

## Ingredients list menu 2024

### Week One

**Tomato Pasta Bake** – (durum **WHEAT** semolina), **Tomato Sauce** - Onion, Peppers, Garlic Powder, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savoury). Ground Black Pepper, Tomatoes, Sugar, Vegetable Bouillon (salt, vegetable oil (palm, sunflower), potato starch, sugar, maltodextrin, yeast extract, flavourings (contain **CELERY**), carrots (2.4%), onion Powder (2%), spices (**CELERY** seeds, turmeric, pepper), parsley, soya bean oil (**SOYA**), anti-foaming agent E900). Chopped tomatoes (tomatoes, tomato juice, acidity regulator: citric acid. Cheddar Cheese (**MILK**

**Ham and Cheese Panini** – **WHEAT** flour (with calcium, iron, niacin and thiamin), Water, Yeast, Extra virgin olive oil, Salt, Flour treatment agent (E300). , **Ham** - Pork (80g pork per 100g finished product), water (11%), cure mix (pea starch, dried glucose syrup, dextrose, tapioca starch, stabilisers (E451, E450)), salt, yeast extract, antioxidant (E301), potato fibre, preservative (E250)), waxy maize starch), **Cheese** - (whole **MILK**, salt, starter culture, non animal rennet).

**Garlic Bread** - (**WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, margarine (15%), (rapeseed oil, palm oil, water, emulsifier: (mono and diglycerides of fatty acids), flavourings, colours: (annatto bixin, curcumin)), garlic puree (2.5%), salt, yeast, parsley, flour treatment agent (ascorbic acid) **WHEAT** Flour).

**Sticky Toffee Pudding** – Dairy Free Spread ( Plant oils (sunflower, rapeseed, palm), Water, Salt, Plant Based Emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A. Brown Sugar, **EGG**, Self-Raising Flour (**WHEAT**), Bicarbonate of Soda, Baking Powder, Black Treacle, **MILK**

**Meatballs** - Pork (65%), Water, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Spices, Dextrose, Sugar, Raising Agent: Ammonium Bicarbonate; Flavouring, Stabiliser, Diphosphates, Preservative, Sodium **METABISULPHITE**, Marjoram. **Rice**

**Vegetable Curry** - Onion, Carrot, Peas, Sweetcorn, **Knorr Tikka Curry Sauce** - (water, concentrated tomato puree (14%), single cream (**MILK**) (10.5%), yogurt (**MILK**) (7%), rapeseed oil, spices (4%) (cumin powder, coriander powder, paprika powder, turmeric powder, green cardamom, ground black pepper, chilli powder, cinnamon powder), modified maize starch, dried onions, sugar, ginger puree (1.7%), garlic puree, salt, paprika extract, acid (lactic acid), cumin seeds, dried coriander leaf. May contain mustard, nuts and peanuts.

### **Rice**

**Mini Naan Bread** - Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Rapeseed Oil, Yeast, Spirit Vinegar, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphate), Kalonji Seed, Salt, Preservative (Calcium Propionate)

**Strawberry frozen yoghurt ice cream** – Water, Sugar, Palm oil, Whey solids (**MILK**), Whey powder (**MILK**), Yoghurt powder (**MILK**) Dextrose, Skimmed **MILK** powder, **BUTTERMILK** powder, Emulsifier: mono and di-glycerides of fatty acids, Stabilisers: Guar gum, Xanthan gum, locust bean gum, Colour: beetroot red, Flavouring.

**Raspberry frozen yoghurt ice cream** - Water, Sugar, Palm oil, Whey solids (**MILK**), Whey powder (**MILK**), Yoghurt powder (**MILK**) Dextrose, Skimmed **MILK** powder, **BUTTERMILK** powder, Emulsifier: mono and di-glycerides of fatty acids, Stabilisers: Guar gum, Xanthan gum, locust bean gum, colour: beetroot red, Flavouring.

**Chocolate frozen yoghurt ice cream** - Water, Sugar, Palm oil, Whey solids (**MILK**), Whey powder (**MILK**), Yoghurt powder (**MILK**) Dextrose, Skimmed **MILK** powder, **BUTTERMILK** powder, Emulsifier: mono and di-glycerides of fatty acids, Stabilisers: Guar gum, Xanthan gum, locust bean gum

**Toffee frozen yoghurt ice cream** - Water, Sugar, Palm oil, Whey solids (**MILK**), Whey powder (**MILK**), Yoghurt powder (**MILK**) Dextrose, Skimmed **MILK** powder, **BUTTERMILK** powder, Emulsifier: mono and di-glycerides of fatty acids, Stabilisers: Guar gum, Xanthan gum, locust bean gum, colour: Caramel, flavouring.

