

Week
1

Main meal

Vegetarian main meal

Pudding

Monday

Spaghetti Bolognese (W)

May contain (M)(N)(Se)

Garlic Puree (Water, garlic (18%), salt, sugar, maltodextrin, palm fat, spirit vinegar, citrus fibre, flavourings, thickener (xanthan gum).). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11).). **Fairway Ground White Pepper** (Ground White pepper). **Filippo Berio Extra Virgin Olive Oil** (Extra virgin olive oil). **Fairway Assured Tomato Paste** (Tomatoes (100%)). **Fairway Assured Chopped Tomatoes in Tomato Juice** (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)). **Oxo Beef Stock Cubes (WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Salt, Maize Starch, Yeast Extract, Flavour Enhancers (Monosodium Glutamate, Disodium Guanylate), Colour (Ammonia Caramel), Beef Fat (4.5%), Autolysed Yeast Extract, Dried Beef Bonestock, Flavourings, Sugar, Acidity Regulator (Lactic Acid), Onion Powder.). **Fairway Italian Seasoning** (Marjoram, thyme, basil, oregano, parsley, sage, black pepper). **FAIRWAY CORNFLOUR** (Maize Starch). **Minced Beef. Onions.**

Fairway Assured Vive Le Pain Ciabatta (WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil (2.0%), **RYE** Flour, Salt, **WHEAT** Flour, Sugar, Malted **WHEAT** Flour, Malted **BARLEY** Flour, Flour Treatment Agents: E300, E920.). **Garlic & Parsley Spread** (Vegetable Oils (Palm Oil, Rapeseed Oil), Garlic Purée (14%), Water, Salt, Parsley, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta Carotene).

Macaroni Cheese (W)(M)(Mu)

May contain (So)

Semi Skimmed Milk (Semi-skimmed **MILK**, Vitamin D.). **Phase Marge** (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **MACARONI** (Durum **WHEAT** semolina). **Grated Mature Cheddar (MILK**, Salt, Rennet, Starter Culture anticaking Agent - Cellulose). **Fairway English Mustard** (Water, **MUSTARD** Flour (18%), Sugar, Salt, **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine hydrochloride), Acidity Regulator (Citric Acid), Rapeseed Oil, Turmeric, Stabiliser (Xanthan Gum), Flavouring, Colour (Lutein), Antioxidant (Ascorbic Acid). **Fairway Ground Black Pepper** (Ground black pepper). **Heygates Culinary (Plain) Flour (Wheat** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)).

Fairway Assured Vive Le Pain Ciabatta (WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil (2.0%), **RYE** Flour, Salt, **WHEAT** Flour, Sugar, Malted **WHEAT** Flour, Malted **BARLEY** Flour, Flour Treatment Agents: E300, E920.). **Garlic & Parsley Spread** (Vegetable Oils (Palm Oil, Rapeseed Oil), Garlic Purée (14%), Water, Salt, Parsley, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta Carotene).

Plum Crumble & Custard (W)(M)

May contain (So)

Plum Halves in Light Syrup (Plums (57.7%), Water (35.9%), Sugar (6.3%), Acidity Regulator - Citric Acid (0.04%), Firming Agent - Calcium Chloride (0.03%)). **Phase Marge** (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **Heygates Culinary (Plain) Flour (Wheat** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). **Caster Sugar** (Cane Sugar).

Bird's Custard Powder (Maize Starch, Salt, Colour (Annatto Norbixin), Flavouring.). **Caster Sugar** (Cane Sugar). Semi Skimmed **MILK**.

Tuesday

Cheese & Bacon Puffs (W)(M)(E)

JUS ROL Puff Pastry Squares (WHEAT flour, water vegetable oils and fats (palm, rape), salt, emulsifier (mono-and diglycerides of fatty acids), flour treatment agents (ascorbic acid, L-cysteine).). **Grated Mature Cheddar (MILK**, Salt, Rennet, Starter Culture anticaking Agent - Cellulose). **A1 Foodservice rindless back bacon**(Pork 85%, Water, Salt, Preservatives E250, E252, Antioxidant E301). **2L Semi-skimmed MILK** (Cows' **MILK**.). **15 dozen Medium Free Range Eggs (EGGS)**. **Fairway Assured Tomato Paste** (Tomatoes (100%)).

Cheese & Tomato Puff (W)(M)(E)

Grated Mature Cheddar (MILK, Salt, Rennet, Starter Culture anticaking Agent - Cellulose). **JUS ROL Puff Pastry Squares 5.2kg (25%) (WHEAT** flour, water vegetable oils and fats (palm, rape), salt, emulsifier (mono-and diglycerides of fatty acids), flour treatment agents (ascorbic acid, L-cysteine).). **Fairway Assured Tomato Paste** (Tomatoes (100%)). **15 dozen Medium Free Range Eggs (EGGS)**.

