



## Ingredient & Allergen Menu Information

2<sup>nd</sup> September 24  
to 15<sup>th</sup> February 2025



## Week One

### Monday

#### HOT DOGS

- ◇ Sausages  
Pork & Beef, Water, Rusk(Contains **WHEAT** flour, Fortified with Calcium Carbonate, E450 (iii) Tetrasodium diphosphate, sodium pyrophosphate, Iron, Nicotinamide, Thiamin), Pork fat, Pork Rind, **SOYA** Protein Concentrate, Potato Starch, Salt, Flavourings, Stabiliser, Preservative (sodium **SULPHITE**), Dextrose, Spice (White Pepper), Sunflower Oil, Antioxidant)
- ◇ Soft Finger Roll **Wheat**
- ◇ Sweetcorn

#### HAM or CHEESE WRAP

- ◇ Wrap **WHEAT** flour (66%) (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, WHEAT fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, WHEAT gluten, preservative (E282).
- ◇ Ham
- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### SWISS ROLL

- ◇ Swiss Roll  
Vanilla Flavoured Filling (26%), **Wheat Flour**, Sugar, Strawberry Flavoured Filling (15%), Pasteurised **Whole Egg**, Humectants (Glycerine, Sorbitol), Glucose Syrup, **Whey Powder (Milk)**, **Soya Flour**, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Palm Oil, Dextrose, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Preservative (Potassium Sorbate), Flavouring.  
Vanilla Flavoured Filling contains: Icing Sugar, Palm Oil, Glucose Syrup, Water, Humectants (Glycerine, Sorbitol), Citric Acid, Preservative (Potassium Sorbate), Flavouring, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids).  
Chocolate Flavoured Filling contains: Glucose-Fructose Syrup, Water, Sugar, Modified Maize Starch, Apple Purée, Gelling Agent (Pectin), Citric Acid, Colours (Anthocyanins, Curcumin), Flavouring, Acidity Regulator (Trisodium Citrate), Preservative (Potassium Sorbate)  
**May Contain Nuts \* Dairy/Lactose, Soya, Wheat, Egg**

#### Fruit Yoghurt

- ◇ Milk



## Week One

### Tuesday

#### BBQ CHICKEN

- ◇ Chicken Breast
- ◇ Tomatoes
- ◇ Green Beans
- ◇ Sweetcorn
- ◇ BBQ Seasoning
- ◇ **Ingredient Declaration**
- ◇ Water, Sugar, Tomatoes 15%, Acidity Regulator Acetic Acid, Modified Starch, Salt, Colour Caramel, Spices, Smoke Flavouring, Preservative Potassium Sorbate, Tamarind Extract, Molasses, Stabilisers Xanthan Gum & Guar Gum.
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Oil, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'ribonucleotides, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil
- ◇ Thickening Granules  
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
- ◇ Cheddar Cheese (**Milk, Potato Starch**)
- ◇ New Potatoes

#### FLATBREADS

- ◇ WHEAT Flour, Water, Yeast, Sugar, Salt.
- ◇ Ham Slices
- ◇ Cream Cheese  
(**Milk, Potato Starch**)

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese  
(**Milk, Potato Starch**)
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### FRUIT CRUMBLE

- ◇ Fruit slices, water, grape juice ,Acidity Regulator: Citric Acid
- ◇ Margarine (No Dairy)  
Vegetable Oils (Rapeseed oil, Palm oil), Water, Salt, Emulsifier (Mono & Di-glycerides of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto Curcumin), Acidity Regulator (Citric acid), Flavouring
- ◇ Flour (**Wheat**)
- ◇ Sugar

#### Fruit Yoghurt

- ◇ Milk



## Week One

### Wednesday

#### COD & POTATO CAKE

- ◇ Fish Cake  
Whitefish (Gadus macrocephalus / Gadus morhua / Theragra chalcogramma / Melanogrammus aeglefinus )(FISH) (32%), Water, **WHEAT Flour** (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Potato Flake, Rapeseed Oil, Salt, Maize Starch, Yeast Extract, Acidity Regulator (Citric Acid), Black Pepper, Dehydrated Onion, Herbs (Oregano, Parsley), Dehydrated Garlic, Natural Flavouring, **WHEAT Starch**, Yeast.
- ◇ Mixed Vegetables (Carrots, Peas, Green Beans, Broad Beans)