**Meat and Potato Pie** - Mince Beef, Onion, Potato, Gravy (maltodextrin, potato starch, flavourings, sugar, salt, yeast extract, vegetables (onion powder, tomato puree powder) caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage)). Pastry (**WHEAT** Flour (contains calcium carbonate, iron, niacin, thiamine)), Vegetable Oils and Fats (rapeseed, palm), Water, Sugar, Salt, Emulsifier (mono– and diglycerides of fatty acids), Acidity Regulator (citric acid), Lemon Juice. Pickled Red Cabbage (red cabbage, water, Acidity regulator: Acetic acid; Spirit vinegar, Salt, Flavouring), Mushy Peas (Rehydrated peas (99%), Bicarbonate of Soda, Contains Naturally Occurring Sugars).

**Cheese and Onion Pie** - Cheddar Cheese (**MILK**), Onion, Potato, Dairy Free Spread ( Plant oils (sunflower, rapeseed, palm), Water, Salt, Plant Based Emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A . **Pastry** (**WHEAT** Flour (contains calcium carbonate, iron, niacin, thiamine)), Vegetable Oils and Fats (rapeseed, palm), Water, Sugar, Salt, Emulsifier (mono– and diglycerides of fatty acids), Acidity Regulator (citric acid), Lemon Juice. Pickled Red Cabbage (red cabbage, water, Acidity regulator: Acetic acid; Spirit vinegar, Salt, Flavouring), ), Mushy Peas (Rehydrated peas (99%), Bicarbonate of Soda, Contains Naturally Occurring Sugars).).

**Shortbread** – **WHEAT** Flour. Dairy free spread (plant oils (sunflower, rapeseed, palm)), Water, Salt, Plant based emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A . Sugar.

**Roast Turkey** – 100% MEAT **Roast Potatoes** – Potato, sulphites, **Carrots , Broccoli, Gravy** - Maltodextrin

Potato Starch, Salt, Sugar, Flavourings, Yeast Extract

Vegetables (Onion Powder, Tomato Puree Powder), Caramel Syrup, Palm Fat, Thickener (Guar Gum), Sunflower Oil, Sage

**Yorkshire Pudding** – Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Whole EGG, EGG white, Water, Rapeseed Oil, Skimmed MILK Powder, Salt

**Vegetable Soup** - CELERY, Carrot, Onion, Vegetable Bouillon, (salt, vegetable oil (palm, sunflower), potato starch, Mixed Vegetables, sugar, maltodextrin, yeast extract, flavourings (contain **CELERY**), carrots (2.4%), onion powder (2%), spices (**CELERY** seeds, turmeric, pepper), parsley), **Part- Baked Petit Pain** - WHEAT Flour (with calcium, iron, niacin, thiamin), water, yeast, salt, flour treatment agent (E300). May also contain traces of **SESAME** seeds). **Garlic Bread** - (WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, margarine (15%), (rapeseed oil, palm oil, water, emulsifier: (mono and diglycerides of fatty acids), flavourings, colours: (annatto bixin, curcumin)), garlic puree (2.5%), salt, yeast, parsley, flour treatment agent (ascorbic acid) **WHEAT** Flour).

**Raspberry Jelly crystals** – Sugar, Bovine Gelatine, Acidity regulator (citric acid), Antioxidant (trisodium citrate), Colour (beetroot juice powder), Flavouring

**Flapjack** - Mornflake Oat Flakes (100% oatflakes (**WHEAT**)), Golden Syrup (partially inverted sugar syrup), Light Brown Sugar (sugar, humectant: glycerol), Dairy Free Spread (plant oils (sunflower, rapeseed, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A).

