

Chicken tikka Masala, Chipati, bhaji, rice

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, Tomatoes (15%), Tomato Purée from Concentrate (12%), Onion (10%), Yogurt (Milk) (6%), Single Cream (Milk) (4%), Modified Maize Starch, Rapeseed Oil, Sugar, Lemon Juice from Concentrate, Dried Onion, Coriander Leaf, Ground Cumin, Salt, Ginger Purée, Garlic Purée, Ground Coriander, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Turmeric, Cardamom, Paprika, Chilli Powder, Dried Fenugreek, Ground Cassia, Ground Fenugreek.
Ingredients: 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, MILK

May contain : Almonds, Cashew Nut, Hazelnut and Sesame

CHICKPEA / LENTIL/ SPINACH TIKka Masala, chipati, Bhaji, Rice

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, Tomatoes (15%), Tomato Purée from Concentrate (12%), Onion (10%), Yogurt (Milk) (6%), Single Cream (Milk) (4%), Modified Maize Starch, Rapeseed Oil, Sugar, Lemon Juice from Concentrate, Dried Onion, Coriander Leaf, Ground Cumin, Salt, Ginger Purée, Garlic Purée, Ground Coriander, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Turmeric, Cardamom, Paprika, Chilli Powder, Dried Fenugreek, Ground Cassia, Ground Fenugreek.
Ingredients: 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 MILK, RAPESEED OIL

May contain : Almonds, Cashew Nut, Hazelnut and Sesame

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**

SAUSAGE SERVED WITH LUXURY MASH AND CARROT & SUEDE WITH GRAVY

Pork (65%), Water, Rusk [**WHEAT**Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt(Anti-Caking Agent (E535)), Raising Agent (E503(ii))], Seasoning [Salt (Anti-Caking Agent (E535)), Sugar, Spices (Black Pepper, White Pepper, Nutmeg, Mace) Yeast Extract, Dehydrated Onion, Preservative (E223) [**SULPHITE**], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Dextrose, Pea Protein, **SOYA**Protein, Onion Powder, Mixed Herbs (Parsley, Basil, Thyme, Marjoram, Oregano), Sage, Beef Collagen Casing (Collagen, Water, Glycerol, Cellulose, Oil). Potato (87%), water, concentrated butter (from **MILK**), full cream **MILK** powder, salt, flavour, white pepper, nutmeg. Carrot (38%), Swede (38%), British Potato, **WHEY POWDER (MILK)**, Rapeseed Oil, Salt Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic.

ALLERGENS - WHEAT/SULPHITE/SOYA/MILK

Week 2

May contain : Celery, Egg, Milk, Mustard and Soya

QUORN SAUSAGE WITH LUXURY MASH AND CARROT & SUEDE WITH GRAVY

Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], **WHEAT** Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: Sodium Alginate. Potato (83%), Water, Palm Oil, Butteroil (**Milk**), Flavouring, Salt, Glucose Syrup, Whole **Milk** Powder, Lactose (**Milk**), Milk Proteins, Dextrose, Dried Cream (**Milk**), Onion, White Pepper. Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic.

May contain : Celery, Egg, Milk, Mustard and Soya

Contains : Milk : Gluten and Wheat

JUMBO FISH FINGER. MASHED POTATO/PEAS/CABBAGE/PARSLEY SAUCE

Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic. Alaska Pollock (Fish) (52%), Wheat Flour (Wheat Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Rapeseed Oil, Wheat Gluten, Potato Starch, Salt, Wheat Starch, Yeast, Water, Rice Flour, Dextrose. Palm fat, skimmed MILK powder, modified starch (corn, potato), **WHEAT** flour, maltodextrin, salt, lactose (MILK), yeast extract, parsley (2.1%), sugar, MILK proteins, pepper, flavourings (contain MILK).

Allergens are shown in Bold

Contains : Gluten, Milk and Wheat, FISH

May contain : Celery, Egg, Mustard and Soya

FISHLESS FINGERS WITH MASHED POTATO/PEAS/CABBAGE/PARSLEY SAUCE

Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic. extruded Rice Flake (40%), Wheat Flour, Water, Rapeseed Oil, Wheat Gluten, Potato Starch, Natural Flavouring, Salt, Wheat Fibre, Spices, Yeast Palm fat, skimmed MILK powder, modified starch (corn, potato), **WHEAT** flour, maltodextrin, salt, lactose (MILK), yeast extract, parsley (2.1%), sugar, MILK proteins, pepper, flavourings (contain MILK).

Allergens are shown in Bold

Contains : Gluten, Milk and Wheat

Week 2

May contain : Celery, Egg, Mustard and Soya