

WK 1	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	<b>Chicken Goujons With Spaghetti And Potato Wedges (220G)</b>	Chicken Breast Fillet (66%), Water, Rapeseed Oil, Rice Flour, Gram Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose, Acidity Regulator (Sodium Carbonate). <b>Spaghetti</b> (Water, <b>Durum Wheat</b> , Semolina, Maize Starch, Sugar, Salt, <b>Wheat Flour</b> , Citric Acid, Rapeseed Oil, Onion, Paprika, Capsicum Extract, Tomato) <b>ALLERGENS: GLUTEN - WHEAT</b>	<b>Apple Crumble And Custard (125G)</b>	Apple, <b>Crumble Topping, Custard</b> <b>ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT</b>
TUE	<b>Tuna Pasta Bake (200G)</b>	<b>Tri-Colour Pasta (Wheat, Semolina, Spinach), Tuna, Tomato Sauce</b> (Onion, Salt, Citric Acid, Garlic, Basil, Oregano) Sweetcorn, Mixed Peppers, Oregano, Black Pepper, <b>Cheese</b> <b>ALLERGENS: MILK, FISH, GLUTEN - WHEAT</b>	<b>White Chocolate And Sultana Crispie Cake (50G)</b>	<b>White Chocolate, Sultana, Vegetable Margarine, Golden Syrup, Rice Krispies.</b> <b>ALLERGENS: MILK, SOYA, GLUTEN - BARLEY, WHEAT</b>
WED	<b>Five Bean Chilli With Wholemeal Pitta Bread (200G)</b>	Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Borlotti Beans, Tomato Passata (30%), Tomatoes (24%), Onion, Red Pepper, Tomato Paste, Sugar, Garlic Puree, Water, Roasted Cumin Powder, Lemon Juice, Vegetable Oil, Salt, Paprika, Coriander Leaf, Parsley, Roasted Coriander Powder, Oregano, Chilli Powder, Ground Roasted Black Pepper, <b>Wholemeal Pitta Bread</b> (Wholemeal <b>Wheat</b> Flour, Water, Yeast, Salt, Preservative(Calcium Propionate). <b>ALLERGENS: GLUTEN - WHEAT</b>	<b>Fruit Smoothie (50G)</b>	Fruit <b>ALLERGENS: NONE</b>
THU	<b>Slow Cooked Lamb And Vegetables Served With Mashed Potato (200G)</b>	Minced Lamb, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic. <b>ALLERGENS: NONE</b>	<b>Strawberry Ice Cream (50G)</b>	Water, Sugar, Palm Oil, Whey Solids ( <b>Milk</b> ), Whey Powder ( <b>Milk</b> ), Skimmed <b>Milk</b> Powder, <b>Buttermilk</b> Powder, Stabiliser Blend [Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum)], Flavouring, Colour (Beetroot Red). <b>ALLERGENS: MILK</b>
FRI	<b>Sweet And Sour Chicken With Rice (190G)</b>	Chicken Breast, Rice, Sweet and Sour Sauce (Sugar, Water, Tomato Puree, Pineapple, Spirit Vinegar, Maize Starch, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder), Mixed Vegetables. <b>ALLERGENS: NONE</b>	<b>Pineapple Sponge Cake (50g)</b>	Pineapple Pieces, Sponge Mix- ( <b>Wheat</b> 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 <b>Egg</b> Powder, Skimmed <b>Milk</b> Powder, Emulsifiers (Propane-1, 2-diol Esters of Fatty Acids, Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), <b>Milk</b> Proteins, Dried <b>Egg</b> White Powder,Thickener(Xanthan Gum), Defatted <b>Soya</b> Flour, Stabiliser(Disodium Diphosphate), Glucose Syrup.) Vanila Essence(Water,Monopropylene Glycol, Colour (Caramel E150a), Flavourings.) <b>ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT</b>

WK 2	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	<b>Somerset Pork And Apple (110G) With Rice (90G)</b>	Minced Pork, Carrot, Leek, Swede, <b>Stuffing Mix</b> , Apple Sauce, White Rice. <b>ALLERGENS: GLUTEN - WHEAT</b>	<b>Lemon Sponge (50G)</b>	Lemon Essence (Water, Monopropylene Glycol & Flavouring), Sponge Mix- ( <b>Wheat</b> 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 <b>Egg</b> Powder, Skimmed <b>Milk</b> Powder, Emulsifiers (Propane-1, 2-Diol Esters Of Fatty Acids, Lactic Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids), <b>Milk</b> Proteins, Dried <b>Egg</b> White Powder, Thickener(Xanthan Gum), Defatted <b>Soya</b> Flour, Stabiliser(Disodium Diphosphate), Glucose Syrup.) <b>ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT</b>
TUE	<b>Vegetarian Cottage Pie (200G)</b>	Carrot, Peas, Onion, Mixed Herbs Swede, Sunflower Oil, <b>Meat Free Mince</b> ( <b>Textured Soya Protein</b> , Yeast Extract, Onion Powder, Dextrose, Salt, Malt Dextrin, Citric Acid, White Pepper), Vegetable Gravy, Black Pepper, Potato, Broccoli, Vegetable Margarine. <b>ALLERGENS: SOYA</b>	<b>Low Fat Fruit Yoghurt (60G)</b>	Water, <b>Milk, Soya</b> , Fruit Puree <b>ALLERGENS: MILK, SOYA</b>
WED	<b>Tomato And Basil Chicken Served with Broccoli (200G)</b>	Chicken, Tomato and Basil Sauce (Tomatoes, Concentrated Tomato Purée, Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper), Broccoli, Mixed Peppers, Carrots, Peas, Green Beans, Sweetcorn, Broad Beans. <b>ALLERGENS: NONE</b>	<b>Vanilla Ice Cream (50G)</b>	Water, Sugar, Palm Oil, Whey Solids ( <b>Milk</b> ), Whey Powder ( <b>Milk</b> ), Skimmed <b>Milk</b> Powder, <b>Buttermilk</b> Powder, Stabiliser Blend [Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum)], Flavouring, Colour (Carotenes). <b>ALLERGENS: MILK</b>
THU	<b>Fish Fingers, Mashed Potato And Peas (195G)</b>	<b>Fish Fingers</b> , Potatoes, Peas. <b>ALLERGENS: FISH, GLUTEN - WHEAT</b>	<b>Apricot Flapjack (50G)</b>	<b>Oats</b> , Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Apricots <b>ALLERGENS: EGGS, SOYA, MILK, SULPHITES, GLUTEN - OATS, WHEAT, BARLEY</b>
FRI	<b>Turkey Ragu And Jacket Potato (200G)</b>	Minced Turkey, Chopped Tomatoes, Tomato Puree, Chicken Stock, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato. <b>ALLERGENS: NONE</b>	<b>Raspberry Mousse (50G)</b>	Water, Sugar, Palm Oil, Whey Solids ( <b>Milk</b> ), Whey Powder ( <b>Milk</b> ), Dextrose, Glucose, Skimmed <b>Milk</b> Powder, <b>Buttermilk</b> Powder, Emulsifier, (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum, Xanthan Gum, Caboxymethyl Cellulose, Pectin), Pork Gelatine, Colours (Beetroot Red, Beta-Carotene), Acidity Regulator (Disodium Citrate, Citric Acid), Flavouring, Preservative (Potassium Sorbate). <b>ALLERGENS: MILK</b>

