

# WINTER Menu 2023



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner</b>	<p><b>CHICKEN AND POTATO PIE (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Potato, Cheddar Cheese, Carrot, Milk, Bechamel Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Cornflour, Skimmed Milk Powder, Palm Oil, Sugar, Flavourings, Onion Powder, Salt, Ground White Pepper, Ground Bay, Ground Nutmeg), Onion, Dijon Mustard (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Skimmed Milk Powder, Yeast, Salt, Kalonji Seeds (0.5%)), Chicken, Leek, Thyme.</i></p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, MILK, MUSTARD, SULPHITES</i></p>	<p><b>PAELLA (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Onion, Mixed Peppers, Garlic, Chicken, Sweet Smoked Paprika, Turmeric, Long Grain Rice, Tomatoes, Tomato Paste, Chicken Stock (Cornflour, Potato Starch, Salt, Flavourings, Onion Powder, Palm Oil, Sugar, Garlic Powder, Ground Turmeric), Peas, Lemon, Thyme, Soy Sauce (Water, Soybean, Salt, Wheat Flour, Sugar, Colour - Plain Caramel, Acidity Regulators - Lactic Acid, Citric Acid, Preservative - Potassium Sorbate, Flavour Enhancers - E631 and E627).</i></p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, SOYA</i></p>	<p><b>BREADED FISH FINGERS (50G) SERVED WITH MASHED POTATO (70G) AND BAKED BEANS (55G)</b></p> <p><b>INGREDIENTS:</b> <i>Breaded Fish Fingers, Baked Beans In Tomato Sauce, Potato, Vegetable Margarine.</i></p> <p><b>ALLERGENS:</b> <i>FISH, GLUTEN: WHEAT</i></p>	<p><b>MINTED LAMB HOTPOT (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy (Maltodextrin, Potato Starch, Flavourings, Cornflour, Salt, Colour (Ammonia Caramel), Onion Powder, Acidity Regulator (Citric Acid), Mint Sauce.</i></p> <p><b>ALLERGENS:</b> <i>NONE</i></p>	<p><b>TUNA, SWEETCORN AND BROCCOLI BAKE (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Penne Pasta (Durum Wheat Semolina (100%)), Broccoli, Milk, Dijon Mustard (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Skimmed Milk Powder, Yeast, Salt, Kalonji Seeds (0.5%)), Cheddar Cheese, Sweetcorn, Tuna.</i></p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, FISH, MILK, MUSTARD, SULPHITES</i></p>
<b>Dessert</b>	<p><b>ICE CREAM ROLL (57G)</b></p> <p><b>INGREDIENTS:</b> <i>Water, Plain Sponge (23%) (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Dextrose, Egg, Soya Flour, Egg White, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Skimmed Milk Powder, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids)), Sugar, Palm Oil, Whey Solids (Milk), Whey Powder (Milk), Skimmed Milk Powder, Butter-milk Powder, Glucose, Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum, Carboxymethyl Cellulose, Pectin), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Colours (Beetroot Red, Carotenes), Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)</i></p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, MILK, EGG, SOYA</i></p>	<p><b>CARROT AND RAISIN FLAPJACK (50G)</b></p> <p><b>INGREDIENTS:</b> <i>Porridge Oats, Carrot, Raisins, Ground Cinnamon, Ground Ginger, Mixed Spice, Butter, Sunflower Oil, Golden Syrup, Light Brown Sugar, Vanilla Extract, Egg.