#### SOFT ROLLS

- ◇ **Wheat Flour** (White Flour) Water, **Milk, Eggs**, Sugar, Salt, Yeast, Butter, **Sesame seeds** and Improver may contain **Soya**
- ◇ Chicken Slices
- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### VANILLA FLAPJACK

- ◇ Rolled Oats (**Wheat Gluten**)
- ◇ Golden Syrup
- ◇ Brown Sugar
- ◇ Vanilla Essence
- ◇ Margarine (No Dairy)  
Vegetable Oils (Rapeseed oil, Palm oil), Water, Salt, Emulsifier (Mono & Di-glycerides of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto Curcumin), Acidity Regulator (Citric acid), Flavouring

#### FRUIT YOGHURT

- ◇ Milk



## Week One

### Thursday

#### PORK MEATBALLS with SWEETCORN RICE

- ◇ Pork Meatballs  
Pork (80%), Onion, Rusk (Fortified **WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Bicarbonate)), **SOYA Protein**, Onion Powder, Salt, Black Pepper.  
**(May Contain Celery Egg Milk Mustard)**
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Oil, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'ribonucleotides, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil
- ◇ Peas
- ◇ Steamed Rice with Sweetcorn

#### PIZZA FINGERS

- ◇ **Wheat, Milk**

#### TOMATO DIP

- ◇ Water, Glucose-Fructose Syrup, Tomato Paste (16%), Sugar, Modified Maize Starch, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Preservative (Potassium Sorbate), Tomato Spice (Salt, Natural Clove Flavourings, Natural Flavourings, Spice Extract), Sweetener (Sodium Saccharin).

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese  
**(Milk, Potato Starch)**
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### SLICED MELON

#### FRUIT YOGHURT

- ◇ Milk



## Week One

### Friday

#### SWEET & SOUR CHICKEN

- ◇ Chicken
- ◇ Pineapple
- ◇ Green Beans
- ◇ Peppers
- ◇ Sweetcorn
- ◇ Tinned Tomatoes
- Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
- ◇ **Sweet & Sour Base Sauce**  
Water, Sugar, Dried Glucose Syrup, Pineapple Juice Concentrate 7% (concentrated pineapple juice 85%, water).  
Tomato Paste 4%, Modified Corn Starch, Acid (Acetic Acid). Salt, Colours (Paprika Extract, Carotene). Stabilizer  
(Xanthan Gum (**SOYBEANS, WHEAT**)).
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Oil, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium  
Glutamate, Disodium 5'ribonucleotides, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract,  
Onion Oil
- ◇ Thickening Granules  
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
- ◇ Steamed Rice

#### SAUSAGE ROLLS

- ◇ Water, **WHEAT** Flour, Pork (17%), Margarine [Palm Oil, Palm Stearin, Water, Rapeseed Oil, Salt, Emulsifier (E471),  
Acidity Regulator (E330), Lemon Juice], Rusk [**WHEAT** Flour, Salt, Raising Agent (E503ii)], Glaze [Water, Modified  
Starch, Rapeseed Oil, **MILK** Proteins, Emulsifiers (**SOYA** Lecithin, E471), Acidity Regulators (E339iii), Colour  
(E160a)], Seasoning [Salt, **SOYA** Protein Concentrate, **WHEAT** Flour, Spices (Ginger, Nutmeg, White Pepper, Mace,  
Black Pepper), Sugar, Rusk (**WHEAT** Flour, Salt, Raising Agent (E503ii)), Preservative (Sodium **SULPHITE**),  
Emulsifier (E451), Onion Powder, Dextrose, Antioxidant (E301), Spice Extracts], Pork Fat, Potato Starch, Salt, Yeast  
Extract. Wheat Flour contains Calcium carbonate, Iron, Niacin and Thiamin

