

| WK 1 | TEA   | INGREDIENTS  | DESSERT   | INGREDIENTS   |
|------|---|--|---|---|
| MON  | <b>Chicken Goujons With Spaghetti And Potato Wedges (220G)</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)<br><b>ALLERGENS: GLUTEN - WHEAT</b>  | <b>Apple Crumble And Custard (125G)</b>                   | Apple, <b>Crumble Topping, Custard</b><br><b>ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT</b>   |
| TUE  | <b>Tuna Pasta Bake (200G)</b>   | <b>Tri-Colour Pasta (Wheat, Semolina, Spinach), Tuna</b> , Tomato Sauce (Onion, Salt, Citric Acid, Garlic, Basil, Oregano) Sweetcorn, Mixed Peppers, Oregano, Black Pepper, <b>Cheese</b><br><b>ALLERGENS: MILK, FISH, GLUTEN - WHEAT</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><br><b>ALLERGENS: MILK, SOYA, SULPHITES, GLUTEN - BARLEY, WHEAT</b>   |
| WED  | <b>Five Bean Chilli With Wholemeal Pitta Bread (200G)</b>               | 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), <b>Wholemeal Pitta Bread</b> ( Wholemeal <b>Wheat</b> Flour, Water, Yeast, Salt, Preservative(Calcium Propionate)<br><b>ALLERGENS: GLUTEN - WHEAT</b> | <b>Fruit Smoothie (50G)</b>                               | Fruit<br><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, Vegetable Margarine<br><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).<br><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.<br><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, Mixed Herbs, Leek, Swede, Courgette, <b>Stuffing Mix</b> , Apple Sauce, White And Brown Rice, Gravy, Sage, Parsley<br><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, Garlic, Swede, Sunflower Oil, <b>Meat Free Mince (Textured Soya Protein</b> , Yeast Extract, Onion Powder, Dextrose, Salt, Malt Dextrin, Citric Acid, White Pepper), Vegetable Gravy, Black Pepper, Potato, Broccoli, Vegetable Margarine<br><b>ALLERGENS: SOYA</b> | <b>Low Fat Fruit Yoghurt (60G)</b> | Water, <b>Milk, Soya</b> , Fruit Puree<br><b>ALLERGENS: MILK, SOYA</b>   |
| WED  | <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.<br><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).<br><b>ALLERGENS: MILK</b>  |
| THU  | <b>Fish Fingers, Mashed Potato And Peas (195G)</b>          | <b>Fish Fingers</b> , Potatoes, Peas, Vegetable Margarine<br><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<br><b>ALLERGENS: EGGS, SOYA, MILK, SULPHITES, GLUTEN - OATS, WHEAT, BARLEY</b>  |
| FRI  | <b>Turkey Ragu And Jacket Potato (200G)</b>                 | Minced Turkey, Chopped Tomatoes, Passata, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato<br><b>ALLERGENS: NONE</b>   | <b>Raspberry Mousse (50G)</b>      | Water, <b>Milk</b> , Raspberry<br><b>ALLERGENS: MILK</b>   |

| WK 3 | TEA  | INGREDIENTS   | DESSERT   | INGREDIENTS   |
|------|--|---|---|---|
| MON  | <b>Beef Bolognaise Bake (200G)</b>                     | Minced Beef, Carrot, Onion, Peppers, Vegetable Bouillon, Garlic, Basil, Oregano, Tomato Passata, <b>Tri-Colour Pasta</b> (Semolina, Spinach Powder, Tomato Powder), <b>Cheese.</b><br><b>ALLERGENS: MILK, GLUTEN - WHEAT</b>  | <b>Low Fat Rice Pudding With Fruit (100G)</b>   | <b>Rice Pudding, Fruit</b><br><b>ALLERGENS: MILK</b>  |
| TUE  | <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<br><b>ALLERGENS: FISH, MILK, 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<br><b>ALLERGENS: MILK</b>  | <b>Poached Pears Served With Custard (125G)</b> | Pears, Sugar, Orange Juice, Cinnamon. <b>Custard</b><br><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, Long Grain Rice<br><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, 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><br><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<br><b>ALLERGENS: MILK, EGG, SOYA, GLUTEN - WHEAT</b>   |