

# Primary Winter 2023 Week 1

Date: 06/09/2023

Title	Simple Allergens	Ingredients
Apple Crumble and Custard	Allergens: Cereals, Gluten, Milk, Oats, Wheat.	Custard [Semi Skimmed Milk [ <b>Milk</b> ], Custard Powder [Maize Starch, Colour(Annatto Norbixin), Flavouring.], Caster Sugar [Sugar]], Solid Pack Apples [INGREDIENTS: Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).], Plain Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Niacin, Iron, Thiamin).], Osprio Porridge Oats [Flaked <b>OATS</b> ], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Light Brown Sugar [Cane sugar], Wholemeal Flour [Ingredients:&nbsp;Wholemeal <b>Wheat</b> Flour.]
Butchers Pork Sausage in a Finger Roll	Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat. May Contain: Sesame Seeds.	Pork Sausages 57g (Shaws) [pork(73%), rusk ( <b>WHEAT</b> FLOUR, thiamin, iron, niacin), water, salt, spices, E221 <b>SULPHITES</b> ], Hot Dog Rolls (Top Sliced) [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids),Preservative(Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).]
Carrot and Coriander Soup	May Contain: Cereals, Gluten, Wheat.	Water [Water], Diced Carrots [carrots], Sweet Potatoes [Sweet Potatoes cooked], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Cayenne Pepper [Cayenne Pepper.], Coriander [Ground Coriander.]
Carrot Cake	Allergens: Cereals, Eggs, Gluten, Wheat.	Carrots [Carrots], Self Raising Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Free Range Eggs [ <b>Egg</b> ], Light Brown Sugar [Cane sugar], Sultanas [Sultanas (99.5%), Sunflower Oil.], Golden Syrup [Partially Inverted Refiners Syrup.], Bicarbonate of Soda [Sodium Bicarbonate&nbsp;], Ground Cinnamon [Ground Cinnamon (Cassia)], Mixed Spice [Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg.], Ground Ginger [Ground&nbsp;Ginger.]
Cheese and Tomato Pizza with Chips and Peas	Allergens: Cereals, Gluten, Milk, Wheat.	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Wholemeal Cheese and Tomato Pizza [Pizza Base: Wholemeal ( <b>WHEAT</b> ) Flour, <b>WHEAT</b> Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping: Mozzarella <b>Cheese (MILK)</b> , (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic]. SOURCE OF FIBRE], Peas [Peas]
Cheese Sandwich	Allergens: Cereals, Gluten, Milk, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]

Title	Simple Allergens	Ingredients
Chicken Enchiladas	Allergens: Cereals, Gluten, Milk, Wheat.	Tomato Pasta Sauce [Water [Water], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Leeks [Leeks], Diced Swede [Swede], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Garlic [Garlic], Olive Oil [extra Virgin olive oil]], Tomato Flour Tortillas [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.], Diced Chicken (Shaws) [100% Chicken], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;   ( <b>Milk</b> ), Contains Colour ( Annatto Norbixin)], Cumin [Ground Cumin.], Oregano [Dried Oregano.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Chicken Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates,&nbsp;&nbsp;&nbsp;Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Chocolate Cupcakes	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Free Range Eggs [ <b>Egg</b> ], Self Raising Flour [Ingredients:&nbsp;&nbsp;&nbsp; <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Caster Sugar [Sugar], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Baking Powder [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]
Egg Sandwich	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Free Range Eggs [ <b>Egg</b> ], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Ham Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], British Sliced Ham [Ingredients:Pork, Salt, Dextrose, <b>Glucose</b> , Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Katerveg Vegan Sausage in a Roll	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Sesame Seeds.	Katerveg Vegan Sausages [Rehydrated Textured <b>SOYA</b> Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural Flavouring, Dextrose, Flavouring, Herb, Smoke Flavouring, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).], Hot Dog Rolls (Top Sliced) [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids),Preservative(Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).]

