



6TH JUNE INGREDIENTS



CHEESE & BACON PUFF

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** mm (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 800g** (Tomatoes).

CHEESE & ONION PUFF

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). **2L Semi-skimmed MILK** (Cows' **MILK**.). **15 dozen Medium Free Range Eggs** (**EGGS**). **Fairway Assured Tomato Paste 800g** (Tomatoes). Diced Red Onion.

RASPBERRY + WHITE CHOCOLATE SPONGE & VANILLA SAUCE (CONTAINS SOYA)

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 Tub** (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). Upfield is committed to sustainable palm oil.). **EGGS**. **Callebaut White Chocolate Callets** (Sugar, Cocoa Butter, Whole **MILK** Powder, Emulsifier **SOYA** Lecithin, Natural Vanilla Flavouring.). **Fresh Raspberries**. **FAIRWAY CORNFLOUR** (Maize Starch). **Vanilla Flavouring** (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings.). **CASTER SUGAR** (Cane Sugar). Semi Skimmed **MILK**.



7TH JUNE INGREDIENTS



CHILLI CON CARNE & RICE

Filippo Berio Extra Virgin Olive Oil (Extra virgin olive oil). **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%)). **Fairway Assured Garlic Puree** (Rehydrated Garlic (98%), Citric Acid.). **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). **Minced Beef. Onions.**

QUORN CHILLI CON CARNE & RICE

Quorn Mince (Mycoprotein (88%), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **BARLEY** Malt Extract.). **Fairway Assured Garlic Puree** (Rehydrated Garlic (98%), Citric Acid.). **Filippo Berio Extra Virgin Olive Oil** (Extra virgin olive oil). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11)). **Fairway Ground White Pepper** (Ground White pepper). **Fairway Assured Tomato Paste** (Tomatoes (100%)). **Fairway Assured Chopped Tomatoes in Tomato Juice** (Tomatoes, Tomato Juice, Acidity Regulator (Citric 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.). **Red Kidney Beans in Brine** (Red Kidney Beans, Water, Salt, Calcium chloride.). **Fairway Chilli Powder** (Chilli powder). **Paprika** (1%) (Paprika). **FAIRWAY CORNFLOUR** (Maize Starch). **Onions.**

BUTTERSCOTCH MOUSSE

White mini marshmallows (57%) (Glucose-fructose syrup, sugar, water, dextrose, gelatine, flavouring). **Angel Delight Butterscotch Flavour Mousse Dessert Mix** (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** (0%) (Semi-skimmed **MILK**). **Dr Oetker Sugar Strands Jar 55g** (0%) (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 2.5kg** (0%) (Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier **SOYA** Lecithin, Natural Vanilla Flavouring.).



9TH JUNE INGREDIENTS



ROAST CHICKEN & STUFFING

Filippo Berio Extra Virgin Olive Oil 3x5Ltr PET (Extra virgin olive oil). **Fairway Rubbed Thyme (Thyme).** **Fairway Rubbed Sage (Sage).** **Fairway Table Salt 2x6kg (Salt, Sodium Hexacyanoferrate (11)).** **Fairway Cracked Black Pepper (Cracked black pepper).** **SAGE AND ONION STUFFING MIX (Breadcrumbs (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Onion, Salt, Rapeseed Oil, Flavouring, Parsley, Sage).** **PHASE DAWN MARG 40X250G WRA DB UK (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).** **Chicken Quarters.**

CARROT & LENTIL BAKE

RED SPLIT LENTILS (Red Split Lentils). **Fairway Assured Garlic Puree (Rehydrated Garlic (98%), Citric Acid).** **Phase (Vegetable oils in varying proportions (80%) (palm, rapeseed), water, salt (1.3%), whey powder (MILK), emulsifier (sunflower lecithin), citric acid, flavourings, vitamins A and D, colour (carotenes). Upfield is committed to sustainable palm oil).** **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).** **Filippo Berio Extra Virgin Olive Oil (Extra virgin olive oil).** **Onions.**

APPLE & SULTANA GOODIE + CUSTARD (CONTAINS SOYA)

PHASE DAWN MARG 40X250G DB BRK UK (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). **Caterers Pride Solid Pack Apples (Apples, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)).** **Heygates Culinary (Plain) Flour (Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))).** **CASTER SUGAR (Cane Sugar).** **Sultanas (99.5%), Sunflower oil.**



10TH JUNE INGREDIENTS



FISH FINGERS

Fish Fingers 120 x 25g (50%) (Formed **FISH (ALASKA POLLOCK and COD, WHEAT flour**, water, yeast, yeast extract, potato, salt, curcuma, paprika, **WHEAT** starch, vegetable oil (100% rapeseed), methylcellulose (E461).). **Filippo Berio Extra Virgin Olive Oil (50%)** (Extra virgin olive oil).