</i></p> <p><b>ALLERGENS:</b> <i>GLUTEN: OATS, MILK, EGG</i></p>	<p><b>ORANGE AND MANGO SMOOTHIE (80G)</b></p> <p><b>INGREDIENTS:</b> <i>Water, Mango Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier, Stabilisers (Tara Gum, Gaur Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Acidity Regulator (Citric Acid), Dextrose, Flavouring.</i></p> <p><b>ALLERGENS:</b> <i>NONE</i></p>	<p><b>BLUEBERRY MUFFIN (50G)</b></p> <p><b>INGREDIENTS:</b> <i>Sugar, Wheat Flour, Rapeseed Oil, Egg, Blueberries, Humectant (Glycerine), Cornflour, Egg White, Whey Powder (Milk), Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Emulsifier (Sodium Stearoyl-2-Lactylate), Flavouring.</i></p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, EGG, SOYA, MILK, SESAME</i></p>	<p><b>BEETROOT BROWNIE (50G)</b></p> <p><b>INGREDIENTS:</b> <i>Plain Chocolate (Sugar, vegetable oil (palm), WHEAT flour (with calcium, iron, thiamin (B1), niacin (B3)), fat reduced cocoa powder (15%), whey powder (Milk), emulsifiers (Soya lecithins, polyglycerol polyricinoleate), flavouring), Butter, Caster Sugar, Egg, Vanilla Extract, Self-Raising Flour, Cocoa Powder, Beetroot.</i></p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, SOYA, MILK, EGG</i></p>

# WINTER Menu 2023



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner</b>	<p><b>FSWEET &amp; SOUR CHICKEN (110G) SERVED WITH RICE (90G)</b></p> <p><b>INGREDIENTS:</b> Chicken, Tomato, Pine-apple, Vinegar, Lemon, Garlic, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White Rice.</p> <p><b>ALLERGENS:</b> <i>NONE</i></p>	<p><b>PERUVIAN RICE (200G)</b></p> <p><b>INGREDIENTS:</b> Long Grain Rice, Onion, Carrot, Mixed Peppers, Minced Beef, Garlic, Tomatoes, Curry Powder, <b>Beef Stock</b> (Salt, Cornflour, Potato Starch, Flavourings (<b>Barley</b>), Sugar, Onion Powder, Beef Powder, Colour (Ammonia Caramel), Palm Oil, Ground Black Pepper), Dried Oregano, Tomato Ketchup, Sultanas, <b>Soy Sauce</b> (Water, <b>Soybean</b>, Salt, <b>Wheat Flour</b>, Sugar, Colour - Plain Caramel, Acidity Regulators - Lactic Acid, Citric Acid, Preservative - Potassium Sorbate, Flavour Enhancers - E631 and E627), Peas.</p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, BARLEY, SOYA</i></p>	<p><b>SALMON FISH CAKES (50G) SERVED WITH MASHED POTATO (70G) AND PEAS &amp; SWEETCORN (80G)</b></p> <p><b>INGREDIENTS:</b> <b>Fishcake (Salmon)</b>, Potato, Peas, Sweetcorn.</p> <p><b>ALLERGENS:</b> <i>FISH, GLUTEN: WHEAT</i></p>	<p><b>CHEESY BEAN AND POTATO PIE (200G)</b></p> <p><b>INGREDIENTS:</b> Potato, <b>Cheese</b>, Baked Beans, Chives, Onion, Tomatoes, Paprika.