5-ribonucleotides), maltodextrin, sugar, Soya Flour, sunflower Oil, chicken 1.1%(fat, meat 0.5%), Flavourings contain Soya, Spices, Garlic, herbs, onion, carrot. May contain traces of egg, milk, celery, fish, crustaceans, wheat, molluscs.</p> <p>Aromat Seasoning:- Ingredients:</p> <p>Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.</p> <p>Allergens are shown in Bold</p> <p>Contains : Celery and Milk</p> <p>May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat</p> <p>Short Crust Pastry: WheatFlour (with calcium, iron, niacin, thiamine), Margarine (Palm Oil, rapeseed oil),Water</p>	<p><b>Wheat</b> <b>Barley</b> <b>Soya</b> <b>Celeriac</b> <b>Egg</b> <b>May contain traces of milk, celery, fish, crustaceans</b> <b>Molluscs</b></p> <p><b>Wheat, Gluten,</b> <b>Celery, Milk,</b> <b>May contain:-</b> <b>Barley, Egg, Kamut,</b> <b>Mustard, Oats, Rye,</b> <b>Spelt, Wheat</b></p>
Tuesday Week 2	New Potatoes (V)		

Tuesday Week 2	Quorn + Lentil Cottage Pie (V)	<p>Olive Oil, Onions, Quorn Mince:- Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free BARLEY Malt Extract.</p> <p>Red Lentils, Mashed potato:- Dehydrated Potato (98%), (Potato Emulsifier (Mono-and Di Glycerides of fatty acids), Stabiliser (Disodium Diphosphate), Antioxidant (Citric Acid), Preservative(Sodium Metabisulphite), Salt, Antioxidant (Ascobyl Palmitate), Cheese:- (Milk), 98%, Anti caking agent (Potato Starch), Packaged in a protective atmosphere. Butter, (Milk). mixed veg, Vegetable gravy:- Potato Starch, Maltodextrin, Salt, Palm Oil, Sugar, Wheat flour, (with added Calcium, Iron, Niacin, Thiamin), Yeast Extract, (contains Barley), Dried Onion, Colour (E150c), Flavour Enhancer(E621), Onion Powder, Vegetable Extracts, (Onion, Carrot, Celery, Tomato) Emulsifier (E322) (contains Soya), Dried Parsley, Flavourings. Vegetable Stock:- Vegetable Stock: Vegetable Stock-(Water, Onion, Carrot Extract, Tomato, Celeriac, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil.</p> <p>Aromat Seasoning:- Ingredients: Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.</p> <p>Allergens are shown in Bold</p> <p>Contains : Celery and Milk</p> <p>May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat</p>	<p><b>Egg</b> <b>Barley</b></p> <p><b>Milk</b> <b>Wheat</b> <b>Celery</b> <b>Soya</b></p> <p><b>Celery, Milk</b></p> <p><b>May contain:-</b> <b>Barley, Egg, Kamut,</b> <b>Mustard, Oats, Rye,</b> <b>Spelt, Wheat</b></p>
	Yoghurt		
Monday Week 2	Spaghetti Bolognese	Extra Virgin Olive Oil, Halal Lamb Mince, Onions, garlic, passata, mushrooms,	<b>Celery</b> <b>Wheat</b> <b>Milk</b>

		<p>Knorr Bolognese sauce:- Water, tomatoes, tomato paste, Celery, Onions, carrots, Sugar, glucose-fructose syrup, Modified Maize Starch, yeast Extract, sunflower oil, Oregano, basil, salt, garlic, black pepper, cayenne pepper, Acid (citric acid), made from sustainably grown ingredients.</p> <p>Spaghetti:- Durum Wheat, Semolina</p> <p>GarlicBread:- Fortified <b>Wheat Flour</b>, (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine (Rapeseed Oil, Palm Oil, Water, Emulsifier: Mono- and Didlycerides of Fatty Acids, Natural Flavouring, Colour:- Beta Carotene), Garlic Puree, Yeast, Salt, Flour Treatment Agent: Ascorbic Acid: Parsley, Marjoram, Sage, Oregano, <b>Wheat</b> Flour.</p> <p>May contain <b>Milk</b> and <b>Soya</b></p> <p>Aromat Seasoning:- Ingredients:</p> <p>Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.</p> <p>Allergens are shown in Bold</p> <p>Contains : Celery and Milk</p> <p>May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat</p>	<p><b>Wheat</b></p> <p><b>Celery, Milk</b>  <b>May contain:- Barley, Egg, Kamut, Mustard, Oats, Rye Spelt, Wheat</b></p>
Monday Week 2	Vegetarian Quiche with Potato Wedges (V)	<p>Short Crust Pastry: <b>Wheat</b>Flour (with calcium, iron, niacin, thiamine), Margarine (Palm Oil, rapeseed oil),Water</p> <p>Eggs, Milk, Mixed peppers, Mushrooms, Cheese, Salt, Pepper</p> <p>Potato Wedges:- Vegetable Oil, Salt, Pepper, Chilli flakes.</p> <p>Aromat Seasoning:- Ingredients:</p> <p>Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.</p>	<p><b>Wheat</b>  <b>Egg</b>  <b>Milk</b>  <b>Egg</b>  <b>Milk</b></p> <p><b>Celery, Milk</b></p>

