

Monday

Chicken Korma

Chicken, Diced Onions, Diced Peppers

WHEAT Flour (with Added Calcium, Iron, Niacin, Thiamin), Salt, Dried Glucose Syrup, Flavour Enhancer (Monosodium Glutamate), Yeast Extract, Flavourings, Chicken Fat (3%), Potato Starch, Sugar, Concentrated Chicken Extract (2%), Colour (Ammonia Caramel)

Knorr Patak's Korma Sauce

Water, single **CREAM** (8%), creamed coconut (7%), sugar, desiccated coconut (4.5%), rapeseed oil, modified maize starch, concentrated tomato puree, spices (contain **MUSTARD**), lemon juice from concentrate, salt, ginger puree, dried onion, garlic puree, acid (lactic acid), dried coriander leaf.

Made in a factory that uses nuts and peanuts

KTC Vegetable Oil (for cooking)

SOYA bean oil, Anti foaming agent E900

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%)

Katsu Chicken Curry

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

Water, Vegetable Oil, Coconut Cream (9%), Modified Maize Starch, Sugar, Curry Powder (6%), Dark Soy Sauce (Water, **SOY Extract**, **WHEAT** Flour, Salt, **BARLEY** Malt Vinegar, **BARLEY** Malt Extract), Garlic Puree (Granulated Garlic, Citric Acid, Water), Ginger Powder, Turmeric, Acid (Citric, Lactic), Chilli Powder.

Basmati Rice

Sweetcorn

Profiteroles

Cream filling (**MILK**), sugar, stabilizer (E407), emulsifier (E471), bourbon vanilla extract], chocolate sauce chocolate (glucose-fructose syrup, cocoa mass, sugar, cocoa powder, defatted cocoa powder, defatted cocoa powder, emulsifier: (E322 (**SOY**))), water, glucose-fructose syrup, sugar, sweetened condensed MILK, maize starch, emulsifier ((E322) sunflower)], **EGG**, **WHEAT** flour, palm oil, emulsifier (E471).

Tuesday

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 Sponge

Self-Raising Wheat Flour

(**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)), Sodium Carbonates (E500) Calcium Phosphates (E341

Rapeseed oil, Vegetable oil, Palm oil, sunflower oil, salt, **BUTTERMILK**, (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

Sugar

Cocoa Powder

Cocoa Powder, Acidity Regulator (Potassium Carbonates) May Contain **MILK**

Chocolate Custard

Kerrymaid Custard

Reconstituted Skimmed **MILK**, Reconstituted Buttermilk (**MILK**), Water, Sugar, Modified Maize Starch, Palm oil, **MILK** Protein, Coconut Oil, Natural Flavourings, Stabiliser (Pentasodium Triphosphate) Colours (Annatto, Curcumin)

Easimelt Belcolade Chocolate

Sugar - Cocoa butter - Whole **MILK** powder - Cocoa mass - Emulsifier: **SOY** lecithin (E322) - Natural vanilla flavouring

Wednesday

Roast Pork

Pork

Roast Potatoes British Potato (100%)

Manufactured in an environment handling dairy ingredients

Bisto Chicken Gravy Granules

Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Flavourings (contain **MILK**), Sugar, Flavour Enhancers (E621, E635), Colour (E150c), Emulsifier (E322) (contains **SOYA**).

Yorkshire Pudding

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

KTC Vegetable Oil (for cooking)

SOYA bean oil, Anti foaming agent E900

Carrots

Peas

Mousse

Sugar, Whole **MILK** Powder, Modified Waxy Maize Starch, Emulsifier (Glucose Syrup Solids, Hydrogenated Coconut Oil, Lactic Acid esters of mono- and diglycerides of fatty acids E472b, Sodium Caseinate (**MILK**), Dipotassium Phosphate E340ii), Sodium Caseinate (**MILK**), Whey (**MILK**), Natural Flavouring, Colour (Beet Red), Stabiliser (E450i).Fat Reduced Cocoa Powder

Thursday

Lasagne

Mince Beef, Diced Onions, Diced Peppers

Knorr 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 Giglio Le Specialita

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

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.

Cheese powder (**MILK**), cheese (**MILK**) whey powder (**MILK**) **WHEAT** flour, skimmed **MILK** powder, maltodextrin, palm fat, modifies potato starch, salt, sweetcorn powder, spices (**MUSTARD** seed, turmeric), sugar, yeast, anticaking agent (silicon dioxide), pea starch, flavourings.

May contain egg, celery and soy

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

Rapeseed oil, Vegetable oil, Palm oil, sunflower oil, salt, **BUTTERMILK**, (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

Sugar

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.

Friday

Battered Fish

PANGASIUS (**FISH**) 85% Water (as a protective glaze) 15%

Self-Raising Wheat Flour

WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)), Sodium Carbonates (E500) Calcium Phosphates (E341

Chips

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

Baked Beans Heinz Baked Beans

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

Fish Fingers

Fish finger

Minced **COD FISH** (*Gadus macrocephalus* / *Gadus morhua*) (61%), **WHEAT** flour, sunflower oil, water, potato starch, salt, spices, yeast

Chips

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

Baked Beans Heinz Baked Beans

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

Jelly

Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.