QUORN NUGGETS

Mycoprotein (56%), Water, Sunflower Oil, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin & Thiamine), Rehydrated Free Range **EGG** White, Maize Flour, **WHEAT** Starch, **MILK** Proteins, Natural Flavouring, Dextrose, Firming Agents: Calcium Chloride, Calcium Acetate; Raising Agents: Trisodium Diphosphate, Sodium Carbonate; Turmeric Extract, Gelling Agent: Pectin.

PUDDING INGREDIENTS WILL BE AT THE POINT OF SALE ON
FRIDAYS



13TH JUNE INGREDIENTS



GAMMON STEAK

Unsmoked Gammon Steaks

QUORN SAUSAGES

Quorn Sausages 2kg (50%) (Mycoprotein (51%), Rehydrated Free Range **EGG** White, Textured **WHEAT** Protein (**WHEAT** Flour, Stabiliser: Sodium Alginate.), Rusk (**WHEAT** Flour, Salt, Yeast), Onion, Casing (Stabiliser: Sodium Alginate, Cellulose, Modified Starch.), Rapeseed Oil, Flavouring (contains Colours: Iron & Brown Iron Oxide.), **MILK** Proteins, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Pea Fibre, Roast **BARLEY** Malt Extract).

MARBLE SPONGE & CHOCOLATE SAUCE (MAY CONTAIN SOYA)

Summer County Spread Tub (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). **Heygates Self Raising Flour** (**Wheat** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)), Sodium Carbonates (E500) Calcium Phosphates (E341)). **EGGS**. **Caster Sugar** (Cane Sugar). **Dr Oetker Fat Reduced Cocoa Powder** (Fat reduced cocoa powder Co-coa **butter** minimum content 10%). **Vanilla Flavouring** (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings).

Dr Oetker Fat Reduced Cocoa Powder (Fat reduced cocoa powder Co-coa **butter** minimum content 10%). **Caster Sugar**(Cane Sugar). **Semi Skimmed MILK**.



14TH JUNE INGREDIENTS



BEEF AND ONION PIE & MASHED POTATO (MAY CONTAIN SOYA)

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%)). **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 Cornflour** (Maize Starch). **Heygates Culinary (Plain) Flour** (Wheat Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). **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. **2L Semi-skimmed MILK**. (Cows' **MILK**). Medium **EGGS**(Hens **EGGS**). **Kerrymaid Packet Lard** (Pork Lard, Antioxidant (Natural Tocopherols)). **Minced Beef. Onions.**

Summer County Spread Tub (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). Upfield is committed to sustainable palm oil.). **White Pepper Ground** (White pepper.). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11)). 2L Semi-skimmed **MILK** (Cows' **MILK**.) **White Potatoes.**

CREAMY VEGETABLE PIE & MASHED POTATO (MAY CONTAIN SOYA)

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 Cornflour** (Maize Starch). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11)). **Fairway Ground White Pepper** (Ground White pepper). **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, Sugar, Dried Herbs (Parsley, Bay, Thyme), Black Pepper Extract.). **Filippo Berio Extra Virgin Olive Oil** (Extra virgin olive oil). **Onions. Leeks. Carrots. Swede. Mushrooms. Heygates Culinary (Plain) Flour** (Wheat Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)).