Title	Simple Allergens	Ingredients
Lentil Soup		Water [Water], Diced Carrots [carrots], Red Lentils , Diced Onions (frozen) [Onions], Leeks [Leeks], Turnip [Turnip], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Low Fat Natural Yoghurt	Allergens: Milk.	Low Fat Natural Yoghurt [Low Fat Natural Yogurt ( <b>Milk</b> ).]
Low Fat Strawberry Yoghurt	Allergens: Milk.	Low Fat Strawberry Yoghurt [Low Fat Yogurt ( <b>MILK</b> ), Strawberry (8%), Sugar, Strawberry Puree (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), Preservative (Potassium Sorbate).]
Pasta Bolognese with Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Soya.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Beef Mince [95 vl beef trim], Spaghetti Pasta [Durum <b>Wheat</b> Semolina (100%).], Garlic Bread [Ingredients: <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.], Diced Carrots [carrots], Water [Water], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Red Lentils , Sliced Mushrooms [Mushroom.], Tomato Paste [Tomatoes, Acidity Regulator(Citric Acid).], Garlic [Garlic], Beef Bouillon Paste [Ingredients:Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour (Plain Caramel), Beef Extract, Caramelised Sugar Syrup.], Black Pepper [Ingredients:Black Pepper.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Quorn Fillet, Gravy, Roasties, Yorkshire Pud	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Quorn Vegan Fillet [Quorn Vegan Fillet [Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, <b>WHEAT</b> Gluten, Stabiliser: Carrageenan.]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Yorkshire Pudding [Yorkshire Pudding [&nbsp; <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), <b>Egg</b> White, Whole&nbsp; <b>Egg</b> , Water, Rapeseed Oil, Skimmed <b>Milk</b> Powder, Salt.]]
Roast Chicken, Gravy, Roasties, Yorkshire Pud	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Chicken Breast Fillet [Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates)], Yorkshire Pudding [Yorkshire Pudding [&nbsp; <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), <b>Egg</b> White, Whole&nbsp; <b>Egg</b> , Water, Rapeseed Oil, Skimmed <b>Milk</b> Powder, Salt.]]
Salmon Fish Fingers, Chips and Peas	Allergens: Fish.	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Salmon Fish Finger [Salmon (Oncorhynchus spp) (50%)( <b>FISH</b> ), Rice Flour, Water, Maize Flour, Sunflower Oil, Modified Starch, Maize Starch, Stabiliser (Methylcellulose), Dextrose, Vegetable Fibre (Bamboo), Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, Raising Agents (Sodium Carbonates, Diphosphates)], Peas [Peas]

Title	Simple Allergens	Ingredients
Sweet Potato and Coconut Curry with Rice		Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Sweet Potatoes [Sweet Potatoes cooked], Water [Water], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chick Peas [Chickpeas, Water, Antioxidant(Ascorbic Acid).], Onions [Onions White], Sliced Green Beans [Green Beans], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Ginger [Ginger], Salt [Salt, Anti-caking Agent E535.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Ground Cinnamon [Ground Cinnamon (Cassia)]
Tomato Soup	Allergens: Celery, Milk.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk [ <b>Milk</b> ], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Tomato Paste [Tomatoes], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain <b>CELERY</b> ), spice.], Garlic [Garlic], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]
Tuna Mayonnaise Sandwich	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Tuna (In Brine) [Tuna ( <b>Fish</b> ), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Vegetable Soup		Water [Water], Turnip [Turnip], Cabbage [Cabbage], Leeks [Leeks], Potatoes [Washed & peeled potatoes], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Veggie Nuggets in a Wrap	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Wheat.	Tomato Flour Tortillas [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.], Vegetable Nuggets [Water, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Carrot (18%), Sweetcorn (9%), Green Beans (8%), Rapeseed Oil, Dried Potato (4.5%) [Dried Potato, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)], Cauliflower (3.5%), Salt, Yeast, Onion Powder, Sugar, White Pepper.], Iceberg Lettuce [Lettuce Iceberg], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]