WK 3	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	<b>Beef Bolognese Bake (200G)</b>	Minced Beef, Carrot, Onion, Peppers, Vegetable Bouillon, Garlic, Basil, Oregano, Tomato Puree, Sweetcorn, <b>Penne Pasta (Semolina, Spinach Powder, Tomato Powder), Cheese.</b> <b>ALLERGENS: MILK, GLUTEN - WHEAT</b>	<b>Low Fat Rice Pudding With Fruit (100G)</b>	<b>Rice Pudding</b> , Fruit (Tinned Apple). <b>ALLERGENS: MILK</b>
TUE	<b>Fishcakes, Potato Croquette, Baked Beans (190G)</b>	<b>Fishcake (White Fish), Potato Croquette</b> (Potato (83%), Flour (Wheat), Potato Flakes, Flour (Rice), Salt, Starch (Wheat, Stabilizer (E461), Onion Powder, Yeast, Paprika Powder, Turmeric, Dextrose, Nutmeg, Natural Flavour, Garlic, Yeast Extract), Baked (Haricot) Beans, Water, Sugar, Salt, Onion, Paprika, Tomato. <b>ALLERGENS: FISH, GLUTEN - WHEAT</b>	<b>Raspberry Mousse Cake (40g)</b>	Water, Sugar, Palm Kernel Oil, Palm Oil, <b>Wheat Flour, Egg, Milk Proteins</b> , Raspberries, Emulsifiers, Glucose, Gelling Agents, Beetroot, Elderberry Juice, , <b>Dextrose</b> , Salt, <b>Wheat Starch.</b> <b>ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT</b>
WED	<b>Cheesy Bean And Potato Pie (200G)</b>	Potato, <b>Cheese</b> , Baked Beans, Chives, Milk, Tomatoes <b>ALLERGENS: MILK</b>	<b>Poached Pears Served With Custard (125G)</b>	Pears, Sugar, Orange Juice, Cinnamon. <b>Custard</b> <b>ALLERGENS: MILK</b>
THU	<b>BBQ Chicken And Med Vegetables With Rice (195G)</b>	Chicken, BBQ Sauce (Tomato, Fructose Syrup, Spirit Vinegar, Molasses, Cornflour, Salt, Smoke Flavouring, Onion Powder, Potassium Sorbate, Garlic), Courgette, Mixed Peppers, Vegetable Bouillon Paste, Long Grain Rice. <b>ALLERGENS: NONE</b>	<b>Chocolate Brownie (50G)</b>	Sugar, <b>Wheat Flour</b> (with Calcium, Iron, Niacin, Thiamin), Vegetable Fat (Palm Oil, Rapeseed Oil), Dried Glucose Syrup, Fat Reduced Cocoa Powder (4.5%), <b>Egg Powder</b> , 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 ( <b>Milk</b> )). <b>ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT, BARLEY</b>
FRI	<b>Chicken Korma And Naan Bread (195G)</b>	Diced Chicken, <b>Korma Sauce</b> (Water, Tomato Purée From Concentrate, Sugar, Single Cream ( <b>Milk</b> ), Creamed Coconut, Desiccated Coconut, Modified Maize Starch, Lemon Juice From Concentrate, Whey Powder ( <b>Milk</b> ), Dried Onion, Garlic Purée, Ginger Purée, Salt, Acidity Regulator (Lactic Acid), Ground Fennel, Coriander, Ground Cumin, Ground Coriander, Cassia, Ground Ginger, Cardamom, Turmeric, Dried Fenugreek). Peas, Carrots, <b>Naan Bread (Wheat)</b> <b>ALLERGENS: MILK, GLUTEN - WHEAT</b>	<b>Ice Cream Roll (90G)</b>	Water, Sugar, Palm Oil, <b>Milk, Buttermilk</b> , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour <b>ALLERGENS: MILK, EGG, SOYA, GLUTEN - WHEAT</b>