Summer County Spread Tub (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). Upfield is committed to sustainable palm oil.). **White Pepper Ground** (White pepper.). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11)). 2L Semi-skimmed **MILK** (Cows' **MILK**.) **White Potatoes.**

STRAWBERRY SHORTBREAD CRUMBLE (MAY CONTAIN SOYA)

Heygates Culinary (Plain) Flour (Wheat Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). **Phase** (Vegetable oils in varying proportions (80%) (palm, rapeseed), water, salt (1.3%), **why powder (MILK)**, emulsifier (sunflower lecithin), citric acid, flavourings, vitamins A and D, colour (carotenes).Upfield is committed to sustainable palm oil.). Caster Sugar (Cane Sugar). **Strawberry Fruit Filling** (Water, Strawberry (38%), Sugar, Modified Starch, Acidity Regulator (Citric Acid), Colouring Food (Concentrate of Elderberry), Natural Flavour, Preservative (Potassium Sorbate).



16TH JUNE INGREDIENTS



ROAST TURKEY & STUFFING

Filippo Berio Extra Virgin Olive Oil (Extra virgin olive oil). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11)). **Fairway Fine Cracked Black Pepper** (Black pepper). **Fairway Rubbed Thyme** (Thyme). **Bisto Gravy Granules for Turkey** (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Flavourings (contain **MILK**), Flavour Enhancers (E621, E635, E627), Turkey Powder, Emulsifier (E322) (contains **SOYA**), Chicken Powder.). **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.). **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. **Turkey Crown**.

CAULIFLOWER CHEESE

Heygates Culinary (Plain) Flour (Wheat Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). **Semi Skimmed Milk** (Semi Skimmed **MILK**). **Phase Marge** (Vegetable oils in varying proportions (80%) (palm, rapeseed), water, salt (1.3%), **wey powder (MILK)**, emulsifier (sunflower lecithin), citric acid, flavourings, vitamins A and D, colour (carotenes). **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).). **Cauliflower**.

HOMEMADE RICE PUDDING

Semi Skimmed MILK. **Fairway Pudding Round Grain Rice** (100% Round Grain Rice (Oryza Sativa)). Caster Sugar (Cane Sugar). **Vanilla Flavouring** (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings.). **Kerry-maid Double Cream** (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).



17TH JUNE INGREDIENTS



SAUSAGE ROLL

Fairway 6" Sausage Roll (INGREDIENTS: Water, **WHEAT** Flour, Pork (17%), Margarine [Palm Oil, Palm Stearin, Water, Rapeseed Oil, Salt, Emulsifier (E471), Acidity Regulator (E330), Lemon Juice], Rusk [**WHEAT** Flour, Salt, Raising Agent (E503ii)], Seasoning [Salt, **SOYA** Protein Concentrate, **WHEAT** Flour, Spices (Ginger, Nutmeg, White Pepper, Mace, Black Pepper), Sugar, Rusk (**WHEAT** Flour, Salt, Raising Agent (E503ii)), Preservative (Sodium **SULPHITE**), Emulsifier (E451), Onion Powder, Dextrose, Antioxidant (E301), Spice Extracts], Glaze [Water, Modified Starch, Rapeseed Oil, **MILK** Proteins, Emulsifiers (**SOYA** Lecithin, E471), Acidity Regulators (E339iii), Colour (E160a)], Pork Fat, Potato Starch, Salt, Yeast Extract.).

VEGETABLE SAMOSAS

Filling (Potato (35%), Peas (7%), Carrot (7%), Sweetcorn (6%), Green Beans (5%), Sugar, Onion (1%), Salt, Dhania Jeera (Coriander Seeds Powder, Cumin Powder), Coriander, Garam Masala (Cinnamon Powder, Clove Powder, Black Pepper Powder, Ginger Powder), Chili Powder, Water, Garlic, Ginger, Acidity Regulator: Citric Acid; Fennel Seeds, Cumin Seeds, Red Chili Flakes, Cumin Powder, Cinnamon Powder, Clove Powder), Pastry (**WHEAT** Flour, Water, Corn Oil, Salt).

PUDDING INGREDIENTS WILL BE AT THE POINT OF SALE ON
FRIDAYS



20TH JUNE INGREDIENTS



PORK MEATBALLS & PENNE PASTA

MEAT BALLS (Pork (81%), onions, breadcrumbs (**WHEAT** flour, water, salt, yeast), skimmed **MILK** powder, salt, spices, stabilisers (E450, E451). Fried in rapeseed oil.). **Fairway Assured Chopped Tomatoes in Tomato Juice** (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)). **Fairway Assured Garlic Puree** (Rehydrated Garlic (98%), Citric Acid.). **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%)). **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, Sugar, Dried Herbs (Parsley, Bay, Thyme), Black Pepper Extract.). **Fairway Italian Seasoning** (Marjoram, thyme, basil, oregano, parsley, sage, black pepper). **Onions**.