# Primary Winter 2023 Week 2

Date: 06/09/2023

Title	Simple Allergens	Ingredients
Beef Tacos and Rice	Allergens: Milk. May Contain: Cereals, Gluten, Wheat.	Minced Beef (Shaws) [100% Beef], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Taco Shells [Corn flour, high oleic sunflower oil (25%).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Onions [Onions White], Mature White Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> .], Tomato Paste [Tomatoes], Garlic Powder [Garlic powder.], Olive Oil [extra Virgin olive oil], Cumin [Ground Cumin.], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Paprika [Ground&nbsp;Paprika.], Ground Black Pepper [Ground Black Pepper.]
Carrot and Coriander Soup	May Contain: Cereals, Gluten, Wheat.	Water [Water], Diced Carrots [carrots], Sweet Potatoes [Sweet Potatoes cooked], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Cayenne Pepper [Cayenne Pepper.], Coriander [Ground Coriander.]
Cheese Sandwich	Allergens: Cereals, Gluten, Milk, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Chicken and Ham Carbonara, Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Soya.	Water [Water], Spaghetti Pasta [Durum <b>Wheat</b> Semolina (100%).], Chicken Meat (Diced) [Chicken], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], British Sliced Ham [Ingredients:Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Plain Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Niacin, Iron, Thiamin).], Red Onions [Red Onion], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Brakes Low Fat Soft Cream Cheese [Skimmed <b>MILK, MILK</b> Solids, <b>Cream (MILK)</b> , Starch, Locust Bean Gum E410, Salt E535, Potassium Sorbate, Culture.]
Chicken Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates,&nbsp;Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]

Title	Simple Allergens	Ingredients
Chicken Sausages, Mash Potato and Baked Beans	Allergens: Milk.	Chicken Sausage [Chicken 65%, Chicken Skin, Water, Pea Flour, Potato Starch, Salt, Rice Flour, Yeast Extract, Stabiliser E451, Sugar, Spices, Onion Powder, Antioxidant E301, Spice Extract, Herb Extract, Filled in to a Beef Collagen Casing], Mashed Potatoes [McCains Simply Mash [Potatoes], Semi Skimmed Milk <b>[Milk]</b> , Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]], Baked Beans [Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]]
Crispy Topped Vegetable Pie	Allergens: Milk.	Mashed Potatoes [McCains Simply Mash [Potatoes], Semi Skimmed Milk <b>[Milk]</b> , Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]], Cannellini Beans [Cannellini Beans, Water, Antioxidant(Ascorbic Acid).], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)], Broccoli [Broccoli], Diced Carrots [carrots], Cauliflower Florets , Onions [Onions White], Tomato Paste [Tomatoes], Garlic [Garlic], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Egg Sandwich	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best of Both <b>[Wheat]</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Free Range Eggs <b>[Egg]</b> , Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Fish and Chips with Peas	Allergens: Fish.	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Battered Pollock Fillet 60g [Alaska Pollock ( <b>Fish</b> ) (50%), Water, Rice Flour, Rapeseed Oil, Maize Flour, Potato Starch, Maize Starch, Dextrose, Tapioca Starch, Vegetable Fibre, Salt, Raising Agent(Sodium Bicarbonate), Emulsifier(Glycerol), Stabiliser(Xanthan Gum), Caramelised Sugar Syrup, Sugar, Paprika Extract.], Peas [Peas]
Ham Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best of Both <b>[Wheat]</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], British Sliced Ham [Ingredients:Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Lentil Soup		Water [Water], Diced Carrots [carrots], Red Lentils , Diced Onions (frozen) [Onions], Leeks [Leeks], Turnip [Turnip], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Low Fat Natural Yoghurt	Allergens: Milk.	Low Fat Natural Yoghurt [Low Fat Natural Yogurt ( <b>Milk</b> ).]
Low Fat Strawberry Yoghurt	Allergens: Milk.	Low Fat Strawberry Yoghurt [Low Fat Yogurt ( <b>MILK</b> ), Strawberry (8%), Sugar, Strawberry Puree (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), Preservative (Potassium Sorbate).]
Macaroni Cheese with Broccoli	Allergens: Cereals, Gluten, Milk, Wheat.	Semi Skimmed Milk <b>[Milk]</b> , Broccoli [Broccoli], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Plain Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Niacin, Iron, Thiamin).]