Tinned Peaches & Ice Cream (M)

May contain (So)

Tinned Peaches: Peaches, Grape Juice from Concentrate, Acidity Regulator (citric acid)

Vanilla Ice Cream: Water, Sugar, Palm Oil, Buttermilk Powder (**MILK**), Whey Powder (**MILK**), Dextrose, Skimmed Milk Powder (**MILK**), Emulsifier (Mono & Di Glycerides of Fatty Acids) , Stabilisers (Carboxymethyl Cellulose, Guar Gum, Locust Bean Gum) , Flavourings, Colours (Annatto Norbixin , Curcumin) .

Thursday

Pork chop and stuffing (W)

Stuffing may contain (M)

Gluten Free Gravy Granules for Poultry Dishes (Maltodextrin, potato starch, flavourings, rice flour, salt, yeast extract, sunflower oil, tomato puree powder, caramel syrup, onion juice concentrate, herbs (rosemary, sage), pepper.). **Phase Marge** (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **Fairway Cracked Black Pepper** (Cracked black pepper). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11).). **Cambray Sage & Onion Stuffing Mix** (Breadcrumbs (**WHEAT** flour, Salt, Yeast, **RYE** , Malt Extract: (**BARLEY** malt, Water, **RYE** malt)), Kibbled Onion (6%), Dried Sage (2.5%), Salt, Dried Parsley, Tapioca Starch.). **Pork loin chop.**

Quorn toad in the hole (W)(M)(E)

May contain (So)

Semi Skimmed Milk (Semi-skimmed **MILK**, Vitamin D.). **Quorn Vegan Sausage** (Mycoprotein (32%), Textured **WHEAT** Protein (**WHEAT** Flour, Stabiliser: Sodium Alginate), Water, Vegetable Oils (Rapeseed, Palm), Onions, Seasoning (Yeast Extract, Salt, Potassium Chloride, Herbs (Sage, Parsley), Fructose, White Pepper, Rusk (**WHEAT** Flour, Salt), **BARLEY** Malt Extract, Carrot Powder, Leek Powder, Sage Extract, Nutmeg Extract), Potato Protein, Rusk (**WHEAT** Flour, Salt, Yeast), **WHEAT** Gluten, Casing (Stabiliser: Sodium Alginate. Cellulose, Modified Starch), Potato Starch, Tapioca Starch), Firming Agent: Calcium Chloride. Pea Fibre). **Heygates Culinary (Plain) Flour (Wheat** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). **Medium Eggs 5 dozen (EGGS)**. **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11).). **Fairway Ground White Pepper** (Ground White pepper).

Gypsy Tart (W)(M)

May contain (So)

Phase marge (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **DARK BROWN SOFT SUGAR** (Cane Sugar, Sugar.). **CARNATION Evaporated Milk** (Whole **MILK**, Stabiliser (Sodium Phosphates), Vitamin D.). **Heygates Culinary (Plain) Flour (Wheat** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))).

Friday

Battered Cod & Chips (W)(F)

BATTERED COD FILLETS (Cod) (FISH) (50%), Water, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Rapeseed Oil, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), **WHEAT** Starch, Dextrose, Yeast Extract, Stabiliser (Xanthan Gum).).

Vegetable Spring rolls (W)(So)(Se)

May contain (Ce)(Mu)

Filling (Cabbage (21%), Carrot (16%), Green Bean (6%), Spring Onion (4%), Vermicelli Noodles (Corn Starch, Mung Beans, Split Peas), **SOYBEAN** Protein, Corn Oil, Water, Salt, Sugar, Corn Starch, Ginger, **SESAME** Oil, Black Pepper Powder), Pastry (**WHEAT** Flour, Water, Salt, Corn Oil).

Allergen Key:

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|---------------------------|-----------------------------|---------------------|--------------------|
| (W) Gluten/Cereals | (M) Milk | (E) Eggs | (P) Peanuts |
| (N) Nuts | (C) Crustaceans | (Mu) Mustard | (F) Fish |
| (L) Lupin | (Se) Sesame | (Ce) Celery | (So) Soya |
| (Mo) Molluscs | (Sd) Sulphur Dioxide | | |

Week

2

Main meal

Vegetarian main meal

Pudding

Monday

Magarita Chicken (M)

Tomato Paste (Tomatoes). - **Grated Mozzarella and Cheddar (MILK, Salt, Microbial Rennet, Lactic Starter Culture)**. **Italian Seasoning** (Marjoram, thyme, basil, oregano, parsley, sage, black pepper). **Chicken Breast**.