**Pizza Crust** (WHEAT flour, calcium carbonate, niacin, thiamine, water, pre-mix [WHEAT flour, calcium carbonate, niacin, iron, thiamine, sugar, potassium chloride, salt, emulsifier: mono and diacetyltartaric acid esters of mono- and diglycerides of fatty acids, Flour treatment agent: ascorbic acid) Rapeseed oil, Yeast), **Tomato sauce** (sun-ripened tomatoes (48.5%), puree of sun ripened tomatoes (41.5%) onion, sunflower oil, sugar, salt, herbs and spices (black pepper, basil, oregano) Garlic, Acid (citric acid), Firming agent (calcium chloride). **Cheddar Cheese** – Cheddar Cheese (**MILK**) 100%. **Chips** (potatoes (97%), palm Oil).

**Peas.**

**Frozen Chips** – Potatoes (97%), Palm oil

**MSC Battered fish fillets** – MSC Pollock (theragra chalcogramme) (**FISH**) (50%), Water, Fortified **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), Maize starch, Rapeseed oil, Dextrose, Yeast extract, Stabiliser (xanthan gum).

**Baked Beans** - Beans (49%), Tomatoes (24%), Water, Sugar, Salt, Modified Maize Starch, Glucose-Fructose Syrup, Onion Powder, Ground Paprika, Flavouring.

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### Week Two

**Sausage Roll** – Water | **WHEAT** Flour (contains Calcium carbonate | Iron | Niacin | & Thiamin) | Pork (20%) | Margarine [Palm Oil | Palm Stearin | Water | Salt | Rapeseed Oil | Emulsifier (E471) | Acidity Regulator (E330) | Lemon Juice] | Rusk [**WHEAT** Flour | Water | Salt | Raising Agent (E503ii)] | Pork Fat | **WHEAT** Starch | Glaze [Water | Modified Starch | Rapeseed Oil | MILK Proteins | Emulsifiers (**SOYA** Lecithin | E471) | Acidity Regulator (E339iii) | Colour (E160a)] | Lincolnshire Seasoning [**WHEAT** Flour (contains Calcium carbonate | Iron | Niacin | & Thiamin) | Salt | Lo Salt (Potassium Chloride | Salt) | Spices (White Pepper | **MUSTARD** | Nutmeg) | Herbs (Sage | Marjoram | Thyme | Oregano) | Dextrose | Preservative (Sodium **SULPHITE**) | Emulsifier (E451) | Yeast Extract | Antioxidant | (E301) | Spice & Herb Extracts (Bouquet Garni | Pepper | Sage | Ginger | Nutmeg | Cayenne)] | Pea Starch | Salt | Rubbed Sage | Ground White Pepper. **Potatoes** – Potato, **SOYA** bean oil. **Corn on the cob**

**Cheese and Onion Quiche** - Water, **WHEAT** flour (with calcium, Iron, Niacin, Thiamin, Raising agent (E450, E500) Whole **EGG** (13%), Onions (8%), Cheese (**MILK**) (6%), Cheddar, Red Leicester (contains annatto norbix), **MILK** powder (**MILK**, palm oil, sugar, emulsifier, soya lecithin)), Vegetable margarine (palm oil, rapeseed oil, water, salt, emulsifier (E471), Colours (E160b, E100), natural flavouring)), Vegetable shortening (palm oil, rapeseed oil) Modified maize starch, **SOYA** flour, Spring onion (2%), Cheese powder (**MILK**, emulsifying salts (E339, E452)), Salt, **MUSTARD** powder, White pepper.

**Peaches and Cream** – Double Cream (**MILK**)

**Tomato Soup** – Tinned Tomatoes, Onion. **CELERY**, Carrot, Mixed Herbs, Vegetable Stock – ((Salt, vegetable oil (palm, sunflower), potato starch, sugar, maltodextrin, flavourings (contains **CELERY**), yeast extract, carrot powder (2.4%), onion powder (2%), Spices (**CELERY** seeds (1%), turmeric, pepper), parsley)). Salt, Pepper.

**Apple Crumble and Custard** – Apples, Crumble - Flour (**WHEAT**), Dairy Free Spread (plant oils (sunflower, rapeseed, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A), Soft Brown Sugar, Caster Sugar. Custard - Custard Powder (maize starch, colour: annatto, flavouring), Caster Sugar, **MILK**.

**Beef burger** – Beef (62%), Beef Heart, Water, Rusk (contains **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Bicarbonate)), Seasoning (contains Salt, Dextrose, Hydrolysed **SOYA** Protein, Preservative (Sodium **METABISULPHITE**), Antioxidants (Sodium Ascorbate, Ascorbyl Palmitate, Alpha-Tocopherol), Natural Flavouring, Emulsifiers (Diphosphate, Triphosphate, Polyphosphate)), Isolated **SOYA** Protein (**SULPHUR DIOXIDE**), Onion.

