

Week 1

Beef ROGAN JOSH/CHIPATI/onion Bhaji

Tomatoes (39%), Tomato Purée from Concentrate (33%), Onions (7%), Water, Rapeseed Oil, Spice Paste (4%) (Rapeseed Oil, Water, Sugar, Onion Purée, Concentrated Lemon Juice, Salt, Coriander Leaf, Ground Ginger, Ground Cumin, Ground Coriander, Ground Cardamom, Paprika, Ground Cassia, Garlic Powder, Cumin Seed, Ground Fennel, Ground Cloves, Ground Chilli, Ground Fenugreek, Acidity Regulator (Acetic Acid), Ground Black Pepper, Black Onion Seed), Coriander Leaf (2%), Modified Maize Starch, Spices, Sugar, Red Chilli, Salt, Acidity Regulator (Citric Acid). Onion (75%), Gram Flour (Yellow Split Pea, Channa Dall), Rapeseed Oil, Lemon Juice, Salt, Cumin Powder, Coriander Powder, Cumin Seed, Ajwain Seed, Garam Masala (Coriander, Cumin, Cinnamon, Ginger, Black Pepper, Clove, Nutmeg, Cardamom, Bay Leaf, Chilli Powder), Chilli Powder, Turmeric, Black Pepper, Baking Powder (Mono Calcium Phosphate, Corn Starch, Sodium Bicarbonate). Water, Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Wholemeal **Wheat** Flour (Wheat Flour, Wheat Gluten), Rapeseed Oil, Salt.

Allergens are shown in Bold

Contains : **Gluten and Wheat,**

May contain : **Almonds, Cashew Nut, Hazelnut and Sesame**

CHICKPEA/LENTIL/SPINACH ROGAN JOSH/CHIPATI/onion Bhaji

Tomatoes (39%), Tomato Purée from Concentrate (33%), Onions (7%), Water, Rapeseed Oil, Spice Paste (4%) (Rapeseed Oil, Water, Sugar, Onion Purée, Concentrated Lemon Juice, Salt, Coriander Leaf, Ground Ginger, Ground Cumin, Ground Coriander, Ground Cardamom, Paprika, Ground Cassia, Garlic Powder, Cumin Seed, Ground Fennel, Ground Cloves, Ground Chilli, Ground Fenugreek, Acidity Regulator (Acetic Acid), Ground Black Pepper, Black Onion Seed), Coriander Leaf (2%), Modified Maize Starch, Spices, Sugar, Red Chilli, Salt, Acidity Regulator (Citric Acid). Onion (75%), Gram Flour (Yellow Split Pea, Channa Dall), Rapeseed Oil, Lemon Juice, Salt, Cumin Powder, Coriander Powder, Cumin Seed, Ajwain Seed, Garam Masala (Coriander, Cumin, Cinnamon, Ginger, Black Pepper, Clove, Nutmeg, Cardamom, Bay Leaf, Chilli Powder), Chilli Powder, Turmeric, Black Pepper, Baking Powder (Mono Calcium Phosphate, Corn Starch, Sodium Bicarbonate). Water, Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Wholemeal **Wheat** Flour (Wheat Flour, Wheat Gluten), Rapeseed Oil, Salt.

Allergens are shown in Bold

Contains : **Gluten and Wheat,**

May contain : **Almonds, Cashew Nut, Hazelnut and Sesame**

week 1

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

QUORN MINCE BOLOGNESE PASTA, GARLIC BREAD

(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 Mycoprotein (88%), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar; Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **BARLEY** Malt Extract.

Allergens are shown in Bold

Contains : Barley and Egg, WHEAT, MILK, SOYA

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.

Allergens are shown in Bold

Contains : **Gluten, Egg, Milk and Wheat**

Roast OF THE DAY served with roast potatoes/carrots/broccoli/gravy AND YORKSHIRE PUDDING

Fortified **WHEAT** Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole EGG, **EGG** White, Water, Rapeseed Oil, Skimmed **MILK** Powder, Salt.

Allergens are shown in Bold

Contains : **Gluten, Egg, Milk and Wheat**

CHICKEN SWEET N SOUR NOODLES

Chicken Breast*, Modified Tapioca starch, Salt, Stabiliser (Triphosphates). *Prepared with 107g of Raw Chicken per 100g of Cooked Chicken. Tomato (31%), Water, Sugar, Pineapple Chunks (3.5%), Modified Maize Starch, Green Pepper (3%), Onion, Red Pepper (3%), Spirit Vinegar, Rapeseed Oil, Bramley Apple Purée, Acacia Fibre, Carrot Purée, Concentrated Pineapple Juice, Garlic Purée, Ginger Purée, Carrot, **CELERY**, Salt, Vitamin C, Natural Flavouring, Vitamin D, Colour (Paprika Extract) Tomatoes (56%), Water, Concentrated Tomato Purée (13%), Sugar, Extra Virgin Olive Oil, Modified Maize Starch, Lemon Juice from Concentrate, Garlic Purée, Salt, Basil, Acidity Regulator (Citric Acid), Dried Basil, Onion Powder, Ground Black Pepper, Dried Oregano. **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid. Beansprouts (27%), Onions (19%), Green Beans (13%), Red Peppers (13%), Sweetcorn (12%), Mushrooms (8%), Water Chestnuts (4%), Bamboo Shoots (4%).

ALLERGENS = CELERY/wheat

SWEET N SOUR NOODLES

Tomato (31%), Water, Sugar, Pineapple Chunks (3.5%), Modified Maize Starch, Green Pepper (3%), Onion, Red Pepper (3%), Spirit Vinegar, Rapeseed Oil, Bramley Apple Purée, Acacia Fibre, Carrot Purée, Concentrated Pineapple Juice, Garlic Purée, Ginger Purée, Carrot, **CELERY**, Salt, Vitamin C, Natural Flavouring, Vitamin D, Colour (Paprika Extract) Tomatoes (56%), Water, Concentrated Tomato Purée (13%), Sugar, Extra Virgin Olive Oil, Modified Maize Starch, Lemon Juice from Concentrate, Garlic Purée, Salt, Basil, Acidity Regulator (Citric Acid), Dried Basil, Onion Powder, Ground Black Pepper, Dried Oregano. **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid. Beansprouts (27%), Onions (19%), Green Beans (13%), Red Peppers (13%), Sweetcorn (12%), Mushrooms (8%), Water Chestnuts (4%), Bamboo Shoots (4%). **Mycoprotein** (55%), Water, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, **WHEAT** Gluten, Maize Flour, Stabiliser: Carrageenan. **WHEAT** Starch, Raising Agents: Ammonium Carbonate. Diphosphates, Sodium Bicarbonate, Dextrose, Durum **WHEAT** Semolina, Turmeric Extract

Allergens are shown in Bold

Contains : Gluten and Wheat CELERY