Quorn & Vegetable Risotto (E)(W)(M)

Rice, Long Grain (Rice). **Oxo Vegetable Stock Cubes**: Salt, Potato Starch, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Dried Glucose Syrup, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Onion Extract, Flavourings, Palm Oil, Yeast Extract (contains **BARLEY**), Tomato Powder, Dried Herbs (Parsley, Thyme), Sugar, Black Pepper Extract.). **Fairway Italian Seasoning** (Marjoram, thyme, basil, oregano, parsley, sage, black pepper). **Grated Mature Cheddar (MILK, Salt, Rennet, Starter Culture anticaking Agent - Cellulose)**. Grated **Mozzarella** 6x2kg (0%) (**Mozzarella (MILK, Salt, vegetarian Approved Rennet, Starter Culture)** anticaking agent cellulose). **Onions. Peppers. Carrots. Mushrooms. Courgettes. Quorn pieces**: Mycoprotein (94%), Rehydrated Free Range **EGG** White, Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate.

Chocolate Sponge & Chocolate Sauce (W)(M)(E)

May contain (So)
Heygates Culinary Flour (Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). **Caster Sugar** (Cane Sugar). **Summer County Spread** (Ingredients Vegetable oils in varying proportions (55%) (rapeseed, palm, sunflower), water, salt (1.38%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), flavourings, vitamins (A and D), colours (carotenes). **EGGS**. **Dr Oetker Fat Reduced Cocoa Powder** (Fat reduced cocoa powder Co-coa **butter** minimum content 10%). **Dr Oetker Fat Reduced Cocoa Powder** (Fat reduced cocoa powder Cocoa **butter** minimum content 10%). **Caster Sugar** (Cane Sugar). **Semi Skimmed Milk (MILK)**.

Tuesday

Gammon Steak

6oz gammon steak (100% Pork)

Mushroom & Pepper Flan (W)(M)(E)

May contain (So)

Semi Skimmed Milk (Semi-skimmed **MILK**, Vitamin D.). **Phase Marge** (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **Heygates Culinary (Plain) Flour (Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)))**. **15 dozen Medium Free Range Eggs (EGGS)**. **Peppers. Mushrooms**.

Jelly & Ice Cream (M)

May contain (So)

STRAWBERRY FLAVOUR JELLY CRYSTALS (Sugar, Gelling Agents Carrageenan, Guar Gum, Acidity Regulator Citric Acid, Colours Beetroot Red, Annatto, Natural Flavouring.). **VEGETARIAN ORANGE JELLY CRYSTALS** (Sugar, Gelling Agents (Carrageenan), Guar Gum, Acidity Regulators (Citric Acid), Trisodium Citrate, Colour (Annatto Norbixin), Natural Flavouring). **LIME FLAVOUR JELLY CRYSTALS (Not suitable for vegetarians)** (Sugar, Dextrose, Beef Gelatine, Acidity Regulators (Citric Acid, Trisodium Citrate), Flavouring, Copper complexes of Chlorophyllins, Turmeric extract.).
Vanilla Soft Scoop Ice Cream: Water, Sugar, Palm Oil, Buttermilk Powder (**MILK**), Whey Powder (**MILK**), Dextrose, Skimmed Milk Powder (**MILK**), Emulsifier (Mono & Di Glycerides of Fatty Acids), Stabilisers (Carboxymethyl Cellulose, Guar Gum, Locust Bean Gum), Flavourings, Colours (Annatto Norbixin, Curcumin).

Thursday

Beef Lasagne (W)(M)(E)(Mu)(So)

May contain (Se)(Ce)

Garlic Bread Slices (Bread: **WHEAT** flour, water, yeast, salt, improver (**WHEAT** flour, acidity regulator: calcium carbonate. **SOYA** flour, ascorbic acid and enzymes). Filling: Vegetable fat and oil (palm, coconut, sunflower), water, emulsifier: **SOYA** lecithin, mono and di-glycerides of fatty acids. Acidity regulator: citric acid. Garlic powder, aromatic herbs (salt, spices (garlic, parsley, chervil, dill, onion, pepper, tarragon), dextrose, rapeseed oil).). **Phase Marge** (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **Garlic Puree** (Water, garlic (18%), salt, sugar, maltodextrin, palm fat, spirit vinegar, citrus fibre, flavourings, thickener (xanthan gum).). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11).). **Fairway Ground White Pepper** (Ground White pepper). **Filippo Berio Extra Virgin Olive Oil** (Extra virgin olive oil). **Fairway Assured Tomato Paste** (Tomatoes (100%)). **Fairway Assured Chopped Tomatoes in Tomato Juice** (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)). **Oxo Beef Stock Cubes (WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Salt, Maize Starch, Yeast Extract, Flavour Enhancers (Monosodium Glutamate, Disodium Guanylate), Colour (Ammonia Carmel), Beef Fat (4.5%), Autolysed Yeast Extract, Dried Beef Bonestock, Flavourings, Sugar, Acidity Regulator (Lactic Acid), Onion Powder.). **Fairway Italian Seasoning** (Marjoram, thyme, basil, oregano, parsley, sage, black pepper). **Fairway Cornflour** (Maize Starch). **Minced Beef. Onions. Lasagne Sheets** (Durum **WHEAT** Semolina, Pasteurised Whole **EGG**, Water.). **Heygates Culinary (Plain) Flour (Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)))**. **2L Semi-skimmed MILK** (Cows' **MILK**). **Grated Mature Cheddar (MILK, Salt, Rennet, Starter Culture anticaking Agent - Cellulose)**. **Fairway English Mustard** (2%) (Water, **MUSTARD** Flour (18%), Sugar, Salt, **Wheat Flour (WHEAT** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine hydrochloride), Acidity Regulator (Citric Acid), Rapeseed Oil, Turmeric, Stabiliser (Xanthan Gum), Flavouring, Colour (Lutein), Antioxidant (Ascorbic Acid).