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### ARCTIC ROLL

- ◇ Raspberry Ripple Ice Cream Sponge Roll  
Ice Cream: Water, Sugar, Palm Oil, Whey Solids (**MILK**),  
Whey Powder (**MILK**) **Skimmed MILK Powder**, BUTTERMILK Powder, Emulsifier: Mono and Diglycerides of Fatty  
Acids, Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum) Flavouring, Colour (Beta Carotene) Sponge (23%)  
**WHEAT flour**, Water, Sugar, Dextrose, **EGG Blend**(**EGG**, **EGG White**), **SOYA Flour**, Raising Agents (Disodium  
Disophate, Sodium Carbonate), Skimmed MILK Powder, Emulsifiers (Mono and Diglycerides of Fatty Acids,  
Polyglycerol Esters of Fatty Acids) Raspberry Ripple Sauce: Water, Sugar, Glucose, Colour: Beetroot Red, Stabiliser:  
Carboxymethyl Cellulose, Citric Acid, Flavouring, Potassium Sorbate, Pectin.

#### FRUIT YOGHURT

- ◇ Milk



## Week Two

### Monday

#### CHEESE & TOMATO PIZZA

- ◇ Pizza **Wheat Milk**
- ◇ Potatoes
- ◇ Peas

#### CHEESE & BISCUITS

- ◇ Cream Crackers (**Wheat**)
- ◇ Breadsticks (Wheat / Barley / Soya / Sesame)
- ◇ **Hummus Sesame**
- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)
- ◇ Salsa

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### ARCTIC ROLL

- ◇ Raspberry Ripple Ice Cream Sponge Roll  
Ice Cream: Water, Sugar, Palm Oil, Whey Solids (**MILK**),  
Whey Powder (**MILK**) **Skimmed MILK Powder**, BUTTERMILK Powder, Emulsifier: Mono and Diglycerides of Fatty  
Acids, Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum) Flavouring, Colour (Beta Carotene) Sponge (23%)  
**WHEAT flour**, Water, Sugar, Dextrose, **EGG Blend(EGG, EGG White)**, **SOYA Flour**, Raising Agents (Disodium  
Disophate, Sodium Carbonate), Skimmed MILK Powder, Emulsifiers (Mono and Diglycerides of Fatty Acids,  
Polyglycerol Esters of Fatty Acids) Raspberry Ripple Sauce: Water, Sugar, Glucose, Colour: Beetroot Red, Stabiliser:  
Carboxymethyl Cellulose, Citric Acid, Flavouring, Potassium Sorbate, Pectin.

#### FRUIT YOGHURT

- ◇ Milk



## Week Two

### Tuesday

#### PORK SAUSAGE RAGU

- ◇ Pork & Beef, Water, Rusk(Contains **WHEAT** flour, Fortified with Calcium Carbonate, E450 (iii) Tetrasodium diphosphate, sodium pyrophosphate, Iron, Nicotinamide, Thiamin), Pork fat, Pork Rind, **SOYA** Protein Concentrate, Potato Starch, Salt, Flavourings, Stabiliser, Preservative (sodium **SULPHITE**), Dextrose, Spice (White Pepper), Sunflower Oil, Antioxidant)
- ◇ Tinned Tomatoes  
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
- ◇ Mixed Herbs
- ◇ Garlic Puree (Contains Citric Acid)
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Oil, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'ribonucleotides, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil
- ◇ Thickening Granules  
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
- ◇ Butterbeans
- ◇ New Potatoes
- ◇ Peas

#### BAGELS

- ◇ WHEAT Flour, Water, Sugar, Malt Flour, Yeast, Salt, SOYA Flour, Flour Treatment Agent: Ascorbic Acid
- ◇ Ham Slices
- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### SLICED ORANGES

#### FRUIT YOGHURT

- ◇ Milk





## Week Two

### Wednesday

#### VEGETABLE PASTA

- ◇ Spinach
- ◇ Sweetcorn
- ◇ Pasta Twists
- ◇ **Durum Wheat**
- ◇ Tinned Tomatoes
- Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
- ◇ Mixed Herbs
- ◇ Garlic Puree (Contains Citric Acid)
- ◇ Low Salt Gravy (Bisto Low Salt)
- (Potato Starch, Maltodextrin, Palm Oil, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'ribonucleotides, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil
- ◇ Thickening Granules
- Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
- ◇ Cheddar Cheese (**Milk, Potato Starch**)
- ◇ Peas