Title	Simple Allergens	Ingredients
Shortbread	Allergens: Cereals, Gluten, Milk, Wheat.	Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Plain Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Niacin, Iron, Thiamin).], Caster Sugar [Sugar], Cornflour [Ingredients:Maize Starch.]
Sponge Cake	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Free Range Eggs [ <b>Egg</b> ], Self Raising Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Caster Sugar [Sugar], Baking Powder [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]
Strawberry Jelly		Strawberry Jelly Cyrstals [Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.]
Tomato Soup	Allergens: Celery, Milk.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk [ <b>Milk</b> ], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Tomato Paste [Tomatoes], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain <b>CELERY</b> ), spice.], Garlic [Garlic], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]
Tuna Mayonnaise Sandwich	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Tuna (In Brine) [Tuna ( <b>Fish</b> ), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Turkey Burger in a Roll	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.	Turkey Burger [Turkey (74%), Water, Onion, Starch, Salt, Stabiliser (Diphosphates), Spirit Vinegar, Lemon Juice Concentrate, Black Pepper, Chilli, Natural Flavouring, Bay, Ginger, Cumin, Cayenne Pepper, Rosemary, Thyme, Garlic Powder, Oregano.], Pre-Slice High Fibre Bun (4") [ <b>Wheat</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>WHEAT</b> Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), <b>WHEAT</b> Gluten, Flour Treatment Agents (E300, E920).]
Vegetable Bake with Oven Chips and Peas	Allergens: Cereals, Soya, Wheat. May Contain: Barley, Kamut (Wheat), Oats, Rye, Spelt (Wheat).	Oven Chips (52.63%) (100g) <b>POTATOES, SUNFLOWER OIL</b> Vegetable Bake (26.32%) (50g) Vegetables (carrots, green beans, onions, sweetcorn), breadcrumb Coating ( <b>WHEAT</b> flour, rapeseed oil, water, salt, yeast), water, dried potato, <b>SOYA</b> protein, coconut oil, modified potato starch, salt, yeast extract, onion powder, thickeners (carrageenan), locust bean gum, xanthan gum, white pepper, natural flavouring, calcium phosphate, colour (algal carotenes). Scottish Choice Garden Peas (Scotland Only) (21.05%) (40g) Peas

Title	Simple Allergens	Ingredients
Vegetable Curry with Rice and Broccoli		Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.]], Broccoli [Broccoli], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Diced Onions (frozen) [Onions], Cauliflower Florets , Mushrooms [Mushrooms], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic [Garlic]
Vegetable Soup		Water [Water], Turnip [Turnip], Cabbage [Cabbage], Leeks [Leeks], Potatoes [Washed & peeled potatoes], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Veggie Nuggets in a Roll	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.	Vegetable Nuggets [Water, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Carrot (18%), Sweetcorn (9%), Green Beans (8%), Rapeseed Oil, Dried Potato (4.5%) [Dried Potato, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)], Cauliflower (3.5%), Salt, Yeast, Onion Powder, Sugar, White Pepper.], Pre-Slice High Fibre Bun (4") [ <b>Wheat</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>WHEAT</b> Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), <b>WHEAT</b> Gluten, Flour Treatment Agents (E300, E920).]

