

WK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	Vegetable Ragu 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	Low Fat Fruit Yoghurt (60G)	Water, Milk, Soya, Fruit Puree ALLERGENS: MILK, SOYA	Vegetable Fingers, With Spaghetti And Potato Wedges (200G)	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: WHEAT, GLUTEN	Strawberry Crumble And Custard (125G)	Strawberries (Citric Acid, Elderberry Extract), Crumble Topping, Custard ALLERGENS: GLUTEN, WHEAT, EGG, MILK, SOYA
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, BlackPepper, Potato, Broccoli, Vegetable Margarine ALLERGENS: SOYA	Lemon Sponge (50G)	Lemon, Palm Oil, Cornflour, Egg , Caster Sugar, Vegetable Margarine, Vegetable Oil Self-Raising Flour ALLERGENS: WHEAT, GLUTEN, EGG	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: GLUTEN, MILK, WHEAT, EGG	White Chocolate And Mixed Fruit Crispie Cake (50G)	White Chocolate, Mixed Fruit , Vegetable Margarine, Vegetable Oil, Rice Krispies ALLERGENS: GLUTEN, BARLEY, WHEAT, MILK, SOYA, SULPHITES
WED	Vegetarian Lasagne (175g)	Meat Free Mince , Carrot, Onion, Mixed Peppers, Tomato, Garlic, Lasagne Sheets, Béchamel Sauce , Oregano, Basil, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA, EGG	Ice Cream And Wafers (50G)	Milk, Wafers ALLERGENS: MILK, WHEAT, GLUTEN, SOYA	Five Bean Chilli Con Carne With Pitta Bread (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Chilli Con Carne Sauce (Tomatoes, Kidney Beans, Onion, Red Pepper, Maize Starch, Sugar, Salt, Acidity Regulator, Cumin, Paprika, Coriander, Oregano, Garlic, Chilli, Cocoa Powder, Black Pepper). Pitta Bread ALLERGENS: GLUTEN, WHEAT	Fruit Smoothie (50G)	Fruit ALLERGENS: NONE
THU	Quorn Fishless Fingers, Mashed Potato And Peas And Sweetcorn (195G)	Quorn Fingers , Potatoes, Peas, Sweetcorn, Vegetable Margarine ALLERGENS: WHEAT, GLUTEN	Apricot Flapjack (50G)	Oats , Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Apricots ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, WHEAT SULPHITES	Slow Cooked Vegetables And Beans 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	Ice Cream Pot (80G)	Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colourings ALLERGENS: MILK
FRI	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: GLUTEN, WHEAT, SOYA	Raspberry Mousse (50G)	Water, Milk, Raspberry ALLERGENS: MILK	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, GLUTEN, WHEAT, MILK	Chocolate Brownie (50G)	Wheat Flour , Vegetable Oil, Dried Glucose Syrup, Cocoa Powder, Egg Powder , Emulsifier, Salt, Chocolate Flavouring, Milk. ALLERGENS: EGG, GLUTEN, WHEAT, BARLEY, MILK, SOYA

WK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	Veggie Cake, Potato Croquette, Baked Beans (195G)	Vegetable Cake , (Wheat Flour, Potato, Sweetcorn, Carrot, Peas, Rapeseed Oil, Salt, Rice Starch, Yeast, Sugar, White Pepper, Turmeric), Potato Croquette , (Wheat Flour, Palm Oil, Water, Salt, Milk, Yeast, Nutmeg, Paprika, Pepper), Baked (Haricot) Beans, Water, Sugar, Salt, Onion, Paprika, Tomato ALLERGENS: GLUTEN, WHEAT, MILK, SULPHITES	Low Fat Rice Pudding With Fruit (100G)	Rice Pudding , Fruit ALLERGENS: MILK	Vegetarian Lasagne (175g)	Meat Free Mince , Carrot, Onion, Mixed Peppers, Tomato, Garlic, Lasagne Sheets, Béchamel Sauce , Oregano, Basil, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA, EGG	Lemon Sponge (50G)	Lemon, Palm Oil, Cornflour, Egg , Caster Sugar, Vegetable Margarine, Vegetable Oil Self-Raising Flour ALLERGENS: WHEAT, GLUTEN, EGG
TUE	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: WHEAT, GLUTEN, SOYA	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: GLUTEN, EGG, MILK, SOYA, WHEAT	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: GLUTEN, WHEAT, SOYA	Low Fat Fruit Yoghurt (60G)	Water, Milk , Soya, Fruit Puree ALLERGENS: MILK, SOYA
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	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: GLUTEN, WHEAT, SOYA	Pineapple Sponge Cake (50g)	Self-Rising Flour , Caster Sugar, Vegetable Margarine, Vegetable Oil, Pineapple, Egg ALLERGENS: EGG, GLUTEN, WHEAT
