

## Summer Menu

### POPCORN CHICKEN SERVED IN A FLATBREAD WRAP WITH SALAD

(POPCORN CHICKEN) Chicken Breast Meat (51%), Southern Fried Coating [Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wheat Starch, Salt, Wheat Gluten, Spices (White Pepper, Black Pepper, Fennel, Onion Powder, Garlic Powder), Yeast Extract, Dextrose, Raising Agents (E450, E500), Yeast, Acidity Regulator (Citric Acid), Spice Extract (Black Pepper, Nutmeg), Onion Oil], Water, Sunflower Oil, Pea Fibre, Pea Starch, Salt, Stabilisers: Di-Triphosphates. (FLATBREAD) Wheat Flour (fortified with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Salt, Sugar, Dextrose, Kalonji Seeds. (SALAD) Mixed leaf, tomatoes, cucumber

Allergens – **WHEAT, (MAY CONTAIN) EGG, MILK, CELERY, MUSTARD, SULPHITES**

### Mac and Cheese with Cherry Tomatoes and Onions (V)

*Pasta covered in a creamy cheese sauce topped with broccoli and cherry tomatoes and baked*

Skimmed **MILK**, Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herb], Cheddar Cheese (10%)(**MILK**), Modified Starch, Cheese Powder (3.5%)(**MILK**), Starch, Vegetable Oil (Palm), Acidity Regulator (Trisodium citrate), Emulsifier (**SOYA** Lecithin), Colour (Beta-carotene) Buttermilk, Fully Hydrogenated Vegetable Oil (Palm), Cream (6%) (**Milk**), Vegetable Oil (Palm), Buttermilk Powder, Emulsifiers (Lactic Acid Esters of Mono and Diglycerides of Fatty Acids, Polyglycerol Ester of Fatty Acids, Polysorbate 60, Mono and Diglycerides of Fatty Acids, Polysorbate 80), Stabilisers (Locust Bean Gum, Carrageenan), Vitamin D, Salt, Colour (Beta Carotene). Broccoli Florets. Onions, Cherry Tomatoes. Durum **WHEAT** Semolina. Mozzarella Cheese (**Milk**), Anti-caking Agent: Potato Starch.

Allergens – **Gluten, Milk, Soya**

## Summer menu

### Chicken and Beef hotdogs served with a ranch slaw

(HOTDOG) Chicken (34%), Water, Rusk (Contains: Wheat Flour, Raising Agent E503 (ii), Chicken Fat, Chicken Skin, Seasoning (Contains: Salt, Dextrose, Spices, Flavour Enhancer E621, Preservative E223 (Sodium Metabisulphite), Sugar, Emulsifier E451 (i), Antioxidant E300, Food Colour E120), Soya Fibre, Soya Protein, Potato Starch, Beef Protein. Casing (Beef Collagen). (ROLL) Wheat flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Vegetable oil, (Palm, Rapeseed), Yeast, Sugar, Dextrose, Salt, Emulsifiers (E472e, E481, E471), Preservative (E282), Flour treatment agent (E300). (GHERKIN) Gherkins, Water, Acidity Regulator: Acetic Acid, Spirit Vinegar, Flavouring, Salt, Preservative: Sodium METABISULPHITE. (RANCH SLAW) Cabbage, Carrot, Rapeseed Oil, Pasteurised Buttermilk (35%), Spirit Vinegar, Sugar, Water, Skimmed Milk Powder, Salt, Free Range Dried Egg Yolk, Acidity Regulator (Acetic Acid), Dried Onion, Modified Maize Starch, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Dried Garlic, Dried Parsley

Allergens – **Wheat, Soya, Sulphite, Egg, Milk**

### Quorn Bolognese Pasta Bake

*Freshly made Quorn Bolognese mixed through pasta and baked*

Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free BARLEY Malt Extract. Water, Concentrated Tomato Purée (17%), Tomatoes (11%), Onions (4.5%), Garlic Purée (3.5%), Sugar, Modified Maize Starch, Rapeseed Oil, Salt, Dried Basil, Dried Parsley, Acidity Regulator (Citric Acid), Ground Black Pepper, Dried Oregano. Durum Wheat Semolina, Cheddar Cheese (Milk), Water, Palm oil, Milk Protein, Modified Potato Starch, Salt, Emulsifying Salts (E339, E341), Colours (Beta carotene), Anticaking Agent (Potato Starch). Mushrooms, Carrots, Onions

Allergens – **Egg, Gluten, Milk**

## Summer menu

### BBQ Pulled pork in a sourdough wrap served with a coriander slaw

(BURRITO MIX) BBQ pulled pork, saffron rice, mixed peppers (slaw) white cabbage, grated carrot, white wine vinegar, lime juice, olive oil, coriander (SOURDOUGH) Wheat Flour (fortified with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Salt, Sugar, Dextrose, Kalonji Seeds.

