Monday

Pork Meatballs with Pasta & Garlic Bread

Pork (81%), onions, breadcrumbs (**WHEAT** flour, water, salt, yeast), skimmed **MILK** powder, salt, spices, stabilisers (E450, E451). Fried in rapeseed oil.

Penne Pasta

Durum **WHEAT** semolina

Water, tomatoes* (29%), tomato paste* (15%), red bell pepper (7.0%), onions (3.0%), sugar, glucose fructose syrup, modified maize starch, rapeseed oil, dehydrated onion (0.6%), basil, salt, garlic, black pepper, oregano, parsley, red chilli pepper, lemon juice concentrate, chilli extract. *Made from sustainably grown tomatoes.

WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Garlic Purée (3%), Extra Virgin Olive Oil, Yeast, **RYE** Flour, Salt, Parsley, Fermented **WHEAT** Flour, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Malted **BARLEY**, Flour Treatment Agents (Ascorbic Acid, L-Cysteine), Colour (Beta Carotene), Natural Flavouring.

Chocolate Brownie

Green lentils**,Eggs** cocoa powder light brown soft sugar vegetable oil,

vanilla extract baking powder instant coffee granules

Tuesday
Chicken Burger with waffle fries and vegetable sticks

Chicken (60%), Water, Gluten Free Crumb (Rice Flour, Water, Dextrose, Vegetable Fibre, Salt, Emulsifier (Mono- and diglycerides of fatty acids (E471)), Caramelised Sugar Syrup, Paprika Extract), Onion Powder, Dextrose, Potato Starch, Salt, Maltodextrin, Rice Flour, Flavouring, Garlic Powder, Spice Extract, Natural Onion Flavouring.

WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Sugar, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers: E471, E472(e). Flour Treatment Agents: E300, E920.

Potatoes (79%), Sunflower Oil, Rice Flour, Modified Maize Starch, Modified Potato Starch, Salt, Paprika Powder, Black Pepper, Chilli Powder, Maize Starch, Garlic Powder, Onion Powder, Raising Agents (Sodium Carbonates), Stabiliser (Diphosphates), Colour (Paprika Capsorubin), Capsicum extract,

Cucumber, Carrots, Mixed Peppers

Waffle & strawberries

Wheat Flour, Sugar, Margarine (Vegetable Oils And Fats (Palm And Rapeseed), Water

Emusifiers: Soya Lecithin, Mono- And Diglycerides Of Fatty Acids, Salt, Acid Regulator: Citric Acid, Natural Flavours, Colouring: Beta-Carotene), **Eggs**, Yeast, **Soya** Flour, Invert Sugar Syrup, Stabilizer: Sorbitol, Salt, Emulsifier: **Soya** Lecithin, Flavour.

Strawberries Chocolate Sauce: Glucose Syrup, Water, Sugar, Dextrose, Humectant (Glycerine), Fat Reduced Cocoa Powder, Belgian Dark Chocolate (3.5%) (Cocoa Mass, Sugar, Dextrose, Emulsifier: **SOYA** Lecithin), Modified Starch, Emulsifier (**SOYA** lecithin), Natural Flavouring.

Wednesday

Roast Beef

Beef

Roast Potatoes British Potato (100%)

Manufactured in an environment handling dairy ingredients

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

Gravy Granules: Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour(with added Calcium, Iron, Niacin, Thiamin), Colour (E154c), Sugar Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains **SOYA**)

KTC Vegetable Oil (for cooking) **SOYA** bean oil, Anti foaming agent E900

Carrots

Broccoli or Peas

Arctic Roll

Ice Cream: Reconstituted Skimmed **Milk** Powder, Sugar, Vegetable Fat (Palm Oil), Whey Powder, Fat Reduced Cocoa Powder, Emulsifier: Mono and Di-Glycerides of Fatty Acids, Stabilisers: Guar Gum, Xanthan Gum, Locust Bean Gum