# Primary Winter 2023 Week 3

Date: 06/09/2023

Title	Simple Allergens	Ingredients
Apple Pie and Custard	Allergens: Cereals, Gluten, Milk, Wheat.	Custard [Semi Skimmed Milk <b>[Milk]</b> , Custard Powder [Maize Starch, Colour(Annatto Norbixin), Flavouring.], Caster Sugar [Sugar]], Solid Pack Apples [INGREDIENTS: Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).], Short Crust Pastry (1) <b>[Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Rapeseed Oil), Water.], Caster Sugar [Sugar]
Beef Burger in a Roll	Allergens: Cereals, Gluten, Soya, Sulphites, Sulphur Dioxide, Wheat. May Contain: Sesame Seeds.	Simon Howie Beef Burger (57g) [Beef (86%), Water, Seasoning (Potato Flakes, Potato Starch, Salt, Rice Flour, Spice (Pepper, Coriander, Nutmeg, Mixed Spice), Beef Flavour ( <b>SOYA</b> ), Sodium Metabi <b>SULPHITES</b> , Herbs)], Pre-Slice High Fibre Bun (4") <b>[Wheat</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>WHEAT</b> Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), <b>WHEAT</b> Gluten, Flour Treatment Agents (E300, E920).]
Brownie	Allergens: Cereals, Gluten, Wheat.	Water [Water], Plain Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Niacin, Iron, Thiamin).], Caster Sugar [Sugar], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Salt [Salt, Anti-caking Agent E535.], Baking Powder <b>[Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]
Carrot and Coriander Soup	May Contain: Cereals, Gluten, Wheat.	Water [Water], Diced Carrots [carrots], Sweet Potatoes [Sweet Potatoes cooked], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Cayenne Pepper [Cayenne Pepper.], Coriander [Ground Coriander.]
Cheese and Tomato Pizza with Potato Wedges	Allergens: Cereals, Gluten, Milk, Wheat.	Wholemeal Cheese and Tomato Pizza [Pizza Base: Wholemeal ( <b>WHEAT</b> ) Flour, <b>WHEAT</b> Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping: Mozzarella <b>Cheese (MILK)</b> , (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic]. SOURCE OF FIBRE], Potato Wedges [POTATOES, SALT]
Cheese Sandwich	Allergens: Cereals, Gluten, Milk, Soya, Wheat.	Hovis Best of Both <b>[Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]

Title	Simple Allergens	Ingredients
Chicken and Tomato Pasta, Garlic Bread, Broccoli	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.	Water [Water], Chicken Meat (Diced) [Chicken], Broccoli [Broccoli [Broccoli]], Penne Pasta [Ingredients:Durum <b>Wheat</b> Semolina (100%).], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter</b> ( <b>Milk</b> ) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.], Onions [Onions White], Carrots [Carrots], Tomato Paste [Tomatoes], Olive Oil [extra Virgin olive oil], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*. *made from sustainably grown ingredients.], Cornflour [Ingredients:Maize Starch.]
Chicken Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates,&nbsp;Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Egg Sandwich	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Free Range Eggs [ <b>Egg</b> ], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK</b> , <b>MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Free-Range Mini Round Omelette	Allergens: Eggs, Milk.	Free-Range Mini Round Omelette [Ingredients: Free Range&nbsp; <b>Egg</b> (62%), <b>Milk</b> ,Rapeseed Oil,Salt,Stabiliser(Xanthan Gum),White Pepper.]
Gingerbread	Allergens: Barley, Cereals, Gluten, Milk, Sulphites, Sulphur Dioxide, Wheat. May Contain: Soya.	Semi Skimmed Milk [ <b>Milk</b> ], Self Raising Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Corn Flakes [Maize, Sugar, Salt, Malted <b>Barley</b> Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.], White Sugar [White Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Demerara Sugar Portions, Golden Syrup [Partially Inverted Refiners Syrup.], Black Treacle [Cane molasses ( <b>sulphites</b> )], Mixed Spice [Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg.], Ground Ginger [Ground&nbsp; <b>Ginger</b> .]
Ham Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], British Sliced Ham [Ingredients:Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Homemade BBQ Chicken, Chips and Peas	Allergens: Celery, Soya, Sulphites, Sulphur Dioxide.	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Chicken Breast Fillet [Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates)], Peas [Peas [Peas]], Homemade BBQ Sauce [Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain <b>CELERY</b> ), spice.], Black Treacle [Cane molasses ( <b>sulphites</b> )], Kikkoman GF Soy Sauce [Water, <b>SOYbeans</b> , Salt, Spirit vinegar], Paprika [Ground&nbsp; <b>Paprika</b> .]]