**Bun** – **WHEAT** Flour (with Calcium, Iron, Niacin and Thiamin), Water, Sugar, Yeast, Vegetable Oils (Palm and Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300).

**Fruit Platter** – Kiwi Fruit, Satsuma, Watermelon, Honeydew Melon, Blueberries, Peaches in Syrup.

**Cottage Pie** – Mince Beef, Onion, Potatoes, Carrot, Dairy Free Spread (plant oils (sunflower, rapeseed, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A), **Peas**

**Cheese Savoury Sub Roll** – Cheddar Cheese (**MILK**), Mayonnaise (**EGG**), Spring Onion, Peppers, Tomato. **WHEAT** Flour (Fortified with Calcium, Iron, Thiamin, Niacin), Water, Emulsifier [Vegetable Oils (Rapeseed Oil, Palm Oil), Glucose, Salt, Sodium Stearoyl-2-Lactylate, Mono- and Di-Glycerides of Fatty Acids, Flour Treatment Agent (Ascorbic Acid)], Yeast, Semolina (**WHEAT**) (2%).

**Chocolate Chip Cookie** – Dairy Free Spread (plant oils (sunflower, rapeseed, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A.

Caster Sugar, **EGG**, Self-Raising Flour, Chocolate Chips (**MILK**)

**Tuna Pasta** – Pasta – Durum **WHEAT**, Semolina.

**Chicken Wrap** – Chicken breast fillet (60%). Water. Rapeseed Oil, Pea Flour, Maize Flour, Tapioca Starch, Rice Flour, Pea Protein, Maize Flour, Salt, Glucose syrup, Pea Fibre, Pea Starch, Acidity Regulator Sodium Carbonates, Emulsifier, Guar gum. **WHEAT** flour Tortilla (**WHEAT** Flour (60%), Water, Palm oil, Stabilisers, E422. E412. **WHEAT** Gluten, Salt, Bean Flour, Raising Agent E450 E500, sugar, Glucose syrup, Acid E296, Malt (**WHEAT, BARLEY**), emulsifier E471; Preservatives E282, E202; **OAT** Flour, Yeast, Flour treatment agent E920

**Flapjack** - Mornflake Oat Flakes (100% oatflakes (**WHEAT**)), Golden Syrup (partially inverted sugar syrup), Light Brown Sugar (sugar, humectant: glycerol), Dairy Free Spread (plant oils (sunflower, rapeseed, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A).

**Choc Ice** - Partially Reconstituted skimmed **MILK** concentrate, **MILK** chocolate flavour coating (27%) (coconut oil, sugar, whey powder (from **MILK**), Fat reduced cocoa powder, Emulsifier (soya lecithin)), Glucose syrup, Coconut oil, Sugar, Whey powder (from **MILK**), Emulsifier (mono and diglycerides of fatty acids), Flavourings, Stabilisers (guar gum, sodium alginate), Colour (carotenes)

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### Week Three

**Sausage and Mash** - Pork Sausage - (pork, 56%), Water, Rusk (**WHEAT** flour, calcium carbonate, iron, niacin, thamin), Stabiliser E451, Preservative E221 (**SULPHITES**), Flavour Enhancer; E621, Spices (white pepper, black pepper, cayenne chilli), Flavourings (**SULPHITES**), Yeast Extract, Spice Extracts (black pepper, nutmeg, capsicum, ginger), Sunflower Oil, Maltodextrin, Antioxidants: E307; E304, Acid: E330, Colour: E120, Filled into a natural hog casing. Mashed Potato - Potato, Dairy Free Spread (Plant oils (sunflower, rapeseed, palm)), Water, Salt, Plant Based Emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A.