**ALLERGENS – Gluten (SOURDOUGH)**

### Vegetarian Lasagne with salad and garlic bread

(QUORN MINCE) Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free BARLEY Malt Extract, (BOLOGNESE SAUCE) Water, Concentrated Tomato Purée (17%), Tomatoes (11%), Onions (4.5%), Garlic Purée (3.5%), Sugar, Modified Maize Starch, Rapeseed Oil, Salt, Dried Basil, Dried Parsley, Acidity Regulator (Citric Acid), Ground Black Pepper, Dried Oregano.(PASTA) Durum WHEAT Semolina, Spinach Powder (2%) (CHEESE SAUCE) Skimmed MILK, Vegetable Stock (Water, Salt , Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herb), Cheddar Cheese (10%) (MILK) , Modified Starch , Cheese Powder (3.5%) (MILK), Starch, Vegetable Oil (Palm), Acidity Regulator (Tri Sodium Citrate), Emulsifier (SOYA Lecithin), Colour (Beta-Carotene). (CREAM) BUTTERMILK, Fully Hydrogenated Vegetable Oil (Palm), Cream (6%) (MILK), Vegetable Oil (Palm), BUTTERMILK Powder, Emulsifiers (Lactic Acid Esters of Mono and Diglycerides of Fatty Acids, Polyglycerol Ester of Fatty Acids, Polysorbate 60, Mono and Diglycerides of Fatty Acids, Polysorbate 80), Stabilisers (Locust Bean Gum, Carrageenan), Vitamin D, Salt, Colour (Beta Carotene) (CHEESE) Cheddar Cheese (MILK), Vegetable Oil (RSPO Palm Oil, Sunflower Oil), Water, Starch, MILK Solids, Emulsifying Salts (Di-sodium Phosphate, Tri-calcium Phosphate), Salt, Colour (Beta Carotene), Anticaking Agent (Potato Starch) (GARLIC BREAD) WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes)], Water, Garlic Purée (3.0%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), WHEAT Flour, Lettuce, Tomatoes, Cucumber.

**Allergens – Egg, Wheat, Milk**

## Summer menu

### Chicken tikka skewers served with a garlic and coriander naan and Indian style salad

(TIKKA SKEWERS) Chicken (79%), Water, Seasoning (Spices, Modified Starch [Maize], Salt, Whole Milk Powder, Citric Acid [E330], Garam Masala (Mustard), Cumin Seeds, Garlic Powder, Onion Powder, Yeast Extract, Natural Colour [E160c], Chilli Powder, Herb, Onion Extract, Spice Extract, Garlic Extract), Potato Fibre, Potato Starch, Stabiliser [E451], Antioxidant [E331], Maltodextrin, Acidifiers [E262(ii), E334], Acid [E330], Gelling Agent [E415], Salt. (GARLIC NAAN) Wheat Flour, Water, Salt, Sugar Shortening (Vegetable Oil( Palm Oil, Palm Stearin, Rapeseed Oil), Garlic, Coriander, Vegetable Oil (Rapeseed Oil), Yeast, Calcium Propionate (Preservative). (SALAD) ) (KACHUMBER) cucumber, tomatoes, onions, lemon juice, pomegranate juice, mint

Allergens – **Milk, Mustard (Naan) Gluten**

### Quorn Sweet Chilli Noodles

#### *Egg noodles served with stir fried vegetables*

Water, Sugar, Fructose Glucose Syrup, Chilli Paste (7.2%), (Chillies, Salt), Red Pepper (6.9%), Vinegar, Modified Maize Starch, Garlic (0.3%), Colour (Paprika Extract (0.2%)), Stabiliser (Xanthan Gum), Thickener (Pectin), Spices, Firming Agent (Calcium Chloride). Mycoprotein (56%), Water, Sunflower Oil, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamine), Rehydrated Free Range EGG White, Maize Flour, WHEAT Starch, MILK Proteins, Natural Flavouring, Dextrose, Firming Agents: Calcium Chloride, Calcium Acetate; Raising Agents: Trisodium Diphosphate, Sodium Carbonate; Turmeric Extract, Gelling Agent: Pectin. Fortified **Wheat** Flour (**Wheat** Flour with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Pasteurised Free Range **Egg** (5%), Salt, Colours (Carotenes), Firming Agent (Potassium Carbonate, Sodium Carbonate) Acidity Regulator (Citric Acid). Tomatoes (77%), Tomato Paste (11%), Modified Maize Starch, Sugar, Onion, Olive Oil (1.8%), Basil (1.4%), Salt, Herb, Acid (Citric Acid), Spices.

Allergens – **Egg, Gluten, Milk**