

WK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	<b>Turkey Ragu And Jacket Potato (200G)</b>	Minced Turkey, Chopped Tomatoes, Passata, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato <b>ALLERGENS: NONE</b>	<b>Low Fat Fruit Yoghurt (60G)</b>	Water, Milk, Soya, Fruit Puree <b>ALLERGENS: MILK, SOYA</b>	<b>Chicken Goujons, Spaghetti With Mashed Potato (200G)</b>	<b>Chicken Goujons (Wheat, Pea Starch, Rapeseed Oil, Paprika, Sunflower Oil, Yeast Extract), Potatoes, Spaghetti (Water, Durum Wheat, Semolina, Maize Starch, Sugar, Salt, Wheat flour, Citric Acid, Rapeseed Oil, Onion, Paprika, Capsicum Extract)</b> <b>ALLERGENS: WHEAT, GLUTEN</b>	<b>Strawberry Crumble And Custard (125G)</b>	Strawberries (Citric Acid, Elderberry Extract), <b>Crumble Topping, Custard</b> <b>ALLERGENS: GLUTEN, WHEAT, EGG, MILK, SOYA</b>
TUE	<b>Vegetarian Cottage Pie (200G)</b>	Carrot, Peas, Onion, Garlic, Swede, Sunflower Oil, <b>Meat Free Mince (Textured Soya Protein, Yeast Extract, Onion Powder, Dextrose, Salt, Malt Dextrin, Citric Acid, White Pepper)</b> Vegetable Gravy, Black Pepper, Potato, Broccoli, Vegetable Margarine <b>ALLERGENS: SOYA</b>	<b>Lemon Sponge (50G)</b>	Lemon, Palm Oil, Cornflour, Egg, Caster Sugar, Vegetable Margarine, Vegetable Oil <b>Self-Raising Flour</b> <b>ALLERGENS: WHEAT, GLUTEN, EGG</b>	<b>Tuna Pasta Bake (200G)</b>	<b>Tri-Colour Pasta (Wheat, Semolina, Spinach), Tuna, Tomato Sauce (Onion, Salt, Citric Acid, Garlic, Basil, Oregano) Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Cheese</b> <b>ALLERGENS: GLUTEN, MILK, WHEAT, FISH</b>	<b>White Chocolate And Mixed Fruit Crispie Cake (50G)</b>	<b>White Chocolate, Mixed Fruit, Vegetable Margarine, Vegetable Oil, Rice Krispies</b> <b>ALLERGENS: GLUTEN, BARLEY, WHEAT, MILK, SOYA, SULPHITES</b>
WED	<b>Beef Lasagne (175g)</b>	Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Garlic, <b>Lasagne Sheets, Béchamel Sauce, Oregano, Basil, Cheese</b> <b>ALLERGENS: GLUTEN, MILK, WHEAT, EGG</b>	<b>Ice Cream And Wafers (50G)</b>	Milk, Wafers <b>ALLERGENS: MILK, WHEAT, GLUTEN, SOYA</b>	<b>Five Bean Chilli Con Carne With Pitta Bread (200G)</b>	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). <b>Pitta Bread</b> <b>ALLERGENS: GLUTEN, WHEAT</b>	<b>Fruit Smoothie (50G)</b>	Fruit <b>ALLERGENS: NONE</b>
THU	<b>Fish Fingers, Mashed Potato And Peas and Sweetcorn (195G)</b>	<b>Fish Fingers, Potatoes, Peas, Sweetcorn, Vegetable Margarine</b> <b>ALLERGENS: WHEAT, GLUTEN, FISH</b>	<b>Apricot Flapjack (50G)</b>	<b>Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Apricots, Vegetable Oil</b> <b>ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, WHEAT, SULPHITES</b>	<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, Slow Cooked Margarine <b>ALLERGENS: NONE</b>	<b>Ice Cream Pot (80G)</b>	Water, Sugar, Palm Oil, <b>Milk</b> , Emulsifier, Stabilisers, Flavouring, Colourings <b>ALLERGENS: MILK</b>
FRI	<b>Tomato And Basil Chicken Served with Broccoli (200G)</b>	Chicken, 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. <b>ALLERGENS: NONE</b>	<b>Raspberry Mousse (50G)</b>	Water, Milk, Raspberry <b>ALLERGENS: MILK</b>	<b>Chicken Korma And Naan Bread (195G)</b>	Diced Chicken, <b>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)</b> <b>ALLERGENS: GLUTEN, WHEAT, MILK</b>	<b>Chocolate Brownie (50G)</b>	<b>Wheat Flour, Vegetable Oil, Dried Glucose Syrup, Cocoa Powder, Egg Powder, Emulsifier, Salt, Chocolate Flavouring, Milk.</b> <b>ALLERGENS: EGG, GLUTEN, WHEAT, BARLEY, MILK, SOYA</b>