QUORN BOLOGNESE

Quorn Mince (Mycoprotein (88%), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **BARLEY** Malt Extract.). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11).). **Fairway Ground White Pepper** (Ground White pepper). **Filippo Berio Extra Virgin Olive Oil** (Extra virgin olive oil). **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, Sugar, Dried Herbs (Parsley, Bay, Thyme), Black Pepper Extract.). **Fairway Assured Garlic Puree** (Rehydrated Garlic (98%), Citric Acid.). **Fairway Assured Chopped Tomatoes in Tomato Juice** (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)). **Fairway Assured Tomato Paste** (Tomatoes (100%)). **Fairway Cornflour** (Maize Starch). **Fairway Italian Seasoning** (Marjoram, thyme, basil, oregano, parsley, sage, black pepper). **Onions**.

APPLE CRUMBLE & CUSTARD

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**.



21ST JUNE INGREDIENTS



CHICKEN CURRY & RICE

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.). **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.). **Fairway Assured Garlic Puree** (Rehydrated Garlic (98%), Citric Acid.). **Fairway Ground Ginger** (Ground ginger). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11.)). **Filippo Berio Extra Virgin Olive Oil** (Extra virgin olive oil). **Fairway Garam Masala** (Coriander, cumin, cinnamon, ginger, chilli, dill, pepper, clove.). **Fairway Ground Turmeric** (Ground Turmeric). **Fairway Ground Cumin** (Ground Cumin). **Curry Powder** - (Coriander, Turmeric, Fennel, Fenugreek, Cumin, Pepper, Cardamom, Red Chilli, Sea Salt, Garlic, Cloves - all powders). **Coconut Milk** (Coconut Extract (52%), Water, Stabilisers: Guar Gum (E412), Sodium Carboxymethyl Cellulose (E466), sucrose Esters of Fatty Acids (473).). **Creamed Coconut** (Coconut (100%)). **Fairway Assured Mango Chutney** (Sugar, Mangoes (46%), Salt, Acidity Regulator (Acetic Acid), Spices, Garlic Powder). **White Rice** (Rice). **Diced Chicken**. **Onions**.

VEGETABLE CURRY & RICE

Fairway Assured Mango Chutney (Sugar, Mangoes (46%), Salt, Acidity Regulator (Acetic Acid), **Spices**, Garlic Powder). **Fairway Assured Garlic Puree** (Rehydrated Garlic (98%), Citric Acid.). **Fairway Ground Ginger** (Ground ginger). **Coconut Milk** (Coconut Extract (52%), Water, Stabilisers: Guar Gum (E412), Sodium Carboxymethyl Cellulose (E466), sucrose Esters of Fatty Acids (473).). **Creamed Coconut** (Coconut (100%)). **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, Salt). **Onions**. **Fairway Easy Cook Long Grain Rice** (100% Long Grain Parboiled Rice (Oryza sativa).). **Round Garlic & Coriander Naan** (**WHEAT** Flour (Fortified with Calcium, Iron, Thiamin, Niacin), Water, Vegetable Ghee (Palm Oil, Rapeseed Oil), Garlic (3%), Yeast, Raising Agents (Calcium Phosphate, Sodium Bicarbonate), Kalonji Seeds, Rapeseed Oil, Salt, Coriander (0.5%), Skimmed **MILK** Powder.). **Courgettes**. **Peppers**. **Carrots**. **Mushrooms**.

