

WK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MON	Beef Ragu And Half Jacket Potato (175G)	Minced Beef, Chopped Tomatoes, Passata, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato ALLERGENS: NONE	Low Fat Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soya, Fruit Puree ALLERGENS : MILK, SOYA	Chicken Goujons, Spaghetti With Mashed Potato (200G)	Chicken Goujons (Wheat, Pea Starch, Rapeseed Oil, Paprika, Sunflower Oil, Yeast Extract), Potatoes, Spaghetti (Water, Durum Wheat, Semolina, Maize Starch, Sugar, Salt, Wheat flour, Citric Acid, Rapeseed Oil, Onion, Paprika, Capsicum Extract) ALLERGENS: WHEAT, GLUTEN	Strawberry Crumble And Custard (125G)	Strawberries (Citric Acid, Elderberry Extract), Crumble Topping, Custard ALLERGENS: GLUTEN, WHEAT, EGG, MILK, SOYA
TUE	Vegetable And Bean Cottage Pie (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chick Peas, Carrot, Peas, Onion, Garlic, Vegetable Gravy, Mixed Herbs, Potato, Broccoli, Vegetable Margarine ALLERGENS: NONE	Banana Sponge (50G)	Bananas, Egg, Caster Sugar, Vegetable Margarine, Vegetable Oil Self-Raising Flour ALLERGENS: WHEAT, GLUTEN, EGG	Tuna Pasta Bake (200G)	Tri-Colour Pasta (Wheat, Semolina, Spinach), Tuna, Tomato Sauce (Onion, Salt, Citric Acid, Garlic, Basil, Oregano) Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, FISH	White Chocolate And Mixed Fruit Crispie Cake (50G)	White Chocolate, Mixed Fruit, Vegetable Margarine, Vegetable Oil, Rice Krispies ALLERGENS: GLUTEN, BARLEY, WHEAT, MILK, SOYA, SULPHITES
WED	Sweet And Sour Chicken With Rice (190G)	Chicken Breast, Rice, Sweet And Sour Sauce (Sugar, Water, Tomato Puree, Pineapple, Spirit Vinegar, Maize Starch, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder), Mixed Vegetables. ALLERGENS: NONE	Fruit Jelly (50G)	Fruit, Sugar, Flavourings ALLERGENS : NONE	Lentil And Vegetable Curry Served With Naan Bread (200G)	Lentils, Potato, Curry Sauce (Tomato, Sugar, Maize Starch, Ginger, Rapeseed Oil, Garlic, Coriander, Salt, Turmeric, Citric Acid, Cumin, Fenugreek, Cardamom, Cumin, Ground Cassia, Ground Fennel, Chilli Powder, Cloves, Black Pepper) Broccoli, Cauliflower, Carrots, Naan Bread. ALLERGENS: WHEAT, MILK, GLUTEN	Fruit Smoothie (50G)	Fruit ALLERGENS: NONE
THU	Fish Fingers, Mashed Potato And Baked Beans (175G)	Fish Fingers , Potatoes, Baked Beans (Haricot Beans, Tomato, Water, Sugar, Glucose Fructose Syrup, Maize Starch, Salt, Onion, Paprika) ALLERGENS: WHEAT, GLUTEN, FISH	Apricot Flapjack (50G)	Oats , Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Apricots, Vegetable Oil ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, WHEAT, SULPHITES	Slow Cooked Lamb Mince And Vegetables Topped With Carrot, Swede And Potato Mash (190G)	Minced Lamb, Milk , Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic ALLERGENS: MILK	Ice Cream Pot (80G)	Water, Sugar, Palm Oil, Milk , Emulsifier, Stabilisers, Flavouring, Colourings ALLERGENS: MILK
FRI	Tomato And Basil Chicken Served with Broccoli (200G)	Chicken, Tomato and Basil Sauce (Tomato, Sugar, Lemon, Onion, Starch, Maize, Salt, Garlic, Basil, Rapeseed Oil, Oregano, Black Pepper) Broccoli, Mixed Peppers, Carrots, Peas, Green Beans, Sweetcorn, Broad Beans. ALLERGENS: NONE	Raspberry Mousse (50G)	Water, Milk , Raspberry ALLERGENS : MILK	Chicken Meatball Ragù With Wedges (195G)	Chicken Meatballs (Rusk, Wheat Flour, Potato Starch, Salt, Spices, Onion Powder, Yeast Extract), Mixed Herbs, Tomatoes, Passata, Mixed Peppers, Garlic, Courgette, Onion, Aubergine, Potato Wedges ALLERGENS: GLUTEN, WHEAT	Chocolate Brownie (50G)	Wheat Flour , Vegetable Oil, Dried Glucose Syrup, Cocoa Powder, Egg Powder , Emulsifier, Salt, Chocolate Flavouring, Milk. ALLERGENS: EGG, GLUTEN, WHEAT, BARLEY, MILK, SOYA