</p> <p><b>ALLERGENS:</b> <i>MILK</i></p>	<p><b>CHICKEN PASTA BAKE (200)</b></p> <p><b>INGREDIENTS:</b> <b>Penne Pasta</b>, Carrot, Leek, Garlic, <b>Bechamel Powder</b> (<b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Cornflour, Skimmed <b>Milk Powder</b>, Palm Oil, Sugar, Flavourings, Onion Powder, Salt, Ground White Pepper, Ground Bay, Ground Nutmeg), <b>Milk</b>, Chicken Stock (Cornflour, Potato Starch, Salt, Flavourings, Onion Powder, Palm Oil, Sugar, Garlic Powder, Ground Turmeric), <b>Dijon Mustard</b> (<b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Skimmed <b>Milk Powder</b>, Yeast, Salt, Kalonji Seeds (0.5%)), <b>Cheddar Cheese</b>, Thyme, Chicken.</p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, MILK, SULPHITES, MUSTARD</i></p>
<b>Dessert</b>	<p><b>THICK AND CREAMY YOGHURT (80G)</b></p> <p><b>INGREDIENTS:</b> <b>Yogurt</b>, Sugar, Strawberry Purée (4%), Cornflour, Concentrated Lemon Juice, Concentrated Elderberry Juice, Natural Flavouring.</p> <p><b>ALLERGENS:</b> <i>MILK</i></p>	<p><b>BREAD AND BUTTER PUDDING (100G)</b></p> <p><b>INGREDIENTS:</b> <b>White Bread, Butter</b>, Apricot Jam, Sultanas, Vanilla Extract, <b>Egg, Double Cream, Milk</b>, Caster Sugar.</p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, BARLEY, SOYA, SESAME, MILK, EGG</i></p>	<p><b>ICE CREAM POT (80G)</b></p> <p><b>INGREDIENTS:</b> Water, Sugar, Palm Oil, <b>Milk</b>, Emulsifier, Stabilisers, Flavouring.</p> <p><b>ALLERGENS:</b> <i>MILK</i></p>	<p><b>FRUITY, OATY, CRISPIE SQUARES (50G)</b></p> <p><b>INGREDIENTS:</b> <b>Porridge Oats, Rice Crispies, Dried Apricots</b>, Sunflower Seeds, <b>Butter</b>, Golden Syrup, <b>White Chocolate</b>, Raisins.</p> <p><b>ALLERGENS:</b> <i>MILK</i></p>	<p><b>POACHED PEARS (65G) SERVED WITH CUSTARD (60G)</b></p> <p><b>INGREDIENTS:</b> Pears, Orange Juice, Cinnamon, Custard.</p> <p><b>ALLERGENS:</b> <i>MILK</i></p>

# WINTER Menu 2023



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	<p><b>FISH PIE (200G)</b></p> <p>INGREDIENTS: <i>Potato, Cheddar Cheese, Carrot, Milk, Water, Bechamel Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Cornflour, Skimmed Milk Powder, Palm Oil, Sugar, Flavourings, Onion Powder, Salt, Ground White Pepper, Ground Bay, Ground Nutmeg), Onion, Dijon Mustard (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Skimmed Milk Powder, Yeast, Salt, Kalonji Seeds (0.5%)), Dill, Salmon, Pollock.</i></p> <p>ALLERGENS: <b>GLUTEN: WHEAT, FISH, MILK, MUSTARD, SULPHITES</b></p>	<p><b>CHICKEN CURRY SERVED (150G) WITH NAAN BREAD (40G)</b></p> <p>INGREDIENTS: <i>Katsu Sauce (Water, Tomato Purée from concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Purée (3%), Soy sauce (2.5%) (Water, Sugar, Rice Vinegar, Soya Bean, Wheat, Salt), Garlic Purée, Turmeric, Ground Coriander, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Black Pepper, Garlic Powder, Stabiliser (Xanthan Gum), Ground Cassia, Cumin Seed, Ground Fennel, Ground Cloves), Onion, Carrot, Red Lentils, Sweet Potato, Cauliflower, Chicken, Korma Paste, Mango Chutney, Tomatoes, Chicken Stock, Naan Bread (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Skimmed Milk Powder, Yeast, Salt, Kalonji Seeds (0.5%)).