Vegetable Lasagne (W)(M)(Mu)

May contain (E)(Se)(So)

Garlic Bread Slices (Baguette Slices (Fortified **Wheat Flour (WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent: Ascorbic Acid), Garlic & Parsley Spread (24%) (Margarine (Rapeseed Oil, Palm Oil, Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Natural Flavouring, Colour (Natural Carotenes)), Garlic Puree, Parsley, Onion Powder, Garlic Oil).). **Semi Skimmed Milk** (Semi-skimmed **MILK**, Vitamin D.). **Phase Marge** (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **Heygates Culinary (Plain) Flour (Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)))**. **Fairway English Mustard** (Water, **MUSTARD** Flour (18%), Sugar, Salt, **Wheat Flour (WHEAT** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine hydrochloride), Acidity Regulator (Citric Acid), Rapeseed Oil, Turmeric, Stabiliser (Xanthan Gum), Flavouring, Colour (Lutein), Antioxidant (Ascorbic Acid)). **Fairway Ground White Pepper** (Ground White pepper). **Grated Mature Cheddar (MILK, Salt, Rennet, Starter Culture anticaking Agent - Cellulose)**. **Lasagne Sheets** (Durum **WHEAT** Semolina, Pasteurised Whole **EGG**, Water.). **Fairway Assured Chopped Tomatoes in Tomato Juice** (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)). **Fairway Assured Tomato Paste** (Tomatoes (100%)). **Fairway Italian Seasoning** (Marjoram, thyme, basil, oregano, parsley, sage, black pepper). **Caster Sugar** (Cane Sugar). **Onions. Peppers. Carrots. Courgettes. Mushrooms**.

Fresh Fruit Meringues (M)(E)

15 dozen Medium Free Range **Eggs (EGGS)**. **Caster Sugar** (Cane Sugar). **Kerrymaid Double Cream alternative** (Reconstituted Skimmed **MILK** Powder, Palm Kernel Oil, Water, Palm Oil, Modified Maize Starch, Flavourings (contain **MILK**), Emulsifiers (E471, E322, E435), **MILK** Protein, Thickener (E415), Acidity Regulator (E331, E340), Salt, Colour (E160a).). **ICING SUGAR** (Sugar (97%), Maize Starch). **Strawberries. Raspberries. Blueberries**.

Friday

Jumbo Sausage & Chips (W)(SD)

Korker Original Jumbo Sausages (Pork (60%) Water, Rusk, [**WHEAT** Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast], Pork Fat, Salt, Dried Sage, White Pepper, Dried Ginger, Black Pepper, Preservative (Sodium **SULPHITE**), Stabiliser (E450). Filled into a non-UK edible beef protein casing (Beef Protein, Stabiliser (Cellulose))

Quorn Dippers & Chips (W)

Quorn Dippers: Mycoprotein (55%), Water, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Rapeseed, Sunflower), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, **WHEAT** Gluten, Maize Flour, Stabiliser: Carrageenan; **WHEAT** Starch, Raising Agents: Ammonium Carbonate, Diphosphates, Sodium Bicarbonate; Dextrose, Durum **WHEAT** Semolina, Turmeric Extract.

Allergen Key:

(W) Gluten/Cereals	(M) Milk	(E) Eggs	(P) Peanuts
(N) Nuts	(C) Crustaceans	(Mu) Mustard	(F) Fish
(L) Lupin	(Se) Sesame	(Ce) Celery	(So) Soya
(Mo) Molluscs	(Sd) Sulphur Dioxide		

Main meal

Vegetarian main meal

Pudding

Hunters Chicken & Rice (W)(M)(Sd)

Grated Mature Cheddar (MILK, Salt, Rennet, Starter Culture anticaking Agent - Cellulose). **Fairway Sticky BBQ Sauce** (Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Bramley Apple Puree (contains Preservative (SODIUM METABISULPHITE)), Salt, Apple Juice Concentrate, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper. **Fairway Spanish Paprika** (Paprika). **WHITE LONG GRAIN RICE** (Rice). **Large White Pitta Bread (WHEAT** Flour (Fortified with Calcium, Iron, Niacin, Thiamine), Water, Yeast, Salt, Calcium Propionate (Preservative E282)). **Chicken Fillet. Back Bacon.**