MANDARIN CHEESECAKE



23RD JUNE INGREDIENTS



ROAST BEEF & YORKSHIRE PUDDING

Fairway Table Salt (Salt, Sodium Hexacyanoferrate (11)). **Fairway Cracked Black Pepper** (Cracked black pepper). **Bisto Gravy Granules** (Potato Starch, Maltodextrin, Palm Oil, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (E150c), Sugar, Flavourings (contain **BARLEY**), Flavour Enhancers (E621, E635), Emulsifier (E322) (contains **SOYA**)). **60 Ready 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 SAUSAGES IN ONION GRAVY

Quorn Sausages (Mycoprotein (51%), Rehydrated Free Range **EGG** White, Textured **WHEAT** Protein (**WHEAT** Flour, Stabiliser: Sodium Alginate.), Rusk (**WHEAT** Flour, Salt, Yeast), Onion, Casing (Stabiliser: Sodium Alginate, Cellulose, Modified Starch.), Rapeseed Oil, Flavouring (contains Colours: Iron & Brown Iron Oxide.), **MILK** Proteins, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Pea Fibre, Roast **BARLEY** Malt Extract). **Bisto The Original Gravy Powder** (Potato Starch, Salt, **WHEAT** Starch, Colour (E150c), Yeast Powder (contains **BARLEY**), Onion Powder.). **Onions**.

CHOCOLATE TART

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.). **Silver Spoon Icing Sugar** (Icing Sugar, Anti-Caking Agent (Tricalcium Phosphate (E341(iii))).). **Dr Oetker Fat Reduced Cocoa Powder** (Fat reduced cocoa powder Cocoa **butter** minimum content 10%). **Semi-skimmed MILK** (7%) (Cows' **MILK**). **Callebaut White Chocolate Cullets** (Sugar, Cocoa Butter, Whole **MILK** Powder, Emulsifier **SOYA** Lecithin, Natural Vanilla Flavouring.). **Digestive Rounds** (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), Vegetable Oil (Palm, Rapeseed in varying proportions), Wholemeal **WHEAT** Flour (14%), Sugar, Partially Inverted Refiners Syrup, **Whey** Powder (**MILK**), Raising Agents (Sodium Hydrogen Carbonate,



24TH JUNE INGREDIENTS



BATTERED COD

Fairway Battered Cod (Cod (**FISH**), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Maize Starch, Raising Agent (Disodium Diphosphate, Sodium Bicarbonate), **WHEAT** Starch, Dextrose, Yeast Extract, Stabiliser (Xanthan Gum).

SPICY BEAN BURGER

SPICY BEAN ¼lb BURGER (Kidney Beans (12%), Sweetcorn (12%), Dried Potato, Water, Crumb (**Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Dextrose, Salt, Paprika, Turmeric), Onion, Carrot, Green Peppers (6%), Rapeseed Oil, **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato Purée, Salt, Cumin, Garlic, Onion Powder, Chilli Powder, Black Pepper, Oregano, Acidity Regulator (Citric Acid).). **Fairway Assured A5 Sliced Floured Baps** (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers: E471, E472(e). Flour Treatment Agents: E300, E920.).

PUDDING INGREDIENTS WILL BE AT THE POINT OF SALE ON
FRIDAYS



27TH JUNE INGREDIENTS



CREAMY CHICKEN RISOTTO

Filippo Berio Extra Virgin Olive Oil (Extra virgin olive oil). **Fairway Assured Garlic Puree** (Rehydrated Garlic (98%), Citric Acid.). **Fairway Table Salt** (Salt, Sodium Hexacyanoferrate (11).). **Fairway Ground White Pepper** (Ground White pepper). **Fairway Mixed Herbs** (Thyme, marjoram, basil, sage, parsley). **Oxo Chicken Stock Cubes** (**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Salt, Dried Glucose Syrup, Flavour Enhancer (Monosodium Glutamate), Yeast Extract, Flavourings, Chicken Fat (3%), Potato Starch, Sugar, Concentrated Chicken Extract (2%), Colour (Ammonia Caramel).). **Long Grain Rice** (Rice). **Fairway Assured Peas Luxury** (Peas). **Fairway Assured Sweetcorn** (Sweetcorn (100%)). **Grated Mild Cheddar**(**MILK**, Salt, Rennet, Starter Culture Anticaking Agent - Cellulose). **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).). **Diced Chicken. Onions. Mushrooms. Carrots. Mixed Peppers.**

QUORN & VEGETABLE RISOTTO

Quorn Pieces (Mycoprotein (94%), Rehydrated Free Range **EGG** White, Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate.). **Fairway Easy Cook Long Grain Rice** (100% Long Grain Parboiled Rice (*Oryza sativa*)). **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, Sugar, Dried Herbs (Parsley, Bay, Thyme), 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** (**Mozzarella** (**MILK**, Salt, vegetarian Approved Rennet, Starter Culture) anticaking agent cellulose). **Onions. Peppers. Carrots.**