</i></p> <p>ALLERGENS: <b>GLUTEN: WHEAT, SOYA, MILK</b></p>	<p><b>ROAST CHICKEN BREAST IN GRAVY SERVED WITH ROAST POTATOES, PEAS AND CARROTS (180G)</b></p> <p>INGREDIENTS: <i>Chicken, Potato, Carrot, Peas, Gravy (Maltodextrin, Potato Starch, Flavourings, Cornflour, Salt, Colour (Ammonia Caramel), Onion Powder, Acidity Regulator (Citric Acid)).</i></p> <p>ALLERGENS: <b>NONE</b></p>	<p><b>HIDDEN VEGETABLE BEEF BOLOGNAISE (200G)</b></p> <p>INGREDIENTS: <i>Onion, Mixed Peppers, Carrot, Apple, Garlic Powder, Tomato and Basil Sauce (Tomatoes (78%) Tomato Paste (11%) Modified Maize Starch Sugar Onion Olive Oil (1.8%) Basil (1.4%) Salt Acidity Regulator (Citric Acid) Herbs Spices), Minced Beef, Tomato Puree, Tomato Ketchup, Beef Stock (Salt, Cornflour, Potato Starch, Flavourings (Barley), Sugar, Onion Powder, Beef Powder, Colour (Ammonia Caramel), Palm Oil, Ground Black Pepper), Dried Oregano, Penne Pasta (Durum Wheat Semolina (100%)).</i></p> <p>ALLERGENS: <b>GLUTEN: BARLEY, WHEAT</b></p>	<p><b>VEGETABLE GOULASH SERVED (100G) WITH JACKET POTATO (100G)</b></p> <p>INGREDIENTS: <i>Onion, Mixed Peppers, Broccoli, Carrot, Garlic Paste, Sweet Smoked Paprika, Tomato Puree, Chopped, Tomatoes, Vegetable Stock, Apple Juice, Dried Thyme, Worcestershire Sauce, Double Cream, Soy Sauce (Water, Soybean, Salt, Wheat Flour, Sugar, Colour - Plain Caramel, Acidity Regulators - Lactic Acid, Citric Acid, Preservative - Potassium Sorbate, Flavour Enhancers - E631 and E627), Mango Chutney, Green Lentils.</i></p> <p>ALLERGENS: <b>GLUTEN: WHEAT, BARLEY, MILK, SOYA</b></p>
<b>Dessert</b>	<p><b>BANANA AND CARROT TRAY BAKE (80G)</b></p> <p>INGREDIENTS: <i>Margarine, Egg, Banana, Carrot, Sultanas, Brown Sugar, Self-Raising Flour, Ground Cinnamon, Ground Mixed Spice, Ground Ginger, Sunflower Seeds, Pumpkin Seeds.</i></p> <p>ALLERGENS: <b>EGG</b></p>	<p><b>THICK AND CREAMY FRUIT YOGHURT (80G)</b></p> <p>INGREDIENTS: <i>Yogurt, Sugar, Strawberry Purée (4%), Cornflour, Concentrated Lemon Juice, Concentrated Elderberry Juice, Natural Flavouring.</i></p> <p>ALLERGENS: <b>MILK</b></p>	<p><b>STRAWBERRY AND VANILLA MOUSSE (90G)</b></p> <p>INGREDIENTS: <i>Whey, Milk, Strawberry Flavouring, Vanilla Flavouring.</i></p> <p>ALLERGENS: <b>MILK</b></p>	<p><b>APPLE AND BLACKBERRY CRUMBLE (65G) SERVED WITH CUSTARD (60G)</b></p> <p>INGREDIENTS: <i>Apple And Blackberry Pie Filling (Water, Apple (22%), Sugar, Blackberries (12%), Modified Maize Starch, Acidity Regulator (Citric Acid), Elderberry Concentrate, Apple Concentrate, Natural Flavouring, Preservative (Potassium Sorbate, Elderberry, Crumble Mix (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil), Wholemeal Wheat Flour, Demerara Sugar, Breadcrumbs, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Dextrose), Dextrose), Ready To Pour Custard.</i></p> <p>ALLERGENS: <b>GLUTEN: WHEAT, MILK, EGG, SOYA</b></p>	<p><b>RICE PUDDING WITH FRUIT (100G)</b></p> <p>INGREDIENTS: <i>Pudding Rice, Milk, Fruit.</i></p> <p>ALLERGENS: <b>MILK, SULPHITES</b></p>