**Vegetable Fingers** - Vegetable Filling (74%), Breadcrumbs, Vegetable Oil, Batter, Vegetable Filling: Vegetables (56%)(Sweetcorn, Carrot, Peas), Water, Potato Flakes, **WHEAT** Flour, Salt, Onion Powder, Rice Starch, Turmeric, Breadcrumb: **WHEAT** Flour, Water, Yeast, Salt, Batter: **WHEAT** Flour, Water, Potato Starch, Salt, Total Vegetable content of Finger is 41%

**Cheesecake** – Cheesecake filling (sugar, **BUTTERMILK** powder, cheese powder (**MILK**, modified potato starch, vegetable oil (palm), emulsifiers (propane-1, 2-diol esters of fatty acids, sunflower lecithin), Lactose (**MILK**), Sodium caseinates (**MILK**), Gelling agents (tetrasodium, diphosphate, disodium diphosphate), Whey powder (**MILK**), Flavourings, Acidity regulator (fumaric acid), Anti-caking agent (silicon dioxide), Colour (beta-carotene). Digestive Biscuits (fortified **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, nicotinamide, thiamin), Vegetable oils (palm, rapeseed in varying proportions), Wholemeal **WHEAT** flour, Sugar, partially inverted refiners syrup, Whey powder (**MILK**), Raising agents (sodium hydrogen carbonate, ammonium hydrogen carbonate), Salt. Dairy free spread (plant oils (sunflower, rapeseed, palm)), Water, Salt, Plant based emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A .

**Meat Free Mince** - Rehydrated Textured **SOYA** Protein (96%), Rapeseed Oil, Yeast Extract, Malted **BARLEY** Extract, Onion Powder, Garlic Powder, Cornflour, Dextrose, Salt, White Pepper

**Bolognese** – Tomatoes, Mixed Herbs, Onion, Salt, Sugar, Black Pepper, Garlic Powder. Pasta (**WHEAT**)

**Ravioli** - Ravioli (51%), (Water, Durum **WHEAT** Semolina, Breadcrumbs (**WHEAT** Flour, Water, Salt), Pork (2%), Carrots, Onions, Pork Broth, Sunflower Oil, Yeast Extract, Salt, Flavourings), Tomato Sauce (49%) (Water, Tomato Paste, Sugar, Modified Maize Starch, Salt, Glucose-Fructose Syrup, Yeast Extract, Wine Vinegar.

**Flapjack** – Mornflake Oat Flakes (100% oatflakes (**WHEAT**)), Golden Syrup (partially inverted sugar syrup), Light Brown Sugar (sugar, humectant: glycerol), Dairy Free Spread (plant oils (sunflower, rapeseed, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A).

**Cheese and Onion Pasty** – Cheddar Cheese (**MILK**), Potato, Onion, Pastry (**WHEAT** flour (contains calcium carbonate, iron, niacin, thiamine), Vegetable Oils and Fats (rapeseed, palm), water, sugar, salt, emulsifier (mono- and diglycerides of fatty acids), acidity regulator (citric acid), Lemon Juice). **Salad** - Iceberg Lettuce, Cucumber, Tomato. **Coleslaw** - white cabbage, onion, carrot, mayonnaise (water, rapeseed oil, spirit vinegar, modified maize starch, sugar, salt, dried **EGG** yolk, stabiliser (Xanthan Gum), **MUSTARD** flour, lemon juice concentrate, preservative (potassium sorbate), colour (paprika extract)).

**Spaghetti Hoops** - Spaghetti Hoops (38%) (Durum **WHEAT** Semolina | Water) | Water | Tomatoes (18%) | Sugar | Salt | Thickener (Modified Maize Starch) | Wine Vinegar | Natural Flavours (Contains **CELERY**) | Onion Powder | Acidity Regulator (Citric Acid) | Paprika Extract

**Chocolate Sponge Cake** -

Flour (**WHEAT**), Whole Eggs (**EGG**), Dairy Free Spread (plant oils ( sunflower, rapeseed, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A), Caster Sugar, Cocoa Powder (cocoa butter 10% minimum)

**Angel Delight** - Skimmed **MILK** Powder, Sugar, Fat Reduced Cocoa Powder, Dried Glucose Syrup, Modified Starch, Palm Oil, Maltodextrin, Emulsifiers (mono- and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids, mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids), **MILK** Proteins, Gelling Agents (diphosphates, sodium phosphates), Colours (Plain Caramel, Carotenes) Calcium Carbonate, Stabiliser (potassium phosphates), Flavourings.

**Curly Fries** - (potatoes (80%), coating (12%) [**WHEAT** flour, salt, modified starch, spices (black pepper, chilli pepper, cayenne pepper), garlic powder, onion powder, raising agents (E450, E500), yeast extract, spice extracts (black pepper, dextrose), sunflower oil (8%),