Lentil Dhal & Rice (W)(Sd)

May contain (P)(N)(Mu)

Long Grain Rice (Long Grain Rice). **Mini Round G&C Naan (WHEAT** Flour (Fortified with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Vegetable Ghee (Palm Oil, Rapeseed Oil), Garlic (1.5%), Yeast, Coriander (0.5%), Salt, Kalonji Seeds (0.5%), Dextrose.). **Phase Marge** (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **Garlic Puree** (Water, garlic (18%), salt, sugar, maltodextrin, palm fat, spirit vinegar, citrus fibre, flavourings, thickener (xanthan gum)).). **Fairway Ground Ginger** (Ground ginger). **Blue Dragon Creamed Coconut Block** (Made with 100% Coconut.). **Fairway Garam Masala** (Coriander, cumin, cinnamon, ginger, chilli, dill, pepper, clove.). **Fairway Curry Powder** (Paprika, coriander, nutmeg, cumin, ginger, turmeric, salt, pepper, garlic, cardamom, chilli, cloves.). **Fairway Ground Turmeric** (Ground Turmeric). **Fairway Ground Cumin** (Ground Cumin). **Fairway Assured Tomato Paste** (Tomatoes (100%)). **Coconut Milk** (Coconut Extract (52%), Water, Stabilisers: Guar Gum (E412), Sodium Carboxymethyl Cellulose (E466), sucrose Esters of Fatty Acids (473)). **Mango Chutney** (Rehydrated Mango (49%) (Mango, Sugar, Preservative: E223 (SULPHITES)). Sugar, Water, Spirit Vinegar, Modified Maize Starch, Dried Onion (SULPHITES), Salt, Spices (SULPHITES), Preservative: E223 (SULPHITES)). **Onions. Green Lentils** (Green Lentils).

Pear Goodie & Ice Cream (W)(M)

May contain (So)

Mornflake Superfast Oats 3kg (Mornflake **OATFLAKES** (100%)). **Phase Marge** (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **Heygates Culinary (Plain) Flour (Wheat** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). **Caster Sugar** (Cane Sugar). **Tinned Pears:** Pears, Water, Pear Juice from Concentrate, Acidity Regulator (Citric Acid)
Vanilla Soft Scoop Ice Cream: Water, Sugar, Palm Oil, Buttermilk Powder (**MILK**), Whey Powder (**MILK**), Dextrose, Skimmed Milk Powder (**MILK**), Emulsifier (Mono & Di Glycerides of Fatty Acids) , Stabilisers (Carboxymethyl Cellulose, Guar Gum, Locust Bean Gum) , Flavourings, Colours (Annatto Norbixin , Curcumin) .

Pepperoni Pizza (W)(M)

Pepperoni (Pork meat, pork fat, salt, dextrose, paprika, beetroot, acerola, garlic, rosemary, oregano, paprika extract, pepper, onion, coriander.). **12" Pizza Crust (WHEAT** Flour (71%) (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Rapeseed Oil, Pre-mix [**WHEAT** Flour (**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], Yeast.). **GOMO Spiced Pizza Sauce** (Tomatoes (98%), Salt , Basil , Onion, Garlic , Pepper , Acidity Regulator (Citric Acid)). **Grated Mozzarella/Cheddar Cheese blend** (contains **MILK**).

Roasted Vegetable Pizza (W)(M)

12" Pizza Crust (WHEAT Flour (71%) (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Rapeseed Oil, Pre-mix [**WHEAT** Flour (**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], Yeast.). **GOMO Spiced Pizza Sauce** (Tomatoes (98%), Salt , Basil , Onion, Garlic , Pepper , Acidity Regulator (Citric Acid)). **Grated Mozzarella/Cheddar Cheese blend** (contains **MILK**). **Mushrooms. Onions. Courgettes. Peppers.**

Butterscotch Mousse (M)(So)

Angel Delight Butterscotch Flavour Mousse Dessert Mix 600g (Skimmed **MILK** Powder, Sugar, Dried Glucose Syrup, Modified Starch, Palm Oil, 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), Colours (Plain Caramel, Beetroot Red), **MILK** Proteins, Gelling Agents (Diphosphates, Sodium Phosphates), Calcium Carbonate, Stabiliser (Potassium Phosphates), Flavourings.). **Semi-Skimmed Milk** - UHT (1%) (Semi-skimmed **MILK**). **Dr Oetker Sugar Strands Jar** (Sugar, modified maize starch, vegetable oil (coconut), colouring foods (concentrates from spirulina, safflower, lemon, sweet potato, radish), glucose syrup, anti-caking agent (talc), colour (copper complexes of chlorophylls and chlorophyllins)). **Callebaut Milk Chocolate Callets**) (Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier **SOYA** Lecithin, Natural Vanilla Flavouring.