THU	Meat Free Mince Bolognese Bake (200G)	Meat Free Mince , Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Tomato Passata, Tri-Colour Pasta (Semolina, Spinach Powder, Tomato Powder), Cheese ALLERGENS: GLUTEN WHEAT, SOYA, MILK	Chocolate Brownie (50G)	Wheat Flour , Vegetable Oil, Dried Glucose Syrup, Fat Reduced Cocoa Powder, Egg Powder , Emulsifier, Salt, Chocolate Flavouring , Milk . ALLERGENS: EGG, GLUTEN, WHEAT, BARLEY, MILK, SOYA	Quorn Fishless Fingers, Mashed Potato With Peas And Sweetcorn (195G)	Quorn Fingers , Potatoes, Peas, Sweetcorn, Vegetable Margarine ALLERGENS: WHEAT, GLUTEN	Apricot Flapjack (50G)	Oats , Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Apricots, Vegetable Oil ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, WHEAT, SULPHITES
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, GLUTEN, WHEAT, MILK	Ice Cream Roll (90G)	Water, Sugar, Palm Oil, Milk, Buttermilk , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour ALLERGENS: MILK, EGG, SOYA, WHEAT, GLUTEN	Vegetable Ragu And Jacket Potato (200G)	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	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	Five Bean Chili Con Carne With Pitta Bread (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Chilli Con Carne Sauce (Tomatoes, Kidney Beans, Onion, Red Pepper, Maize Starch, Sugar, Salt, Acidity Regulator, Cumin, Paprika, Coriander, Oregano, Garlic, Chilli, Cocoa Powder, Black Pepper), Pitta Bread ALLERGENS: GLUTEN, WHEAT	Ice Cream Pot (80G)	Water, Sugar, Palm Oil, Milk , Emulsifier, Stabilisers, Flavouring, Colourings ALLERGENS: MILK	Meat Free Mince Bolognaise Bake (200G)	Meat Free Mince , Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Tomato Passata, Tri-Colour Pasta (Semolina, Spinach Powder, Tomato Powder) ALLERGENS: GLUTEN WHEAT, SOYA	Ice Cream Roll (90G)	Water, Sugar, Palm Oil, Milk, Buttermilk , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour ALLERGENS: MILK, EGG, SOYA, WHEAT, GLUTEN
TUE	Slow Cooked Vegetables And Beans 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	Pineapple Sponge Cake (50g)	Self-Rising Flour , Caster Sugar, Vegetable Margarine, Vegetable Oil, Pineapple, Egg ALLERGENS: EGG, GLUTEN, WHEAT	Veggie Cake, Potato Croquette Baked Beans. (195G)	Vegetable Cake , (Wheat Flour, Potato, Sweetcorn, Carrot, Peas, Rapeseed Oil, Salt, Rice Starch, Yeast, Sugar, White Pepper, Turmeric), Potato Croquette , (Wheat Flour, Palm Oil, Water, Salt, Milk, Yeast, Nutmeg, Paprika, Pepper), Baked (Haricot) Beans, Water, Sugar, Salt, Onion, Paprika, Tomato ALLERGENS: GLUTEN, WHEAT, MILK, SULPHITES	Fruit Jelly (50G)	Fruit, Sugar, Flavourings ALLERGENS: NONE
WED	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: GLUTEN, WHEAT, SOYA	White Chocolate And Mixed Fruit Crispie Cake (50G)	White Chocolate, Mixed Fruit , Vegetable Margarine, Vegetable Oil, Rice Krispies ALLERGENS: GLUTEN, BARLEY, WHEAT, MILK, SOYA, SULPHITES	Cheesy Bean And Potato Pie (200G)	Potato, Cheese , Baked Beans, Chives, Milk, Tomatoes ALLERGENS: MILK	Low Fat Rice Pudding With Fruit (100G)	Rice Pudding , Fruit ALLERGENS: MILK
THU	Vegetable Fingers, With Spaghetti And Potato Wedges (200G)	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: WHEAT, GLUTEN	Strawberry Crumble And Custard (125G)	Strawberries (Citric Acid, Elderberry Extract), Crumble Topping, Custard ALLERGENS: GLUTEN, WHEAT, EGG, MILK, SOYA	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: WHEAT, GLUTEN, SOYA	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: GLUTEN, EGG, MILK, SOYA, WHEAT
FRI	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: GLUTEN, MILK, WHEAT, EGG	Fruit Smoothie (50G)	Fruit ALLERGENS: NONE	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	Poached Pears Served With Custard (125G)	Pears, Sugar, Orange Juice, Cinnamon. Custard ALLERGENS: MILK