#### FOUR TORTILLA

- ◇ Flour Tortilla (Plain)
- ◇ **WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).
- ◇ Tomato Tortilla (Red)
- ◇ Contains Tomato
- ◇ Spinach Tortilla (Green)
- ◇ Contain Spinach
- ◇ Boiled Egg (Egg)

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese
- (**Milk, Potato Starch**)
- ◇ Low Sugar & Salt Baked Beans
- Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### CHOCOLATE CAKE

- ◇ Margarine (No Dairy)
- Vegetable Oils (Rapeseed oil, Palm oil), Water, Salt, Emulsifier (Mono & Di-glycerides of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto Curcumin), Acidity Regulator (Citric acid), Flavouring
- ◇ Cocoa
- ◇ Flour (**Gluten**)
- ◇ **Egg**
- ◇ Sugar

#### FRUIT YOGHURT

- ◇ Milk



## Week Two

### Thursday

#### PORK & APPLE HOT POT

- ◇ Diced Pork
- ◇ Chopped Apple
- ◇ Lentils (Wheat/Gluten)
- ◇ Thyme
- ◇ Sage
- ◇ Low Salt Gravy (**Bisto Low Salt**)  
(Potato Starch, Maltodextrin, Palm Oil, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'ribonucleotides, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil
- ◇ Crusty Bread (**Wheat Milk Soya**)

#### PIZZA FINGERS

- ◇ **WHEAT Flour (40%) (WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), **CHEESE** (24%)[Mozzarella, Cheddar](MILK), Water, Tomato Sauce (16%) [Water, Tomato Powder, Stabilizer: Modified Potato Starch, Sugar, Salt, Dried Oregano, Garlic Powder, Onion Powder, Colour: Paprika Extract, Rapeseed Oil], Water, Rapeseed Oil, Pre-mix [**WHEAT Flour (WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier: Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Flour Treatment Agent: Ascorbic Acid], Yeast.

#### TOMATO DIP

- ◇ Water, Glucose-Fructose Syrup, Tomato Paste (16%), Sugar, Modified Maize Starch, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Preservative (Potassium Sorbate), Tomato Spice (Salt, Natural Clove Flavourings, Natural Flavourings, Spice Extract), Sweetener (Sodium Saccharin).

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese  
(Milk, Potato Starch)
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### BANANA

#### FRUIT YOGHURT

- ◇ Milk



## Week Two

### Friday

#### CHICKEN FAJITA

- ◇ Chicken
- ◇ Fajita Sauce
  - Chilli, onion, salt, garlic, coriander, sugar, paprika, pepper, smoke salt (salt, anti-caking agent: magnesium carbonate, smoke flavouring). May contain **GLUTEN, MUSTARD and SULPHITES**
- ◇ Flour Tortilla (**Wheat**)
- ◇ **Wheat Flour** (White Flour) Water, Yeast, Improver (**may contain Soya**), Bread Fat and Salt

#### WHOLEMEAL SANDWICHES

- ◇ **Wheat** Flour, Water, Yeast, Salt, **Barley** Malt Flour, Sugar, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Rapeseed Oil, Wheat Gluten, Flour Treatment Agent (Ascorbic Acid).
- ◇ Margarine (No Dairy)
  - Vegetable Oils (Rapeseed oil, Palm oil), Water, Salt, Emulsifier (Mono & Di-glycerides of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto Curcumin), Acidity Regulator (Citric acid), Flavouring
- ◇ Cheddar Cheese (**Milk**, Potato Starch)
- ◇ Sliced Chicken

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese (**Milk**, Potato Starch)
- ◇ Low Sugar & Salt Baked Beans
  - Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### VANILLA COOKIE

- ◇ Flour (**Wheat/Gluten**)
- ◇ Sugar
- ◇ Margarine (No Dairy)
  - Vegetable Oils (Rapeseed oil, Palm oil), Water, Salt, Emulsifier (Mono & Di-glycerides of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto Curcumin), Acidity Regulator (Citric acid), Flavouring