LEMON SYRUP SPONGE & CUSTARD

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 Tub** (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). Upfield is committed to sustainable palm oil.). **EGGS. Lemon Zest & Juice.**



28TH JUNE INGREDIENTS



COD PORTUGUESE

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 Chopped Tomatoes in Tomato Juice** (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)). **Fairway Assured Tomato Paste** (Tomatoes (100%)). **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, Sugar, Dried Herbs (Parsley, Bay, Thyme), Black Pepper Extract.). **FAIRWAY CORNFLOUR** (Maize Starch). **Fairway Spanish Paprika** (Paprika). **Cod Fillets (FISH)**. **Onions**. **Diced Mixed Peppers**.

STUFFED PEPPERS

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, Sugar, Dried Herbs (Parsley, Bay, Thyme), Black Pepper Extract.). **BUCHANANS COUS COUS** (DURUM **WHEAT**, Semolina). **Fairway Italian Seasoning** (Marjoram, thyme, basil, oregano, parsley, sage, black pepper). **Fairway Assured Garlic Puree** (Rehydrated Garlic (98%), Citric Acid.). **Grated Mild Cheddar (MILK, Salt, Rennet, Starter Culture Anti-caking Agent - Cellulose)**. **Filippo Berio Extra Virgin Olive Oil** (Extra virgin olive oil). **Onions**. **Peppers**. **Mushrooms**. **Courgette**.

BANANA MOUSSE POTS

White mini marshmallows (Glucose-fructose syrup, sugar, water, dextrose, gelatine, flavouring). **Angel Delight Banana Flavour Mousse Dessert Mix** (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), **MILK** Proteins, Gelling Agents (Diphosphates, Sodium Phosphates), Calcium Carbonate, Stabiliser (Potassium Phosphates), Flavourings, Colours (Annatto Norbixin, Carotenes).). **Semi-Skimmed Milk - UHT** (Semi-skimmed **MILK**). **Dr Oetker Sugar Strands** (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.).



29TH JUNE INGREDIENTS



ROAST PORK & STUFFING

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

VEGETABLE CRUMBLE

Heygates Culinary (Plain) Flour Wheat Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). **Phase** (Vegetable oils in varying proportions (80%) (palm, rapeseed), water, salt (1.3%), **wehey** powder (**MILK**), emulsifier (sunflower lecithin), citric acid, flavourings, vitamins A and D, colour (carotenes). Upfield is committed to sustainable palm oil.). **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, Sugar, Dried Herbs (Parsley, Bay, Thyme), 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**.

CHOCOLATE SPONGE & CHOCOLATE SAUCE

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 Tub** (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). Upfield is committed to sustainable palm oil.). **EGGS**. **Dr Oetker Fat Reduced Cocoa Powder** (Fat reduced cocoa powder Cocoa **butter** minimum content 10%). **Caster Sugar** (Cane Sugar). Semi Skimmed **MILK**.



30TH JUNE INGREDIENTS



SOUTHERN FRIED CHICKEN

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.

Seasoned Wedges: Potato (95%), SG palm oil (2,7), potato starch, modified potato starch, salt, herbs and spices, onion powder, garlic powder, rice flour, dextrose, yeast extract, sugar, raising agent: E500(ii), capsicum extract.

CHEESE & ONION PASTY

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), Grated Mature **Cheddar Cheese (MILK)** (12%), Flaked Potato (8%), Diced Onion (3%), Modified Maize Starch, Glaze [Water, Modified Starch, Rapeseed Oil, **MILK** Proteins, Emulsifiers (**SOYA** Lecithin, E741), Acidity Regulator (E339 ii), Colour (Carotenes)], **Cheese Powder [Cheddar Cheese (MILK), Salt]**, Dijon **Mustard** [Water, **MUSTARD** Seeds, Spirit Vinegar, Salt], Salt, Yeast Extract, Emulsifier (E464), Onion Powder, White Ground Pepper.

Seasoned Wedges: Potato (95%), SG palm oil (2,7), potato starch, modified potato starch, salt, herbs and spices, onion powder, garlic powder, rice flour, dextrose, yeast extract, sugar, raising agent: E500(ii), capsicum extract.

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