		<p>Allergens are shown in Bold</p> <p>Contains : Celery and Milk</p> <p>May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat</p>	
	Apple Crumble and Custard		
Thursday Week 2	Lamb Curry	<p>Diced Halal Lamb, Extra Virgin Olive Oil, Onions, garlic, ginger, bayleaf, rosemary, Thyme, turmeric, curry powder, Plain flour, chilli powder, paprika, cumin, Butter:- Blended Spread 78% (52% milk fat &amp; 26% rapeseed oil). Butter (64%) (<b>MILK</b>), rapeseed oil, water, lactic acid culture (<b>MILK</b>), salt. vegetable stock:- Ingredients when reconstituted: Vegetable Stock (Water, Onion, Carrot Extract, Tomato, <b>CELERIAC</b>, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil.</p> <p>Allergens are shown in Bold</p> <p>Contains : Celery. Cajun seasoning, black cracked pepper, salt.</p> <p>Knorr Balti Sauce:- Water, onion (18%), tomato (15%), red and green peppers (6%), rapeseed oil, sugar, concentrated tomato puree (1.5%), spices, modified maize starch, garlic puree, salt, ginger puree (0.7%), dried onion (0.5%), lemon juice from concentrate, cumin powder, acids (lactic acid, acetic acid), cracked black pepper, cracked coriander seed, paprika extract, dried coriander leaf, fennel seed, dried crushed red chilli, dried fenugreek leaf. crushed chilli, dried fenugreek leaf</p> <p><b>May contain : Almonds, Cashew Nut, Mustard, Nuts and Peanuts</b></p> <p>Balti Paste:- Water, rapeseed oil, maize flour, concentrated tomato puree (5%), sugar, ginger puree (3%), cumin powder (3%), salt, paprika powder, turmeric powder (2.5%), acid (acetic acid), coriander powder (2.5%), spices (1%), fennel powder, ground black pepper, garlic puree (1%), cracked coriander seeds (0.5%), red onion powder, garlic powder (0.4%), tamarind (0.3%), dried coriander leaf (0.1%).</p> <p><b>May contain : Almonds, Cashew Nut, Mustard, Nuts and Peanuts</b></p>	<p><b>Milk</b></p> <p><b>Celeriac</b></p> <p><b>May contain:- Barley, Egg, Kamut, Mustard, Oats, Rye Spelt, Wheat</b></p> <p><b>May contain :</b></p> <p><b>Almonds, Cashew Nut, Mustard, Nuts and Peanuts</b></p>

		<p>Aromat Seasoning:-</p> <p>Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.</p> <p>Allergens are shown in Bold</p> <p>Contains : Celery and Milk</p> <p><b>May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat</b></p>	
Thursday Week 2	Vegetable Chow Mein (V)	<p>Short Crust Pastry: WheatFlour (with calcium, iron, niacin, thiamine), Margarine (Palm Oil, rapeseed oil),Water</p> <p>Eggs, Milk, Mixed peppers, Mushrooms, Cheese, Salt, Pepper</p> <p>Potato Wedges:- Vegetable Oil, Salt, Pepper, Chilli flakes.</p> <p>Aromat Seasoning:- Ingredients:</p> <p>Salt, flavour enhancer (monosodium glutamate), lactose (MILK), onion powder (3.2%), yeast extract, palm fat, sunflower oil, spices (turmeric, garlic), onion extract, mushroom extracts, spice extracts (turmeric, CELERY, clove), bay leaf extract.</p> <p>Allergens are shown in Bold</p> <p>Contains : Celery and Milk</p> <p>May contain : Barley, Egg, Kamut, Mustard, Oats, Rye, Spelt and Wheat</p>	<p><b>Wheat</b></p> <p><b>Egg</b></p> <p><b>Sesame</b></p> <p><b>Soya Bean</b></p> <p><b>Wheat</b></p> <p><b>Soy</b></p> <p><b>Celериac</b></p> <p><b>Celery, Milk</b></p> <p><b>May contain:- Barley, Egg, Kamut, Mustard, Oats, Rye Spelt, Wheat</b></p>
	Yoghurt Pots		
Friday Week 2	Breaded Fish (V)	<p>(Fish) 50%. Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1), Sunflower Oil, Water, Rapseed Oil, Cornflour, Palm Oil, Yeast, Sea Salt, Dextrose, Yeast Extract, Salt.</p>	<p><b>Wheat</b></p> <p><b>Mustard</b></p> <p><b>May contain bones</b></p>

Friday Week 2	Bean Patty (V)	Mixed Vegetables (41%), (sweetcorn, carrot, broccoli, onion, cauliflower), water, Wheat Flour, cooked rice (water, rice, salt),Vegetable Oil (Rapeseed, Extra Virgin Olive Oil), Potato Flakes, Starch (potato, rice), Mozzarella Cheese(Milk), whole egg powder, onion powder, salt, yeast,Mustard, black pepper.	Wheat Milk Egg Mustard
Friday Week 2	Beans (V)	Baked Beans in Tomato Sauce: Beans, tomatoes, water, sugar, glucose-fructose syrup, modified <b>maize</b> starch, salt, onion powder, paprika, flavourings.	Maize
	Jelly Pots		