Chicken Tikka

Chicken,Diced Onions,Diced Peppers

Water, Coconut Milk (16%) (Coconut Extract, Water), Tomatoes (14%) (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Sweet Potato, Roasted Red Peppers, Onion, Tomato Paste, Garlic, Ginger, Sugar, Rapeseed Oil, Paprika, Cornflour, Desiccated Coconut (1%), Smoked Paprika, Turmeric, Garam Masala, Lemon Juice, Coriander, Cumin, Sea Salt, Fenugreek Ground, Colour (Paprika Extract), Chilli Powder, Fennel Powder, Bay Leaf, Fenugreek Leaves, Cardamon, Nigella Seed, Mint

Basmati Rice

Mini Tear Drop Naan

WHEAT Flour (fortified with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Calcium Phosphate, Sodium Bicarbonate), Skimmed **MILK** Powder, Yeast, Salt, Kalonji Seeds (0.5%)

Iced Fruit Smoothie

Strawberry Smoothie

Water, Strawberry Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Dextrose, Pectin, Locust Bean Gum), Flavouring

Orange & Mango Smoothie

Water, Mango Fruit Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Dextrose, Pectin, Locust Bean Gum), Acidity Regulator (Citric Acid), Orange Flavouring.

Tuesday

Lasagne

Mince Beef, Diced Onions, Diced Peppers

Tomato & Basil Sauce: Water, tomatoes*(24%), tomato paste*(20%), onions, sugar, glucose fructose syrup, modified maize starch, basil (1%), sunflower oil, salt, lemon juice concentrate, garlic, natural flavouring

Lasagne Sheets**:** Durum **WHEAT**, Semolina. May contain traces of egg

Cheddar Cheese **(MILK)** Anti -caking Agent (Potato Starch)

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

Bechamel Sauce:Reconstituted Skimmed **Milk**
Water Cream (**Milk**) Palm Oil Modified Starch **Wheat** Flour (**Gluten**) Flavourings (contains **Milk**) Salt Coconut Oil Stabiliser (Pentasodium Triphosphate) White Pepper Colour (Beta Carotene) Nutmeg Oil

Garlic & Parsley Slices: **WHEAT** flour (with calcium, iron, niacin, thiamin), water, vegetable oils (palm oil, rapeseed oil), garlic purée (5%), yeast, salt, dextrose, **WHEAT GLUTEN**, parsley, emulsifiers (mono- and di-glycerides of fatty acids), flour treatment agent (ascorbic acid), natural flavouring, natural colour (beta carotene).

Iced Sponge

Self-Raising Wheat Flour(**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)), Sodium Carbonates (E500) Calcium Phosphates (E341
Summer County Spread Vegetable Oils in varying proportions (55%) (Rapeseed, Palm, Sunflower) Water Salt (1.38%) Preservative (Potassium Sorbate) Emulsifier (Mono and Diglycerides of Fatty Acids) Acid (Citric Acid) Flavourings Vitamins (A and D)Colours (Carotenes)

Baking Powder **WHEAT** starch, sodium acid pyrophosphate, bicarbonate of soda **EGGS** Icing Sugar: Icing Sugar, Maize Starch Assorted Sugar Strands: Sugar, **WHEAT** Starch, Modified Maize Starch, Water, Acacia Gum, Glucose Syrup, Natural Colours: Beetroot Red, Spinach Extract, Curcumin, Carotenes, Anthocyanins.

Wednesday

Gammon Ham

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

Eton Mess

Sugar, EGG white, Dried Glucose Syrup, Invert Sugar Syrup, Vinegar, Food Acidity Regulator - Citric Acid

Cream **MILK**

Strawberries, Raspberries

Icing Sugar

Thursday

Cheesy Baked Chicken Burrito with wedges & sweetcorn

Chicken

White Rice Chopped Tomato (53%), Water, Spirit Vinegar, Onion (7%), Green Peppers (7%), Sugar, Tomato Paste (4%), Thickener (Modified Maize Starch), Salt, Garlic Powder, Jalapeno, Oregano, Cumin Powder, Black Pepper, Chilli Powder.

WHEAT flour (with calcium, iron, niacin, thiamin), water, rapeseed oil, dextrose, humectant (glycerine), raising agents (E450, E500, E341), acidity regulators (E330, E296), emulsifier (E471), preservatives (E282, E200), salt, stabiliser (E415).

Mozzarella **(MILK,** Salt, Starter Culture, Microbial Rennet), Cheddar **(MILK,** Salt, Starter Culture, Microbial Rennet), Cellulose

Wedges Potatoes (92%), Sunflower oil (5%), Seasoning (3%) [Modified potato starch, rice flour, garlic powder, onion powder, salt, spices (bell pepper, black pepper), dextrin, raising agents (disodium diphosphates, sodium bicarbonates), natural flavouring (preparation of paprika), thickener (xanthan gum)].KTC Vegetable Oil (for cooking) **SOYA** bean oil, Anti foaming agent E900

Sweetcorn

Lemon Drizzle Cake

Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower) Water Salt Preservative (Potassium Sorbate) Emulsifier (Mono and Diglycerides of Fatty Acids) Acid (Citric Acid) Flavourings Vitamins (A and D) Colours (Carotenes)

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. Oil (for frying) **Soyabean** Oil (produced from genetically modified soybeans), Antifoaming Agent (E900)

Chips Potatoes, Sunflower oil

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)

Baked Beans: 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)