WK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	<b>Fishcakes, Potato Croquette, Baked Beans (190G)</b>	Fishcake (White Fish) , <b>Potato Croquette</b> . (Wheat Flour, Palm Oil, Water, Salt, Milk, Yeast, Nutmeg, Paprika, Pepper), Baked (Haricot) Beans, Water, Sugar, Salt, Onion, Paprika, Tomato <b>ALLERGENS: FISH, GLUTEN, WHEAT, MILK</b>	<b>Low Fat Rice Pudding With Fruit (100G)</b>	<b>Rice Pudding, Fruit</b> <b>ALLERGENS: MILK</b>	<b>Beef Lasagne (175g)</b>	Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Garlic, <b>Lasagne Sheets, Béchamel Sauce</b> , Oregano, Basil, Cheese <b>ALLERGENS: GLUTEN, MILK, WHEAT, EGG</b>	<b>Lemon Sponge (50G)</b>	Lemon, Palm Oil, Cornflour, <b>Egg</b> , Caster Sugar, Vegetable Margarine, Vegetable Oil <b>Self-Raising Flour</b> <b>ALLERGENS: WHEAT, GLUTEN, EGG</b>
TUE	<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, Long Grain Rice <b>ALLERGENS: NONE</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, Salt, Wheat Starch.</b> <b>ALLERGENS: GLUTEN, EGG, MILK, SOYA, WHEAT</b>	<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>Low Fat Fruit Yoghurt (60G)</b>	Water, <b>Milk, Soya</b> , Fruit Puree <b>ALLERGENS: MILK, SOYA</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>	<b>Tomato And Basil Chicken Served with Broccoli (200G)</b>	Chicken, 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. <b>ALLERGENS: NONE</b>	<b>Pineapple Sponge Cake (50g)</b>	<b>Self-Raising Flour</b> , Caster Sugar, Vegetable Margarine, Vegetable Oil, Pineapple, <b>Egg</b> <b>ALLERGENS: EGG, GLUTEN, WHEAT</b>
THU	<b>Turkey Bolognaise Bake (200G)</b>	Minced Turkey, Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Tomato Passata, <b>Tri-Colour Pasta</b> (Semolina, Spinach Powder, Tomato Powder), <b>Cheese.</b> <b>ALLERGENS: GLUTEN, WHEAT, MILK</b>	<b>Chocolate Brownie (50G)</b>	<b>Wheat Flour</b> , Vegetable Oil, Dried Glucose Syrup, Cocoa Powder, <b>Egg Powder</b> , Emulsifier, Salt, <b>Chocolate Flavouring, Milk.</b> <b>ALLERGENS: EGG, GLUTEN, WHEAT, BARLEY, MILK, SOYA</b>	<b>Fish Fingers, Mashed Potato And Peas and Sweetcorn (195G)</b>	<b>Fish Fingers</b> , Potatoes, Peas, Sweetcorn, Vegetable Margarine <b>ALLERGENS: WHEAT, GLUTEN, FISH</b>	<b>Apricot Flapjack (50G)</b>	<b>Oats</b> , Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Apricots, Vegetable Oil <b>ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, WHEAT, SULPHITES</b>
FRI	<b>Chicken Korma And Naan Bread (195G)</b>	Diced Chicken, <b>Korma Sauce</b> (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 <b>Milk</b> Yoghurt Powder, Spices, Curry Powder, Coriander, Acidity Regulators (Citric Acid), Garlic, Ginger Powder, Colour (Paprika Extract)). Peas, Carrots, <b>Naan Bread (Wheat, Milk)</b> <b>ALLERGENS: GLUTEN, WHEAT MILK</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, WHEAT, GLUTEN</b>	<b>Turkey Ragu And Jacket Potato (200G)</b>	Minced Turkey, Chopped Tomatoes, Passata, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato <b>ALLERGENS: NONE</b>	<b>Raspberry Mousse (50G)</b>	Water, <b>Milk</b> , Raspberry <b>ALLERGENS: MILK</b>