Title	Simple Allergens	Ingredients
Lentil Soup		Water [Water], Diced Carrots [carrots], Red Lentils , Diced Onions (frozen) [Onions], Leeks [Leeks], Turnip [Turnip], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Low Fat Natural Yoghurt	Allergens: Milk.	Low Fat Natural Yoghurt [Low Fat Natural Yogurt ( <b>Milk</b> ).]
Low Fat Strawberry Yoghurt	Allergens: Milk.	Low Fat Strawberry Yoghurt [Low Fat Yogurt ( <b>MILK</b> ), Strawberry (8%), Sugar, Strawberry Puree (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), Preservative (Potassium Sorbate).]
Meat Free Tacos with Rice	Allergens: Milk, Soya. May Contain: Cereals, Gluten, Wheat.	Katerveg Meat Free Mince [Rehydrated Textured <b>SOYA</b> Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Taco Shells [Corn flour, high oleic sunflower oil (25%).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Onions [Onions White], Mature White Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> .], Tomato Paste [Tomatoes], Garlic Powder [Garlic powder.], Olive Oil [extra Virgin olive oil], Cumin [Ground Cumin.], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Paprika [Ground&nbsp;Paprika.], Ground Black Pepper [Ground Black Pepper.]
Quorn Vegan Dippers with Chips and Peas	Allergens: Cereals, Gluten, Wheat.	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Quorn Vegan Dippers [Mycoprotein (55%), Water, <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, <b>WHEAT</b> Gluten, Maize Flour, Stabiliser: Carrageenan. <b>WHEAT</b> Starch, Raising Agents: Ammonium Carbonate. Diphosphates, Sodium Bicarbonate, Dextrose, Durum <b>WHEAT</b> Semolina, Turmeric Extract], Peas [Peas]
Salmon Nibbles and Potato Wedges	Allergens: Cereals, Fish, Gluten, Wheat.	Potato Wedges [POTATOES, SALT], Salmon Nibbles [Skinless and boneless Salmon Fillet (Oncorhynchus spp)(50%)( <b>FISH</b> ), Breadcrumbs ( <b>WHEAT</b> Flour, Salt, Yeast, Modified Maize Starch, Rapeseed Oil), Water, Batter ( <b>WHEAT</b> Flour(with added Calcium Carbonate, Iron, Niacin, Thiamine)), <b>WHEAT</b> Starch, Maize Flour, Salt, Raising Agents (Disodium Diphosphate and Sodium Bicarbonate), Rapeseed Oil, Seasoning (Dextrose, Stabiliser (Methylcellulose), Salt, Onion Powder, Tomato Powder, Garlic Powder, White Pepper, Black Pepper, Fennel), Lemon Juice, Colour (Burnt Sugar), Vegetable Fibre, <b>WHEAT</b> PROTEIN, Colour (Paprika Extract), Stabiliser (Methylcellulose), Emulsifier (Polyglycerol Polyricinoleate)]
Steak Pie with Mashed Potato	Allergens: Cereals, Gluten, Milk, Wheat.	Mashed Potatoes [McCains Simply Mash [Potatoes], Semi Skimmed Milk ( <b>Milk</b> ), Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.], Water [Water], Diced Steak (Shaws) [100% Beef], Puff Pastry [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate).], Onions [Onions White], Carrots [Carrots], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Cornflour [Ingredients:Maize Starch.], Diced Swede [Swede], Semi Skimmed Milk ( <b>Milk</b> )

Title	Simple Allergens	Ingredients
Tomato Soup	Allergens: Celery, Milk.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk [ <b>Milk</b> ], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Tomato Paste [Tomatoes], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain <b>CELERY</b> ), spice.], Garlic [Garlic], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]
Tuna Mayonnaise Sandwich	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Tuna (In Brine) [Tuna ( <b>Fish</b> ), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Vegan Sausages, Baked Beans and Mash Potato	Allergens: Milk, Soya.	Katerveg Vegan Sausages [Rehydrated Textured <b>SOYA</b> Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural Flavouring, Dextrose, Flavouring, Herb, Smoke Flavouring, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).], Mashed Potatoes [McCains Simply Mash [Potatoes], Semi Skimmed Milk [ <b>Milk</b> ], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]], Baked Beans [Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]]
Vegetable Soup		Water [Water], Turnip [Turnip], Cabbage [Cabbage], Leeks [Leeks], Potatoes [Washed & peeled potatoes], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]