Chocolate Sponge: Flour, Water, Sugar, Dextrose, **Egg** Blend (80% **whole egg,** 20% albumen), **Soya** Flour, Cocoa Powder, Chocolate Flavour, Raising Agents: (E 450, E 500), **Skimmed Milk Powder,** Emulsifiers: Mono & Di-Glycerides of Fatty Acids, Poly-glycerol Esters of Fatty Acids

Chocolate Sauce: Glucose Syrup, Sugar, Water, Cocoa, Preservatives: Potassium Sorbate, Colour: Caramel (E 150d), Flavouring, Citric Acid

Colour Beetroot Red 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 & Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids. Strawberry Sauce Water, Sugar, Glucose, Colour Beetroot Red, Stabiliser Carboxy Methyl Cellulose, Citric Acid, Flavouring, Potassium Sorbate, Pectin

Thursday

Sweet and Sour Chicken with Vegetable rice

Chicken, Water, Sugar (17%), Tomato Paste (10%), Onion, Pineapple (5%), Thickener (Modified Maize Starch), Acidity Regulator (Acetic Acid), Paprika, Salt, Ginger Powder, Paprika Extract, Black Pepper. Mixed Peppers

Long Grain Rice, Turmeric, Carrots, Sweetcorn, Peas

Strawberry & Vanilla Mousse

Water Sugar Palm Oil Whey Solids (**Milk**) Whey Powder (**Milk**) Dextrose Skimmed **Milk** Powder **Buttermilk** Powder Emulsifier Mono and Diglycerides of Fatty Acids Stabilisers: Guar Gum, Sodium Alginate, Locust Bean Gum Flavouring Colours: Beetroot Red, Beta Carotene

Friday

Battered Fish

Pollock (**FISH**) (50%), **WHEAT** Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Raising Agent (Sodium Phosphates, Sodium Carbonate, Ammonium Carbonate), Dextrose, Maize Flour, **WHEAT** Starch, **WHEAT** Gluten, Maize Starch, Turmeric Extract, Sunflower Oil, Sunflower Lecithin.

Potato (96%), Sunflower Oil Refined Soyabean oil (produced from genetically modified soya), Anti-foaming agent (E900).

Baked Beans:Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract

Breaded Chicken

Chicken Breast (58%), **WHEAT** Flour, Water, Palm Oil, Salt, **WHEAT** Gluten, Cornflour, Modified Corn Starch, Yeast, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Monocalcium Phosphate), Thickener (Guar Gum), White Pepper, Onion Powder, Garlic Powder

Chips Potatoes, Sunflower oil **Soyabean** Oil (produced from genetically modified soybeans), Antifoaming Agent (E900)

Beans, Tomatoes, Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract

Iced Ring Doughnut

Pink Sugar Frosting Doughnuts. Doughnut **(WHEAT Flour**, Water, Palm Oil, Sugar, Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Concentrated Lemon Juice), Yeast, Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyltartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Sodium stearoyl-2-lactylate), **WHEAT** Gluten, Raising Agents (Disodium Diphosphates, Sodium Hydrogen Carbonate), Dextrose, Stabiliser (Guar gum), Whey Powder **(MILK), Lactose (MILK)**, Flour Treatment Agent (Ascorbic acid)), Pink Frosting (13%) (Sugar, Vegetable Oils and Fat (Palm Kernel Oil, Coconut Oil, Palm Oil), Colour (Concentrated Beetroot Juice), Emulsifier (Lecithins)), White Sugar Sprinkles (Sugar, Cocoa Butter, **Skimmed MILK Powder,** Dextrose, Emulsifier (Lecithins)). Milk Chocolate Flakes (Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Flavouring). Multi-coloured Sugar Sprinkles (Sugar, Potato Starch, Corn Starch, Rice Flour, Plant and Vegetable Concentrates (Apple, Carrot, Hibiscus, Bell Pepper, Pumpkin, Spirulina Extract, Blackcurrant, Radish, Lemon)