

WK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS
MON	<b>Vegetable Ragu And Jacket Potato (200G)</b>	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Chopped Tomatoes, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Tomato Puree, Vegetable Stock, Jacket Potato. <b>ALLERGENS: NONE</b>	<b>Low Fat Fruit Yoghurt (60G)</b>	Water, <b>Milk</b> , <b>Soya</b> , Fruit Puree. <b>ALLERGENS: MILK, SOYA</b>
TUE	<b>Vegetarian Cottage Pie (200G)</b>	Carrot, Peas, Onion, Mixed Herbs 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. <b>ALLERGENS: SOYA</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>
WED	<b>Somerset Veggie Mince And Apple (110G) With Rice (90G)</b>	<b>Meat Free Mince</b> (Textured <b>Soya</b> Protein, Yeast Extract, Onion Powder, Dextrose, Salt, Malt Dextrin, Citric Acid, White Pepper), Carrot, Mixed Herbs, Leek, Swede, <b>Stuffing Mix</b> , Apple Sauce, White And Brown Rice, Gravy. <b>ALLERGENS: SOYA, GLUTEN - WHEAT</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>Quorn Fishless Fingers, Mashed Potato And Peas (195G)</b>	<b>Quorn Fingers</b> (Textured Rice Flake (40%), Wheat Flour, Water, Rapeseed Oil, Wheat Gluten, Potato Starch, Natural Flavouring, Salt, Wheat Fibre, Spices, Yeast), Potatoes, Peas. <b>ALLERGENS: 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>Tomato And Basil Chicken Style Strips Served With Broccoli (200G)</b>	<b>Chicken Style Strips</b> , 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: SOYA, GLUTEN - WHEAT</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 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS
MON	<b>Veggie Fingers, Potato Croquette, Baked Beans (195G)</b>	<b>Veggie Fingers</b> , (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.), <b>Potato Croquette</b> (Potato (83%), Flour ( <b>Wheat</b> ), Potato Flakes, Flour (Rice), Salt, Starch ( <b>Wheat</b> , 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: 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>BBQ Meat Free Chicken Style Strips And Med Vegetables With Rice (195G)</b>	<b>Meat Free Chicken Style Strips</b> , BBQ Sauce (Tomato, Fructose Syrup, Spirit Vinegar, Molasses, Cornflour, Salt, Smoke Flavouring, Onion Powder, Potassium Sorbate, Garlic), Courgette, Mixed Peppers, Vegetable Bouillon, Long Grain Rice. <b>ALLERGENS: SOYA, 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, Salt, 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>Meat Free Mince Bolognaise Bake (200G)</b>	<b>Meat Free Mince</b> , Carrot, Onion, Peppers, Sweetcorn, Vegetable Bouillon, Garlic, Basil, Oregano, Tomato Passata, <b>Penne Pasta</b> (Semolina, Spinach Powder, Tomato Powder), Cheese. <b>ALLERGENS: SOYA, MILK, GLUTEN - WHEAT</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>Qourn Chicken Style Korma And Naan Bread (195G)</b>	<b>Diced Quorn, 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: EGG, 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>

WK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS
MON	<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 Wheat Flour, Water, Yeast, Salt, Preservative(Calcium Propionate)). <b>ALLERGENS: GLUTEN - WHEAT</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>
TUE	<b>Slow Cooked Beans And Vegetables Served With Mashed Potato (200G)</b>	Butter Beans, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic. <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.) Vanilla Essence(Water,Monopropylene Glycol, Colour (Caramel E150a), Flavourings). <b>ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT</b>
WED	<b>Sweet And Sour Chicken Style Strips With Rice (190G)</b>	<b>Meat Free Chicken Style Strips</b> , 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: SOYA, GLUTEN - WHEAT</b>	<b>White Chocolate And Sultana Crispie Cake (50G)</b>	<b>White Chocolate</b> , Sultana, Vegetable Margarine, Golden Syrup, <b>Rice Krispies</b> . <b>ALLERGENS: MILK, SOYA, GLUTEN - BARLEY, WHEAT</b>
THU	<b>Vegetable Fingers, With Spaghetti And Potato Wedges (220G)</b>	<b>Vegetable Fingers</b> (Sweetcorn, Carrot, Peas, Water, <b>Breadcrumbs</b> , Rapeseed Oil, Potato, Wheat flour, Onion, Turmeric), 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: GLUTEN - WHEAT</b>	<b>Apple Crumble And Custard (125G)</b>	Apple, <b>Crumble Topping</b> , <b>Custard</b> . <b>ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT</b>
FRI	<b>Quorn Pasta Bake (200G)</b>	<b>Tri-Colour Pasta</b> (Wheat, Semolina, Spinach), <b>Quorn</b> , Tomato Sauce (Onion, Salt, Citric Acid, Garlic, Basil, Oregano) Sweetcorn, Mixed Peppers, Oregano, Black Pepper, <b>Cheese</b> . <b>ALLERGENS: MILK, EGG, GLUTEN - WHEAT</b>	<b>Fruit Smoothie (50G)</b>	Fruit. <b>ALLERGENS: NONE</b>