# Primary Winter 2023 Week 4

Date: 06/09/2023

Title	Simple Allergens	Ingredients
Banana Bread	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Banana [Bananas], Self Raising Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Caster Sugar [Sugar], Free Range Eggs [ <b>Egg</b> ], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).]
Beef Lasagne with Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Soya.	Semi Skimmed Milk [ <b>Milk</b> ], Minced Beef (Shaws) [100% Beef], Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.], Lasagne Sheets [Durum <b>Wheat</b> Semolina (100%).], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Diced Carrots [carrots], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)], Diced Onions (frozen) [Onions], Cornflour [Ingredients:Maize Starch.], Tomato Paste [Tomatoes], Garlic [Garlic], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Ground Black Pepper [Ground Black Pepper.]
Beef Meatballs in Gravy with Roast Potatoes	Allergens: Cereals, Gluten, Wheat.	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Beef Meatballs [Beef (70%), Water, <b>WHEAT</b> flour (with calcium carbonate, iron, niacin and thiamin), Potato Starch, Onion Powder, Salt, Stabilisers: diphosphate, triphosphate; Yeast Extract, Ground Spices, Spice Extract.]
Carrot and Coriander Soup	May Contain: Cereals, Gluten, Wheat.	Water [Water], Diced Carrots [carrots], Sweet Potatoes [Sweet Potatoes cooked], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Cayenne Pepper [Cayenne Pepper.], Coriander [Ground Coriander.]
Cheese Sandwich	Allergens: Cereals, Gluten, Milk, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Chicken Goujons, Chips and Peas	Allergens: Cereals, Gluten, Wheat.	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Chicken Goujons [Chicken Breast (58%), <b>WHEAT</b> flour ( with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumb ( <b>WHEAT</b> flour with added Calcium Carbonate, Iron, Niacin, Thiamin, Water, Salt, Yeast), Rice Flour, Rapeseed Oil, <b>WHEAT</b> Starch, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Caramel Sugar, Potato Starch, Stabiliser (Triphosphates), Yeast, Dextrose, Dried Glucose, Oligofructose (from chicory), Maize Flour, Sunflower Oil, Gluten ( <b>WHEAT</b> ), Raising Agents (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Paprika, Emulsifier (Polyglycerol Polyricinoleate).], Peas [Peas]

Title	Simple Allergens	Ingredients
Chicken Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates,&nbsp;Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Chicken Tikka Curry with Rice and Broccoli		Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Broccoli [Broccoli [Broccoli]], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Diced Carrots [carrots], Brakes Tikka Paste [Ingredients:Water, Tomatoes (11%), Concentrated Tomato Purée (8%), Coriander (4.5%), Ground Cumin, Ground Coriander (4%), Ginger Purée (4%), Garlic Purée (4%), Sugar, Rapeseed Oil, Modified Maize Starch, Salt, Chilli Powder, Ground Cardamom, Acidity Regulator (Citric Acid), Ground Turmeric, Dried Fenugreek, Ground Nutmeg, Ground Fenugreek, Ground Black Pepper, Colour (Paprika Extract).], Diced Onions (frozen) [Onions], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Tomato Paste [Tomatoes], Garlic [Garlic], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*. *made from sustainably grown ingredients.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Chocolate Flapjack	Allergens: Cereals, Gluten, Milk, Oats.	Osprio Porridge Oats [Flaked <b>OATS</b> ], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Light Brown Sugar [Cane sugar], Golden Syrup [Partially Inverted Refiners Syrup.], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum]
Egg Sandwich	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Free Range Eggs [ <b>Egg</b> ], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Fish Fingers in a Roll	Allergens: Cereals, Fish, Gluten, Wheat. May Contain: Sesame Seeds.	GG Fish Finger MSC [Alaskan Pollock (Theragra chalcogramma)(60%) ( <b>FISH</b> ), Rice Flour, Water, Maize Flour, Sunflower Oil, Modified Starch, Stabiliser (Methylcellulose), Dextrose, Vegetable Fibre (Bamboo), Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, Raising Agents (Sodium Carbonates, Potassium and Sodium Diphosphates)], Pre-Slice High Fibre Bun (4") [ <b>Wheat</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>WHEAT</b> Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), <b>WHEAT</b> Gluten, Flour Treatment Agents (E300, E920).]
Ham Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], British Sliced Ham [Ingredients:Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]