Roast Beef & Yorkshire Pudding (W)(M)€

Gluten Free Gravy Granules for Meat Dishes (Maltodextrin, potato starch, flavourings, sugar, salt, yeast extract, vegetables (onion powder*, tomato puree powder*), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage. *Made from sustainably grown ingredients.). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11)). **Fairway Cracked Black Pepper** (Cracked black pepper). **Baked Yorkshire puddings** (Fortified **Wheat** Flour (**WHEAT** FLOUR, Calcium Carbonate, Iron, Niacin, Thiamin), Water, **EGG** White, **EGG**, Rapeseed Oil, Dried Skimmed **MILK**, Salt.). **Roasting Beef.**

Quorn & Vegetable Savoury Crumble (W)(M)(E)

May contain (So)

Quorn Pieces (Mycoprotein (94%), Rehydrated Free Range **EGG** White, Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate.). **Phase Marge** (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **Heygates Culinary (Plain) Flour (Wheat** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). **Fairway Mixed Herbs** (Thyme, marjoram, basil, sage, parsley). **Oxo Vegetable Stock Cubes:** Salt, Potato Starch, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Dried Glucose Syrup, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Onion Extract, Flavourings, Palm Oil, Yeast Extract (contains **BARLEY**), Tomato Powder, Dried Herbs (Parsley, Thyme), Sugar, Black Pepper Extract.). **Kerrymaid Double Cream alternative** (Reconstituted Skimmed **MILK** Powder, Palm Kernel Oil, Water, Palm Oil, Modified Maize Starch, Flavourings (contain **MILK**), Emulsifiers (E471, E322, E435), **MILK** Protein, Thickener (E415), Acidity Regulator (E331, E340), Salt, Colour (E160a)). **Carrots. Leeks. Courgettes. Mushrooms. Peppers.**

Homemade Rice Pudding (M)

Semi Skimmed Milk (Semi-skimmed **MILK**, Vitamin D.). **Caster Sugar** (Cane Sugar). **Vanilla Flavouring** (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings.). **Kerrymaid Double Cream alternative** (Reconstituted Skimmed **MILK** Powder, Palm Kernel Oil, Water, Palm Oil, Modified Maize Starch, Flavourings (contain **MILK**), Emulsifiers (E471, E322, E435), **MILK** Protein, Thickener (E415), Acidity Regulator (E331, E340), Salt, Colour (E160a)). **Round Grain (Pudding) Rice** (Round Grain Pudding Rice).

Fish Fingers & Chips (W) (F)

Fish Fingers (Formed **FISH (ALASKA POLLOCK** and **COD** (Gadus Morhua)), **WHEAT** flour, water, yeast, yeast extract, potato, salt, curcuma, paprika, **WHEAT** starch, vegetable oil (100% rapeseed), methylcellulose (E461)).

Vegan Sausage Roll & Chips (W)(SD)

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Vegetable Oils And Fats (Palm, Rapeseed)), Water, Salt, Emulsifiers (E471, E475), Acid (Citric Acid), Natural Flavour, Colour (E160a(i)), Water, Vegan Sausage Roll Seasoning (Textured **WHEAT** Protein (**SULPHITE**), Palm Fat, **WHEAT** Protein, Rapeseed Oil, Rusk (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Flavouring (Salt, Maltodextrin, Yeast Extract, Flavouring), Stabiliser (E461), Salt, Herb (Sage), Flavour Enhancer (E621), Spices (White Pepper, Coriander, Chilli), Dextrose, Onion Powder, Colour (E150c)), Onion, Salt. Glaze (Water, Vegetable Oil (Rapeseed), Sugar, Cornflour, Vegetable Protein, Starch (Tapioca)).

Allergen Key:

- | | | | |
|---------------------------|-----------------------------|---------------------|--------------------|
| (W) Gluten/Cereals | (M) Milk | (E) Eggs | (P) Peanuts |
| (N) Nuts | (C) Crustaceans | (Mu) Mustard | (F) Fish |
| (L) Lupin | (Se) Sesame | (Ce) Celery | (So) Soya |
| (Mo) Molluscs | (Sd) Sulphur Dioxide | | |

Main meal

Vegetarian main meal

Pudding

Monday

Mixed Grill (Bacon, Sausage & Hash Brown) (W)(SD)

Bacon: Pork 85%, Water, Salt, Preservatives E250, E252, Antioxidant E301 **Cumberland Sausages:** pork(20%), chicken msm(18%), beef(12%), water, rusk(**WHEAT** flour, salt, e503-ii), pea starch, salt, herbs, emulsifier disodium diphosphate(e450a), **WHEAT** flour, flavour enhancer(e621), spices, flavouring preparation (spice & herb extracts), preservative(e223) (**SULPHUR DIOXIDE**). filled into a synthetic beef collagen casing. **Hash Browns:** Potato (90%), sunflower oil (7%), onion (3%), salt, stabiliser: E464, dextrose, onion powder, white pepper.