WK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	<b>Five Bean Chilli Con Carne With Pitta Bread (200G)</b>	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). <b>Pitta Bread</b> <b>ALLERGENS: GLUTEN, WHEAT</b>	<b>Ice Cream Pot (80G)</b>	Water, Sugar, Palm Oil, <b>Milk</b> , Emulsifier, Stabilisers, Flavouring, Colourings <b>ALLERGENS: MILK</b>	<b>Turkey Bolognaise Bake (200G)</b>	Minced Turkey, Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Tomato Passata, <b>Tri-Colour Pasta</b> (Semolina, Spinach Powder, Tomato Powder), <b>Cheese</b> <b>ALLERGENS: GLUTEN, WHEAT, MILK</b>	<b>Ice Cream And Wafers (50G)</b>	Milk, Wafers <b>ALLERGENS: MILK, WHEAT, GLUTEN, SOYA</b>
TUE	<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, Vegetable Margarine <b>ALLERGENS: NONE</b>	<b>Pineapple Sponge Cake (50g)</b>	<b>Self-Raising Flour</b> , Caster Sugar, Vegetable Margarine, Vegetable Oil, Pineapple, <b>Egg</b> <b>ALLERGENS: EGG, GLUTEN, WHEAT</b>	<b>Fishcakes, Potato Croquette, Baked Beans. (190G)</b>	<b>Fishcake</b> (White Fish) , <b>Potato Croquette.</b> (Wheat Flour, Palm Oil, Water, Salt, Milk, Yeast, Nutmeg, Paprika, Pepper), Baked (Haricot) Beans, Water, Sugar, Salt, Onion, Paprika, Tomato <b>ALLERGENS: FISH, GLUTEN, WHEAT, MILK</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, WHEAT, GLUTEN</b>
WED	<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>White Chocolate And Mixed Fruit Crispie Cake (50G)</b>	<b>White Chocolate, Mixed Fruit</b> , Vegetable Margarine, Vegetable Oil, <b>Rice Krispies</b> <b>ALLERGENS: GLUTEN, BARLEY, WHEAT, MILK, SOYA, SULPHITES</b>	<b>Cheesy Bean And Potato Pie (200G)</b>	Potato, <b>Cheese</b> , Baked Beans, Chives, Milk, Tomatoes <b>ALLERGENS: MILK</b>	<b>Low Fat Rice Pudding With Fruit (100G)</b>	<b>Rice Pudding</b> , Fruit <b>ALLERGENS: MILK</b>
THU	<b>Chicken Goujons With Spaghetti And Potato Wedges (200G)</b>	<b>Chicken Goujons</b> (Wheat, Pea Starch, Rapeseed Oil, Paprika, Sunflower Oil, Yeast Extract), Potatoes, <b>Spaghetti</b> (Water, Durum Wheat, Semolina, Maize Starch, Sugar, Salt, Wheat flour, Citric Acid, Rapeseed Oil, Onion, Paprika, Capsicum Extract, Tomato) <b>ALLERGENS: WHEAT, GLUTEN</b>	<b>Strawberry Crumble And Custard (125G)</b>	Strawberries (Citric Acid, Elderberry Extract), <b>Crumble Topping, Custard</b> <b>ALLERGENS: GLUTEN, WHEAT, EGG, MILK, SOYA</b>	<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, Long Grain Rice <b>ALLERGENS: NONE</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, Salt, Wheat Starch.</b> <b>ALLERGENS: GLUTEN, EGG, MILK, SOYA, WHEAT</b>
FRI	<b>Tuna Pasta Bake (200G)</b>	<b>Tri-Colour Pasta</b> (Wheat, Semolina, Spinach), <b>Tuna</b> , Tomato Sauce (Onion, Salt, Citric Acid, Garlic, Basil, Oregano) Sweetcorn, Mixed Peppers, Oregano, Black Pepper, <b>Cheese</b> <b>ALLERGENS: GLUTEN, MILK, WHEAT, FISH</b>	<b>Fruit Smoothie (50G)</b>	Fruit <b>ALLERGENS: NONE</b>	<b>Vegetarian Cottage Pie (200G)</b>	Carrot, Peas, Onion, Garlic, 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>Poached Pears Served With Custard (125G)</b>	Pears, Sugar, Orange Juice, Cinnamon. <b>Custard</b> <b>ALLERGENS: MILK</b>