Title	Simple Allergens	Ingredients
Jacket Potato with Cheese and Baked Beans	Allergens: Milk.	60 Size Baking Potatoes [Baking potatoes], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)]
Jam Doughnut	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Eggs, Milk, Sesame Seeds.	Mini Jam Ball Doughnuts [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Apple and Raspberry Jam (22%) [Glucose Syrup, Apple&nbsp;Pureé, Sugar, Raspberry Pureé, Acidity Regulator (Citric Acid, Trisodium Citrate), Colour (Anthocyanins), Gelling Agent (Pectin), Flavouring], Palm Oil, Rapeseed Oil, Sweet Dust (Glucose, Cornflour, Palm Oil), Sugar, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphates), Salt, <b>Wheat</b> Gluten, <b>Soya</b> Flour, Yeast, Flour Treatment Agent (Ascorbic Acid).]
Lentil Soup		Water [Water], Diced Carrots [carrots], Red Lentils , Diced Onions (frozen) [Onions], Leeks [Leeks], Turnip [Turnip], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Low Fat Natural Yoghurt	Allergens: Milk.	Low Fat Natural Yoghurt [Low Fat Natural Yogurt ( <b>Milk</b> ).]
Low Fat Strawberry Yoghurt	Allergens: Milk.	Low Fat Strawberry Yoghurt [Low Fat Yogurt ( <b>MILK</b> ), Strawberry (8%), Sugar, Strawberry Puree (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), Preservative (Potassium Sorbate).]
Macaroni Cheese with Broccoli	Allergens: Cereals, Gluten, Milk, Wheat.	Semi Skimmed Milk [ <b>Milk</b> ], Broccoli [Broccoli], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Plain Flour [Ingredients:&nbsp; <b>Wheat</b> Flour (with Calcium, Niacin, Iron, Thiamin).]
Quorn Burger in a Roll	Allergens: Barley, Cereals, Eggs, Gluten, Milk, Wheat. May Contain: Sesame Seeds.	Pre-Slice High Fibre Bun (4") [ <b>Wheat</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>WHEAT</b> Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), <b>WHEAT</b> Gluten, Flour Treatment Agents (E300, E920).], Quorn Burgers [Mycoprotein (44%), Rehydrated Free Range <b>EGG</b> White, Textured <b>WHEAT</b> Protein, [ <b>WHEAT</b> Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Caramel. Stabiliser: Sodium Alginate.], Onion, <b>MILK</b> Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted <b>BARLEY</b> Malt Extract]
Tomato Soup	Allergens: Celery, Milk.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk [ <b>Milk</b> ], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Tomato Paste [Tomatoes], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain <b>CELERY</b> ), spice.], Garlic [Garlic], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]
Tuna Mayonnaise Sandwich	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best of Both [ <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Tuna (In Brine) [Tuna ( <b>Fish</b> ), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK</b> , <b>MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]

Title	Simple Allergens	Ingredients
Vegan Meatballs in Gravy with Roast Potatoes	Allergens: Soya.	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Vegan Meatballs 14g [Water, <b>SOYA</b> Protein (19%), Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Thickener (Methyl Cellulose), Brown Sugar, Parsley, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper.]
Vegan Sausage Roll, Chips and Peas	Allergens: Cereals, Gluten, Wheat.	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Vegan Sausage Roll (pastry) [PUFF PASTRY: <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids).FILLING: Water, Textured <b>Wheat</b> Protein (4%) [ <b>Wheat</b> Gluten], <b>Wholewheat</b> Rusk [ <b>Wholewheat</b> Flour], Palm Oil, Dextrose, Stabiliser (Hydroxypropyl Methyl Cellulose), Potato Starch, <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Rusk [ <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salt], Yeast Extract, Rice Flour, Salt, Black Pepper, Colour (Beetroot Red), Spice & Herb Extracts (Pepper Extract, Nutmeg Extract, Mace Extract, Pimento Extract, Ginger Extract, Coriander Extract, Sage Extract, Capsicum Extract), Sage.GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract).], Peas [Peas [Peas]]
Vegetable Soup		Water [Water], Turnip [Turnip], Cabbage [Cabbage], Leeks [Leeks], Potatoes [Washed & peeled potatoes], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]