

## Week 1

### Lamb Madras/Naan/onion Bhaji

Water, tomato (20%), onion (8%), rapeseed oil, modified maize starch, concentrated tomato puree (1.6%), sugar, spices (contain **MUSTARD**), coriander powder, lemon juice from concentrate, paprika powder, cumin powder, dried onion (1%), garlic puree, salt, ginger puree, acid (acetic acid), cumin seed, dried crushed red chilli, black **MUSTARD** seed, dried coriander leaf, dried curry leaf. Onion (71%), Gram Flour (16%), **WHEAT** Flour, Coriander, Corn Oil, Salt, Sugar, Chilli Powder, Garlic powder, Turmeric Powder, Cumin Powder, Raising Agent: Sodium Bicarbonate; Ginger Powder, Black Pepper Powder, Acidity Regulator: Citric Acid; Cinnamon Powder, Fenugreek Seed Powder, Clove Powder. **GLUTEN**

Allergens – **mustard, wheat, gluten**

### Vegetable Madras/Naan/onion Bhaji

Water, tomato (20%), onion (8%), rapeseed oil, modified maize starch, concentrated tomato puree (1.6%), sugar, spices (contain **MUSTARD**), coriander powder, lemon juice from concentrate, paprika powder, cumin powder, dried onion (1%), garlic puree, salt, ginger puree, acid (acetic acid), cumin seed, dried crushed red chilli, black **MUSTARD** seed, dried coriander leaf, dried curry leaf. Onion (71%), Gram Flour (16%), **WHEAT** Flour, Coriander, Corn Oil, Salt, Sugar, Chilli Powder, Garlic powder, Turmeric Powder, Cumin Powder, Raising Agent: Sodium Bicarbonate; Ginger Powder, Black Pepper Powder, Acidity Regulator: Citric Acid; Cinnamon Powder, Fenugreek Seed Powder, Clove Powder. **GLUTEN**

Allergens – **mustard, wheat, gluten**

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### Beef Bolognese with garlic bread

**(Beef)** Beef (**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 (**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. **(Pasta sheets)** Durum WHEAT Semolina

Allergens – **Wheat, Milk, Soya, Gluten**

Week 1

### **Vegetable Schnitzel served with sweetcorn and potato wedges**

Vegetables (36%) (Carrot, Green Beans, Cauliflower, Sweetcorn), Water, Breadcrumbs (16%) [Fortified **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids)], Fortified **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dehydrated Potato, Sunflower Oil, Single Cream (**MILK**), Full Fat Soft Cheese (2%) (Cream (**MILK**), Water, **MILK** Protein Powder, Salt, Starter Culture), Rapeseed Oil, Modified Maize Starch, Garlic Puree, Salt, Thickeners (Hydroxypropyl Methyl Cellulose, Guar Gum), Parsley, **WHEAT** Starch, Flavouring, Maltodextrin, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Sugar, Stabiliser (Xanthan Gum), Yeast Extract, Raising Agent (Sodium Carbonates), Carrot Powder, Onion Powder, Spices (Black Pepper, Turmeric), Colour (Paprika Extract), Acid (Citric Acid).

**ALLERGENS – WHEAT, MILK, Mustard**

Week 1

### **Quorn vegan sausage served with roast potatoes/carrots/broccoli/gravy**

Mycoprotein (37%) Textured **WHEAT** Protein (**WHEAT** Flour, Stabiliser: Sodium Alginate.), Water, Vegetable Oils (Rapeseed, Palm) Onions, Rusk (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine) Salt, Yeast, Potato Protein, **WHEAT Gluten**, Casing (Stabiliser: Sodium Alginate, Cellulose, Modified Starch.), Tapioca Starch, Potato Starch, Natural Flavouring, Seasoning [Dextrose, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Spices (Coriander, White Pepper, Nutmeg) Yeast Extract, Roast Garlic Powder, Salt, Rapeseed Oil, Natural Flavouring] Pea Fibre, Firming Agent: Calcium Chloride.

**ALLERGEN – WHEAT**

## **Roast Chicken served with roast potatoes/carrots/broccoli/gravy and optional Yorkshire pudding**

Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs(Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic. Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole **EGG**, **EGG** White, Water, Rapeseed Oil, Skimmed **MILK** Powder, Salt.

**Allergens milk, egg, wheat**

## **Black bean beef with noodles**

**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid. Water, Red Peppers (17%), Sugar, Black Beans (4.5%) (Black **SOYA** Beans, Salt), Modified Maize Starch, **SOY** Sauce (2.5%) (Water, Sugar, Rice Vinegar, **SOYA** Beans, **WHEAT**, Salt), Garlic Purée, **BARLEY** Malt Vinegar, Spirit Vinegar, Ginger Purée, Rapeseed Oil, Acidity Regulator (Lactic Acid), Colour (Plain Caramel), Ground White Pepper.

**Allergens – wheat, barley, soya,**

## **Vegetarian black bean noodles with a poached egg**

**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid. Water, Red Peppers (17%), Sugar, Black Beans (4.5%) (Black **SOYA** Beans, Salt), Modified Maize Starch, **SOY** Sauce (2.5%) (Water, Sugar, Rice Vinegar, **SOYA** Beans, **WHEAT**, Salt), Garlic Purée, **BARLEY** Malt Vinegar, Spirit Vinegar, Ginger Purée, Rapeseed Oil, Acidity Regulator (Lactic Acid), Colour (Plain Caramel), Ground White Pepper.**EGG**

**Allergens – wheat, barley,soya, egg.**