#### FRUIT YOGHURT

- ◇ Milk



## Week Three

### Monday

#### CHICKEN & VEGETABLE CURRY

- ◇ Chicken
- ◇ Vegetables
- ◇ Korma Paste:  
Water, desiccated coconut (10%), rapeseed oil, sugar, concentrated tomato puree (5%), ginger puree (4.5%), acids (acetic acid, lactic acid), coriander powder (3.5%), salt, turmeric powder, spices, paprika powder (1%), cumin powder, garlic puree (1%), maize flour, **MUSTARD powder**, dried coriander leaf. **Made in a factory that uses nuts and peanuts**
- ◇ Coconut Milk
- ◇ Single Cream (**Milk**)
- ◇ Tinned Tomatoes  
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Oil, Salt, Flavour Enhancers (E621, E635), Colour (E150c), Emulsifier (E322) (**contains SOYA**) Sugar, Flavours. Suitable for: Vegetarian, Gluten Free, Lactose Free)
- ◇ Thickening Granules  
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
- ◇ Steamed White Rice (side dish)

#### CHEESE & TOMATO PASTRIES

- ◇ **Wheat Milk Egg**

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavours.

#### Arctic Roll

- ◇ Raspberry Ripple Ice Cream Sponge Roll  
Ice Cream: Water, Sugar, Palm Oil, Whey Solids (**MILK**),  
Whey Powder (**MILK**) **Skimmed MILK Powder**, BUTTERMILK Powder, Emulsifier: Mono and Diglycerides of Fatty Acids, Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum) Flavouring, Colour (Beta Carotene) Sponge (23%) **WHEAT flour**, Water, Sugar, Dextrose, **EGG Blend (EGG, EGG White)**, **SOYA Flour**, Raising Agents (Disodium Disphosphate, Sodium Carbonate), Skimmed MILK Powder, Emulsifiers (Mono and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids) Raspberry Ripple Sauce: Water, Sugar, Glucose, Colour: Beetroot Red, Stabiliser: Carboxymethyl Cellulose, Citric Acid, Flavouring, Potassium Sorbate, Pectin.

#### FRUIT YOGHURT

- ◇ Milk



## Week Three

### Tuesday

#### TUNA PASTA BAKE

- ◇ Tuna (**Fish**)
- ◇ Sweetcorn
- ◇ Pasta Twists  
**Durum Wheat**
- ◇ Tinned Tomatoes  
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
- ◇ Mixed Herbs
- ◇ Garlic Puree (Contains Citric Acid)
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Oil, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'ribonucleotides, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil
- ◇ Thickening Granules  
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)

#### PIZZA FINGERS

- ◇ **WHEAT Flour (40%) (WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), **CHEESE** (24%)[Mozzarella, Cheddar](MILK), Water, Tomato Sauce (16%) [Water, Tomato Powder, Stabilizer: Modified Potato Starch, Sugar, Salt, Dried Oregano, Garlic Powder, Onion Powder, Colour: Paprika Extract, Rapeseed Oil], Water, Rapeseed Oil, Pre-mix [**WHEAT Flour (WHEAT Flour**, Calcium Carbonate, Niacin, Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier: Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Flour Treatment Agent: Ascorbic Acid], Yeast.

#### TOMATO DIP

- ◇ Water, Glucose-Fructose Syrup, Tomato Paste (16%), Sugar, Modified Maize Starch, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Preservative (Potassium Sorbate), Tomato Spice (Salt, Natural Clove Flavourings, Natural Flavourings, Spice Extract), Sweetener (Sodium Saccharin).

