

WK 1	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	Vegetable Fingers, With Spaghetti And Potato Wedges (220G)	Vegetable Fingers (Sweetcorn, Carrot, Peas, Water, Breadcrumbs , Rapeseed Oil, Potato, Wheat flour, Onion, Turmeric), Potatoes, Spaghetti (Water, Durum Wheat, Semolina, Maize Starch, Sugar, Salt, Wheat flour, Citric Acid, Rapeseed Oil, Onion, Paprika, Capsicum Extract, Tomato) ALLERGENS: GLUTEN - WHEAT	Apple Crumble And Custard (125G)	Apple, Crumble Topping, Custard ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT
TUE	Quorn Pasta Bake (200G)	Tri-Colour Pasta (Wheat, Semolina, Spinach), Quorn , Tomato Sauce (Onion, Salt, Citric Acid, Garlic, Basil, Oregano) Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Cheese ALLERGENS: MILK, EGG, GLUTEN - WHEAT	White Chocolate And Mixed Fruit Crispie Cake (50G)	White Chocolate, Mixed Fruit , Vegetable Margarine, Vegetable Oil, Rice Krispies ALLERGENS: MILK, SOYA, SULPHITES, GLUTEN - BARLEY, WHEAT
WED	Five Bean Chilli With Wholemeal Pitta Bread (200G)	Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Borlotti Beans, Chilli Con Carne Sauce (Tomato Purée from Concentrate (36%), Tomatoes (34%), Red Kidney Beans (7%), Water, Onion, Red Pepper (3%), Modified Maize Starch, Sugar, Salt, Ground Cumin, Acidity Regulator (Lactic Acid), Paprika, Ground Coriander, Garlic Powder, Chilli Powder, Fat Reduced Cocoa Powder, Black Pepper), Wholemeal Pitta Bread (Wholemeal Wheat Flour, Water, Yeast, Salt, Preservative(Calcium Propionate) ALLERGENS: GLUTEN - WHEAT	Fruit Smoothie (50G)	Fruit ALLERGENS: NONE
THU	Slow Cooked Beans And Vegetables Served With Mashed Potato (200G)	Cannellini Beans, Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic, Vegetable Margarine ALLERGENS: NONE	Strawberry Ice Cream (50G)	Water, Sugar, Palm Oil, Whey Solids (Milk), Whey Powder (Milk), Skimmed Milk Powder, Buttermilk Powder, Stabiliser Blend [Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum)], Flavouring, Colour (Beetroot Red). ALLERGENS: MILK
FRI	Sweet And Sour Chicken Style Strips With Rice (190G)	Meat Free Chicken Style Strips , Rice, Sweet And Sour Sauce (Sugar, Water, Tomato Puree, Pineapple, Spirit Vinegar, Maize Starch, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder), Mixed Vegetables. ALLERGENS: SOYA, GLUTEN - WHEAT	Pineapple Sponge Cake (50g)	Pineapple Pieces, Sponge Mix- (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil) , Dextrose, Raising Agents (Sodium Hydrogen Carbonate, Disodium Diphosphate, Calcium Hydroxide, Calcium Dihydrogen Diphosphate, Monocalcium Phosphates, Calcium Phosphates), Dried Whole Egg Powder, Skimmed Milk Powder, Emulsifiers (Propane-1, 2-diol Esters of Fatty Acids, Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Milk Proteins, Dried Egg White Powder,Thickener(Xanthan Gum), Defatted Soya Flour, Stabiliser(Disodium Diphosphate), Glucose Syrup.) Vanila Essence(Water,Monopropylene Glycol, Colour (Caramel E150a), Flavourings.) ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT

WK 2	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	Somerset Veggie Mince And Apple (110G) With Rice (90G)	Meat Free Mince (Textured Soya Protein, Yeast Extract, Onion Powder, Dextrose, Salt, Malt Dextrin, Citric Acid, White Pepper), Carrot, Mixed Herbs, Leek, Swede, Courgette, Stuffing Mix , Apple Sauce, White And Brown Rice, Gravy, Sage, Parsley ALLERGENS: SOYA, GLUTEN - WHEAT	Lemon Sponge (50G)	Lemon Essence (Water, Monopropylene Glycol & Flavouring), Sponge Mix- (Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil) , Dextrose, Raising Agents (Sodium Hydrogen Carbonate, Disodium Diphosphate, Calcium Hydroxide, Calcium Dihydrogen Diphosphate, Monocalcium Phosphates, Calcium Phosphates), Dried Whole Egg Powder, Skimmed Milk Powder, Emulsifiers (Propane-1, 2-Diol Esters Of Fatty Acids, Lactic Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids), Milk Proteins, Dried Egg White Powder, Thickener(Xanthan Gum), Defatted Soya Flour, Stabiliser(Disodium Diphosphate), Glucose Syrup.) ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT
TUE	Vegetarian Cottage Pie (200G)	Carrot, Peas, Onion, Garlic, Swede, Sunflower Oil, Meat Free Mince (Textured Soya Protein , Yeast Extract, Onion Powder, Dextrose, Salt, Malt Dextrin, Citric Acid, White Pepper)Vegetable Gravy, Black Pepper, Potato, Broccoli, Vegetable Margarine ALLERGENS: SOYA	Low Fat Fruit Yoghurt (60G)	Water, Milk, Soya , Fruit Puree ALLERGENS: MILK, SOYA
WED	Tomato And Basil Chicken Style Strips Served With Broccoli (200G)	Chicken Style Strips , Tomato and Basil Sauce (Tomato, Sugar, Lemon, Onion, Starch, Maize, Salt, Garlic, Basil, Rapeseed Oil, Oregano, Black Pepper) Broccoli, Mixed Peppers, Carrots, Peas, Green Beans, Sweetcorn, Broad Beans. ALLERGENS: SOYA, GLUTEN - WHEAT	Vanilla Ice Cream (50G)	Water, Sugar, Palm Oil, Whey Solids (Milk), Whey Powder (Milk), Skimmed Milk Powder, Buttermilk Powder, Stabiliser Blend [Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum)], Flavouring, Colour (Carotenes). ALLERGENS: MILK
THU	Quorn Fishless Fingers, Mashed Potato And Peas (195G)	Quorn Fingers (Textured Rice Flake (40%), Wheat Flour, Water, Rapeseed Oil, Wheat Gluten, Potato Starch, Natural Flavouring, Salt, Wheat Fibre, Spices, Yeast), Potatoes, Peas, Vegetable Margarine ALLERGENS: GLUTEN - WHEAT	Apricot Flapjack (50G)	Oats , Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Apricots ALLERGENS: EGGS, SOYA, MILK, SULPHITES, GLUTEN - OATS, WHEAT, BARLEY
FRI	Vegetable Ragù And Jacket Potato (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Chopped Tomatoes, Passata, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato ALLERGENS: NONE	Raspberry Mousse (50G)	Water, Milk , Raspberry ALLERGENS: MILK

WK 3	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	Meat Free Mince Bolognaise Bake (200G)	Meat Free Mince , Carrot, Onion, Peppers, Sweetcorn, Vegetable Bouillon, Garlic, Basil, Oregano, Tomato Passata, Tri-Colour Pasta (Semolina, Spinach Powder, Tomato Powder), Cheese ALLERGENS: SOYA, MILK, GLUTEN - WHEAT	Low Fat Rice Pudding With Fruit (100G)	Rice Pudding , Fruit ALLERGENS: MILK
TUE	Veggie Fingers, Potato Croquette, Baked Beans (195G)	Veggie Fingers , (Vegetable Mix - (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (Wheat Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, Wheat Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.), Potato Croquette , (Potato (83%), Wheat Flour, Potato Flakes, Flour (Rice), Salt, Wheat Starch, Stabilizer, Onion Powder, Yeast, Paprika Powder, Turmeric, Dextrose, Nutmeg, Natural Flavour, Garlic, Yeast Extract.), Baked (Haricot) Beans, Water, Sugar, Salt, Onion, Paprika, Tomato ALLERGENS: GLUTEN - WHEAT	Raspberry Mousse Cake (40g)	Water, Sugar, Palm Kernel Oil, Palm Oil, Wheat Flour , Egg , Milk Proteins , Raspberries, Emulsifiers, Glucose, Gelling Agents, Beetroot, Elderberry Juice, , Dextrose , Salt, Wheat Starch . ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT
WED	Cheesy Bean And Potato Pie (200G)	Potato, Cheese , Baked Beans, Chives, Milk, Tomatoes ALLERGENS: MILK	Poached Pears Served With Custard (125G)	Pears, Sugar, Orange Juice, Cinnamon. Custard ALLERGENS: MILK
THU	BBQ Meat Free Chicken Style Strips And Med Vegetables With Rice (195G)	Meat Free Chicken Style Strips , BBQ Sauce (Tomato, Fructose Syrup, Spirit Vinegar, Molasses, Cornflour, Salt, Smoke Flavouring, Onion Powder, Potassium Sorbate, Garlic), Courgette, Mixed Peppers, Long Grain Rice ALLERGENS: SOYA, GLUTEN - WHEAT	Chocolate Brownie (50G)	Sugar, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Vegetable Fat (Palm Oil, Rapeseed Oil), Dried Glucose Syrup, Fat Reduced Cocoa Powder (4.5%), Egg Powder , Emulsifier (Polyglycerol Esters of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Salt, Chocolate Flavouring (Lactose (Milk)). ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT, BARLEY
FRI	Qourn Chicken Style Korma And Naan Bread (195G)	Diced Quorn , Korma Sauce (Water, Tomatoes, Onion (7.9%), Fresh Cream (from MILK) (7.2%), Coconut (4.8%), Sugar, Desiccated Coconut (2.9%), Sunflower Oil, Modified Maize Starch, Salt, Skimmed Milk Yoghurt Powder, Spices, Curry Powder, Coriander, Acidity Regulators (Citric Acid), Garlic, Ginger Powder, Colour (Paprika Extract)). Peas, Carrots, Naan Bread (Wheat, Milk) ALLERGENS: EGG, MILK, GLUTEN - WHEAT	Ice Cream Roll (90G)	Water, Sugar, Palm Oil, Milk , Buttermilk , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour ALLERGENS: MILK, EGG, SOYA, GLUTEN - WHEAT