

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

WK 2	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	Somerset Pork And Apple (110G) With Rice (90G)	Minced Pork, Carrot, Leek, Swede, Stuffing Mix , Apple Sauce, White Rice. ALLERGENS: GLUTEN - WHEAT	Lemon Sponge (50G)	Lemon Essence (Water, Monopropylene Glycol & Flavouring), Sponge Mix- (Wheat 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 Egg Powder, Skimmed Milk Powder, Emulsifiers (Propane-1, 2-Diol Esters Of Fatty Acids, Lactic Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids), Milk Proteins, Dried Egg White Powder, Thickener(Xanthan Gum), Defatted Soya Flour, Stabiliser(Disodium Diphosphate), Glucose Syrup.) ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT
TUE	Vegetarian Cottage Pie (200G)	Carrot, Peas, Onion, Mixed Herbs 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	Low Fat Fruit Yoghurt (60G)	Water, Milk, Soya , Fruit Puree ALLERGENS: MILK, SOYA
WED	Tomato And Basil Chicken Served with Broccoli (200G)	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. ALLERGENS: NONE	Vanilla Ice Cream (50G)	Water, Sugar, Palm Oil, Whey Solids (Milk), Whey Powder (Milk), Skimmed Milk Powder, Buttermilk Powder, Stabiliser Blend [Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum)], Flavouring, Colour (Carotenes). ALLERGENS: MILK
THU	Fish Fingers, Mashed Potato And Peas (195G)	Fish Fingers , Potatoes, Peas. ALLERGENS: FISH, GLUTEN - WHEAT	Apricot Flapjack (50G)	Oats , Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Apricots ALLERGENS: EGGS, SOYA, MILK, SULPHITES, GLUTEN - OATS, WHEAT, BARLEY
FRI	Turkey Ragu And Jacket Potato (200G)	Minced Turkey, Chopped Tomatoes, Tomato Puree, Chicken Stock, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato. ALLERGENS: NONE	Strawberry And Vanilla Mousse (90G)	Water, Sugar, Palm Oil, Whey Solids (Milk), Whey Powder (Milk), Dextrose, Skimmed Milk Powder, Buttermilk Powder, Emulsifier (Mono and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum, Sodium Alginate), Flavouring, Colours (Beetroot Red, Beta Carotene). ALLERGENS: MILK

WK 3	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	Beef Bolognaise Bake (200G)	Minced Beef, Carrot, Onion, Peppers, Vegetable Bouillon, Garlic, Basil, Oregano, Tomato Puree, Sweetcorn, Penne Pasta (Semolina, Spinach Powder, Tomato Powder), Cheese. ALLERGENS: MILK, GLUTEN - WHEAT	Low Fat Rice Pudding With Fruit (100G)	Rice Pudding , Fruit (Tinned Apple). ALLERGENS: MILK
TUE	Fishcakes, Potato Croquette, Baked Beans (190G)	Fishcake (White Fish), Potato Croquette (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. ALLERGENS: FISH, GLUTEN - WHEAT	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: EGG, MILK, SOYA, GLUTEN - WHEAT
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
THU	BBQ Chicken And Med Vegetables With Rice (195G)	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. ALLERGENS: NONE	Chocolate Brownie (50G)	Sugar, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Vegetable Fat (Palm Oil, Rapeseed Oil), Dried Glucose Syrup, Fat Reduced Cocoa Powder (4.5%), Egg Powder , 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 (Milk)). ALLERGENS: EGG, MILK, SOYA, GLUTEN - WHEAT, BARLEY
FRI	Chicken Korma And Naan Bread (195G)	Diced Chicken, Korma Sauce (Water, Tomato Purée From Concentrate, Sugar, Single Cream (Milk), Creamed Coconut, Desiccated Coconut, Modified Maize Starch, Lemon Juice From Concentrate, Whey Powder (Milk), 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, Naan Bread (Wheat) ALLERGENS: MILK, GLUTEN - WHEAT	Ice Cream Roll (90G)	Water, Sugar, Palm Oil, Milk, Buttermilk , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour ALLERGENS: MILK, EGG, SOYA, GLUTEN - WHEAT