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### APRICOT FLAPJACK

- ◇ Apricots (**Sulphites**)
- ◇ Oats (**Gluten**)
- ◇ Brown Sugar
- ◇ Golden Syrup

#### FRUIT YOGHURT

- ◇ Milk



## Week Three

### Wednesday

#### SAUSAGES IN GRAVY

- ◇ Pork & Beef, Water, Rusk(Contains **WHEAT** flour, Fortified with Calcium Carbonate, E450 (iii) Tetrasodium diphosphate, sodium pyrophosphate, Iron, Nicotinamide, Thiamin), Pork fat, Pork Rind, **SOYA** Protein Concentrate, Potato Starch, Salt, Flavourings, Stabiliser, Preservative (sodium **SULPHITE**), Dextrose, Spice (White Pepper), Sunflower Oil, Antioxidant)
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Oil, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'ribonucleotides, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil  
Carrots  
New Potatoes

#### SOFT ROLLS

- ◇ **Wheat Flour** (White Flour) Water, **Milk, Eggs**, Sugar, Salt, Yeast, Butter, **Sesame seeds** and Improver may contain **Soya**
- ◇ Chicken Slices
- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### SWISS ROLL

- ◇ Swiss Roll  
Vanilla Flavoured Filling (26%), **Wheat Flour**, Sugar, Strawberry Flavoured Filling (15%), Pasteurised **Whole Egg**, Humectants (Glycerine, Sorbitol), Glucose Syrup, **Whey Powder (Milk)**, **Soya Flour**, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Palm Oil, Dextrose, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Preservative (Potassium Sorbate), Flavouring.  
Vanilla Flavoured Filling contains: Icing Sugar, Palm Oil, Glucose Syrup, Water, Humectants (Glycerine, Sorbitol), Citric Acid, Preservative (Potassium Sorbate), Flavouring, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids).  
Chocolate Flavoured Filling contains: Glucose-Fructose Syrup, Water, Sugar, Modified Maize Starch, Apple Purée, Gelling Agent (Pectin), Citric Acid, Colours (Anthocyanins, Curcumin), Flavouring, Acidity Regulator (Trisodium Citrate), Preservative (Potassium Sorbate)  
**May Contain Nuts \* Dairy/Lactose, Soya, Wheat, Egg**

#### FRUIT YOGHURT

- ◇ Milk



## Week Three

### Thursday

#### CHICKEN & VEGETABLE CASSEROLE

- ◇ Chicken Breast
- ◇ Carrot
- ◇ Swede
- ◇ Peas
- ◇ Leeks
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Oil, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'ribonucleotides, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil

#### TOMATO & BASIL PASTA

- ◇ Pasta Twists
- ◇ **Durum Wheat**
- ◇ Tinned Tomatoes  
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
- ◇ Mixed Herbs
- ◇ Garlic Puree (Contains Citric Acid)
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Oil, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'ribonucleotides, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese  
(**Milk**, Potato Starch)
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavours.

#### BANANA

#### FRUIT YOGHURT

- ◇ Milk



## Week Three

### Friday

#### BREADED CHICKEN BURGER

- ◇ Chicken Burger
- ◇ Chicken with Added Water (70%), (Chicken (83%), Water, Pea Fibre, Stabiliser (Triphosphates)), **WHEAT Flour** (Calcium Carbonate, Iron, Niacin, Thiamin), Durum **WHEAT Semolina**, **WHEAT Starch**, Vegetable Oil (Rapeseed), **EGG White Powder**, Salt, Yeast, Dextrose.
- ◇ Brioche Roll
- ◇ Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, **EGG** (10%), Sugar, Unsalted Butter (**MILK**) (2%), Rapeseed Oil, **EGG** White, Yeast, Salt, **WHEAT** Gluten, Palm Oil, Emulsifier (E472e), Colour (Carotenes), Flavouring, Flour Treatment Agent (E300).
- ◇ Sweetcorn

#### SCOTCH EGGS

- ◇ **Egg (37%)**, Pork (29%), Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Onions, Rapeseed Oil, Potato Starch, Pork Fat, Salt, Spices, Herbs, Yeast Extract, Colour (Paprika Extract), **Dried Egg White**, **Wheat Gluten**, Yeast, Sunflower Oil

#### JACKET POTATO with Cheese & Beans

- ◇ Cheddar Cheese (**Milk**, Potato Starch)
- ◇ Low Sugar & Salt Baked Beans  
Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

#### CHOCOLATE CAKE

- ◇ Flour (**Wheat**)
- ◇ Egg
- ◇ Sugar

#### FRUIT YOGHURT

- ◇ Milk