Quorn Sausages & Hash Browns (W)

Quorn Sausages: Mycoprotein (32%), Textured **WHEAT** Protein (**WHEAT** Flour, Stabiliser: Sodium Alginate), Water, Vegetable Oils (Rapeseed, Palm), Onions, Seasoning (Yeast Extract, Salt, Potassium Chloride, Herbs (Sage, Parsley), Fructose, White Pepper, Rusk (**WHEAT** Flour, Salt), **BARLEY** Malt Extract, Carrot Powder, Leek Powder, Sage Extract, Nutmeg Extract), Potato Protein, Rusk (**WHEAT** Flour, Salt, Yeast), **WHEAT** Gluten, Casing (Stabiliser: Sodium Alginate. Cellulose, Modified Starch), Potato Starch, Tapioca Starch), Firming Agent: Calcium Chloride. Pea Fibre **Hash Browns:** Potato (90%), sunflower oil (7%), onion (3%), salt, stabiliser: E464, dextrose, onion powder, white pepper.

Apple Crumble & Custard (W)(M)

May contain (So)

Phase Marge (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **Heygates Culinary (Plain) Flour (Wheat Flour (WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). **Caster Sugar** (Cane Sugar). **Caterers Pride Solid Pack Apples** (Apples, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)).

Bird's Custard Powder (Maize Starch, Salt, Colour (Annatto Norbixin), Flavouring.). **Caster Sugar** (Cane Sugar). Semi Skimmed **MILK**.

Tuesday

Beef Fajitas & Rice (W)(M)(So)

Garlic Puree (29%) (Water, garlic (18%), salt, sugar, maltodextrin, palm fat, spirit vinegar, citrus fibre, flavourings, thickener (xanthan gum).). **Fairway Ground White Pepper** (Ground White pepper). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11)). **Oxo Beef Stock Cubes (WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Salt, Maize Starch, Yeast Extract, Flavour Enhancers (Monosodium Glutamate, Disodium Guanylate), Colour (Ammonia Caramel), Beef Fat (4.5%), Autolysed Yeast Extract, Dried Beef Bonestock, Flavourings, Sugar, Acidity Regulator (Lactic Acid), Onion Powder.). **Fairway Assured Chopped Tomatoes in Tomato Juice** (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)). **Fairway Assured Tomato Paste** (Tomatoes (100%)). **Royal Crown red kidney beans** (red kidney beans, water, antioxidant (ascorbic acid)). **Fairway Assured Reduced Salt & Sugar Baked Beans in tomato sauce** (Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.). **Paprika**) (Paprika 100%). **Fairway Chilli Powder** (Chilli powder). **FAIRWAY CORNFLOUR**(Maize Starch). **WHITE LONG GRAIN RICE** (Rice). **KTC Vegetable Oil** (Soyabean Oil, Antifoaming Agent (Dimethyl polysiloxane)). **Minced Beef. Onions . WHEAT FLOUR TORTILLA** (Fortified **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine), water, palm oil, rapeseed oil, sugar, salt, raising agents: sodium carbonates (E500), di-phosphate (E450), malic acid (E296).). **Grated Mature White Cheddar (Cheese (MILK)**, Anti-caking agent :Potato starch.).

Vegetable Fajita & Rice (W)(M)

Fairway Spanish Paprika (Paprika). **Fairway Chilli Powder** (Chilli powder). **Fairway Assured Chopped Tomatoes in Tomato Juice** (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)). **Fairway Assured Tomato Paste** (Tomatoes (100%)). **Grated Mozzarella (Mozzarella (MILK**, Salt, vegetarian Approved Rennet, Starter Culture) anticaking agent cellulose). **La Mex Salted Tortilla Chips** (Maize Flour, Sunflower Oil, Salt, Calcium Hydroxide, Citric Acid, Sodium Hexacyanoferrate II.). **WHEAT FLOUR TORTILLA 30CM** (Fortified **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine), water, palm oil, rapeseed oil, sugar, salt, raising agents: sodium carbonates (E500), di-phosphate (E450), malic acid (E296).). **Onions. Peppers. Courgettes. Mushrooms. Carrots.**

Fresh Fruit Salad & Ice Cream (M)

May contain (So)

SUNMAGIC 100% PURE ORANGE JUICE (100% Pure Orange Juice from Concentrate). Apples. Oranges. Strawberries. Kiwi's. Pineapple. Banana. Grapes. **Vanilla Ice Cream** Water, Sugar, Palm Oil, Buttermilk Powder (**MILK**), Whey Powder (**MILK**), Dextrose, Skimmed Milk Powder (**MILK**), Emulsifier (Mono & Di Glycerides of Fatty Acids) , Stabilisers (Carboxymethyl Cellulose, Guar Gum, Locust Bean Gum) , Flavourings, Colours (Annatto Norbixin , Curcumin) .

