Monday

Chicken Pesto Pasta with garlic bread

Durum **WHEAT** Semolina, Olive oil, Chicken, Spring onions, Pesto Basil (59%), Sunflower Oil (26%), Water, Potato Flakes, Salt, Sugar, Extra Virgin Olive Oil, Garlic, Acidity Regulator (Lactic Acid), Antioxidant (Ascorbic Acid). Cream **MILK** Parmigiano Reggiano Cheese (Cows' **Milk**). Cherry 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 Flavourin

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

Tuesday

Sausage and Mash

Sausages:pork(65%), water, rusk(**WHEAT** flour, calcium carbonate, iron, niacin, thiamin, salt), pea starch, black pepper(2%) salt, spices, sodium diphosphate (e450), flavour enhancer (e621), preservative (e223) (**SULPHUR DIOXIDE**), flavourings (spice & herb extracts), antioxidant (e300).

Bisto Beef 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**)

Potatoes **MILK BUTTER** Pepper

Peas

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

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

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

Thursday

BBQ Chicken Melt with sunshine rice

Chicken

Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Bramley Apple Puree (contains Preservative **(SODIUM METABISULPHITE)**), Salt, Apple Juice Concentrate, Stabiliser (Xanthan Gum), Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper.

Cheddar cheese (**MILK**), potato starch.

White Rice Tumeric, Carrots, Peas and Sweetcorn

Pancake with Mixed berries and cream

Water, Fortified **WHEAT** Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Whey Powder **(MILK),** Vegetable Oil (Rapeseed), Cornflour, Buttermilk Powder (MILK) (1.2%), Raising Agents (E450i, E500), WHEAT Starch, Pasteurised Whole Free Range **EGG,** Sea Salt, Flavouring.

Strawberries Black currant, Raspberries, Red currant, Blackberries , Blue berries

Cream **MILK**

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)