Thursday

Roast turkey & Stuffing (W)

Stuffing may contain (M)

Gluten Free Gravy Granules for Meat Dishes (Maltodextrin, potato starch, flavourings, sugar, salt, yeast extract, vegetables (onion powder*, tomato puree powder*), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage. **Phase Marge**(Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11)). **Fairway Rubbed Thyme** (Thyme). **Cambay Sage & Onion Stuffing Mix** (Breadcrumbs (**WHEAT** flour, Salt, Yeast, **RYE** , Malt Extract: (**BARLEY** malt, Water, **RYE** malt)), Kibbled Onion (6%), Dried Sage (2.5%), Salt, Dried Parsley, Tapioca Starch.). **Turkey Crown..**

Carrot & lentil Bake (M)

May contain (W)(Mu)(Sd)

Phase Marge (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.). **Garlic Puree** (Water, garlic (18%), salt, sugar, maltodextrin, palm fat, spirit vinegar, citrus fibre, flavourings, thickener (xanthan gum).). **Red split lentils** (Red Split Lentils). **Fairway Ground Ginger** (Ground ginger). **Fairway Garam Masala** (Coriander, cumin, cinnamon, ginger, chilli, dill, pepper, clove.). **Fairway Curry Powder Tikka** (Paprika, coriander, nutmeg, cumin, ginger, turmeric, salt, pepper, garlic, cardamom, chilli, cloves.). **Fairway Ground Turmeric** (Ground Turmeric). **Fairway Ground Cumin** (Ground Cumin). **Grated Mature Cheddar (MILK**, Salt, Rennet, Starter Culture anticaking Agent - Cellulose). **Onions. KTC Vegetable Oil:** Soyabean Oil (Refined Soybean Oil—Free From Allergens), Antifoaming Agent (Dimethyl polysiloxane).

Strawberry Cheesecake (W)(M)

Phase marge (Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings. Upfield is committed to sustainable palm oil.). **Crawford's Catering Digestives (Flour (WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Wholemeal **WHEAT** Flour, Sugar, **OATMEAL**, Dried **Whey (MILK)**, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt.). **Icing Sugar** (Sugar (97%), Maize Starch.). **Full Fat Soft Cheese** (20% Fat) 2 Kg (8%) (**Skimmed MILK**, **Cream (MILK)**, Salt, Bacterial Starter Culture). **Lemon Zest & Juice.**) **Strawberry Fruit Filling** (Strawberries (38%), Water, Sugar, Modified Starch, Acidity regulator: Citric acid., Fruit Concentrate (Elderberry concentrate), Natural Flavouring, Preservative: Potassium sorbate.).

Friday

Southern Fried Chicken (W)(M)(E)(Mu)(Ce)

Southern Fried Chicken Fillets (Chicken Breast (59%), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Rapeseed, Sunflower), Breadcrumbs (contains **WHEAT**), Water, Starch (Potato, Maize), **WHEAT** Semolina, **WHEAT** Gluten, Spices (contains **CELERY**), Salt, Free Range **EGG** Albumen Powder, Raising Agents (Diphosphates, Sodium Carbonates), Flavourings, Parsley, **Whey** Protein Concentrate (**MILK**), **MUSTARD** Flour, Yeast Extract, Acidity Regulator (Citric Acid), Spice Extract, Potassium Chloride.).

Cheese & Onion Pasty (W)(M)(Mu)(So)

May contain (N)

FU Cheese and Onion Pasty (Water, **WHEAT** Flour (Contains Calcium carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity regulator (E330), Lemon Juice concentrate), Grated Mature **Cheddar Cheese (MILK)** (12%), Flaked Potato (8%), Diced Onion (3%), Thickener (E1422) , Glaze [Water, Modified Starch (Potato, Tapioca), Rapeseed Oil, **MILK** Proteins, Emulsifiers (**SOYA** Lecithin, E471), Acidity Regulator (E339 ii), Colour (Carotenes)], **Cheese** Powder (**MILK**), Dijon **Mustard** [Water, **MUSTARD** Seeds, Spirit Vinegar , Salt], Salt, Yeast Extract, Emulsifier (E464), Onion Powder, White Ground Pepper).

Allergen Key:

- | | | | |
|--------------------|----------------------|--------------|-------------|
| (W) Gluten/Cereals | (M) Milk | (E) Eggs | (P) Peanuts |
| (N) Nuts | (C) Crustaceans | (Mu) Mustard | (F) Fish |
| (L) Lupin | (Se) Sesame | (Ce) Celery | (So) Soya |
| (Mo) Molluscs | (Sd) Sulphur Dioxide | | |