

AW 2025

Week 1		Lunch	Ingredients	Side Dish	Dessert	Ingredients
Monday	Reg	Butchers Pork Sausage w/ Gravy (SD)	Pork, Water, Gluten Free Rice Crumb (Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose), (Sea Salt, Sugar, Spices, Emulsifier (Diphosphate), Herbs, Preservative (Sodium METABISULPHITE), Yeast Extract, Rice Flour, Natural Flavouring, Antioxidants (Ascorbic Acid, Sodium Ascorbate), Dehydrated Onion), Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic.)	Red cabbage, Apple & Peas Baby Potatoes	Fruity Fromage Frais (D)	Skimmed MILK, Raspberry
	Veg	Vegetarian Sausage (S) (SD) (G) (T)	Vegetarian Sausage (Rehydrated Textured SOYA Protein, Water, Rapeseed Oil, SOYA Protein Concentrate, Seasoning (SULPHITES) (Dextrose, Salt, Flavouring, Onion Powder, Yeast Extract, Colour (red iron oxide)), Fortified WHEAT flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Stabiliser (Methyl Cellulose), TOMATO Purée, Salt, Raising Agent (ammonium carbonates.), Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic.)			
Tuesday (V)	Veg	Smooth Tomato & Roasted Vegetables Butter Bean Pasta (G) (T)	Pasta (WHEAT), Courgette, Butter Bean, Mixed Pepper, Carrot, TOMATO , Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper)		Orange Smiles	Oranges
Wednesday	Reg	Fish Biryani (F) (T)	Pollock (FISH), Green Beans, Carrot, Rice, TOMATO , Onion, Herbs, Spices, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper)	Cucumber	Natural Yoghurt w/ Cherry Compote (D)	Yoghurt (MILK), Cherry
	Veg	Chickpea Biryani (T)	Chickpea, Green Beans, Carrot, Rice, TOMATO , Onion, Spices, Herbs, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper)			
Thursday	Reg	Pork Meatballs & Spaghetti (G) (T)	Pork, Breadcrumbs (WHEAT Flour, Water, Salt, Yeast), Onion, Egg, Salt, Dried Onion, Rapeseed Oil, White Pepper, Nutmeg, Pasta (WHEAT), Carrots, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), TOMATO , Onion, Garlic, Herbs, Spices		Carrot, Raisins & Cream Cheese Mini Sponge (G) (E) (D)	Self Raising Flour (WHEAT), EGG, Butter (MILK), Banana, Raisins, Carrot, Cream Cheese (MILK)
	Veg	Vegetarian Meatballs & Spaghetti (S) (G) (T)	Vegetarian Meatballs (Rehydrated Textured SOYA Protein, Onion, Rapeseed Oil, Water, SOYA Protein Isolate, Flavours, Chickpea Flour, Stabiliser (Methyl Cellulose), Onion Powder, WHEAT Gluten, Dextrose, Sugar, SOYA , Malted BARLEY Extract, Maize, Garlic Powder, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), White Pepper, Pimento, Nutmeg, Black Pepper, Paprika, Parsley, Dill, Acid (Citric Acid), Colour (Sulphite Ammonia Caramel), Salt, Raising Agent (Ammonium Carbonates), Carrot, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), TOMATO , Onion, Garlic, Herbs, Spices			
Friday	Reg	Chicken & Vegetable Stew (C) (T)	Chicken Mince, CELERY , Swede, Leek, Carrot, Peas, Potato, TOMATO , Gravy (Rice Flour, Potato, Onion, Garlic, Herbs), Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices	Wholemeal Bread (G) (S) Wholemeal WHEAT Flour, Water, Salt, Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamine, Yeast, Palm Oil, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids Preservative (Calcium Propionate), SOYA Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid).	Natural Yoghurt w/ Blueberry (D)	Yoghurt (MILK), Blueberry
	Veg	Mixed Bean & Vegetable Stew (C) (T)	Butterbeans, Kidney Beans, Cannellini Beans, CELERY , Swede, Leek, Carrot, Peas, Potato, TOMATO , Gravy (Rice Flour, Potato, Onion, Garlic, Herbs), Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices			

ALLERGEN KEY:

C = Celery D = Milk/Dairy E = Egg F = Fish G = Cereals containing Gluten CR = Crustaceans L = Lupin MO = Molluscs N = Nuts PN = Peanuts M = Mustard S = Soybeans SD = Sulphur Dioxide SE = Sesame Seeds
+ T = Tomato

Our kitchen does not handle Crustaceans, Lupin, Nuts & Molluscs, please see our Allergen Policy for further information.

Tomato - Although not one of the 14 allergens prescribed by law, feedback from our customers has identified this as a common allergen and therefore is highlighted within the ingredients.

AW 2025

Week 2		Lunch	Ingredients	Side Dish	Dessert	Ingredients
Monday	Reg	Lamb & Lentils Butterfly Pasta (C) (G) (T)	Lamb Mince, Lentils, Pasta (WHEAT), Carrot, CELERY , <i>TOMATO</i> , Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices		Chia & Blackberry Yoghurt (D)	Yoghurt (MILK), Blackberry, Chia
	Veg	Bean & Lentil Butterfly Pasta (C) (G) (T)	Cannellini Beans, Lentils, Pasta (WHEAT), Carrot, CELERY , <i>TOMATO</i> , Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices			
Tuesday	Reg	Coconut Butter Chicken (T)	Chicken, Carrot, Butternut Squash, <i>TOMATO</i> , Coconut Milk, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices	Rice	Winter Berry Custard (D)	Mixed Berries MILK , Maize Starch, Salt, Colour (Annatto Norbixin) Flavouring, Yoghurt (MILK)
	Veg	Roasted Cauliflower & Butter Bean Coconut Curry (T)	Butterbeans, Cauliflower, Carrot, Butternut Squash, <i>TOMATO</i> , Coconut Milk, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices			
Wednesday (V)	Veg	Jacket Potato w/ Vegetable Ragu (T) (C)	Kidney Beans, Courgette, Swede, CELERY , Carrot, Onions <i>TOMATO</i> , Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Spices, Herbs	Chive Dip (D) Yoghurt (MILK), Chive	Black cherry, Beetroot & Cocoa Mini Sponge (G)(D)(E)	Self Raising Flour (WHEAT), EGG , Butter (MILK), Banana, Black Cherry, Beetroot, Cocoa Powder
Thursday	Reg	Salmon & Pollock Tomato Pasta (F) (G) (T)	Salmon (FISH), Pollack (FISH), Pasta (WHEAT), Swede, Broccoli, Leek, Carrot, <i>TOMATO</i> , Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Spices, Herb		Fresh Melon	
	Veg	Country Vegetable Pasta (G) (T)	Butter Beans, Pasta (WHEAT), Swede, Broccoli, Leeks, Carrot, <i>TOMATO</i> , Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Spices, Herb			
Friday	Reg	Beef Cottage Pie (C) (T)	Beef Mince, CELERY , Sweetcorn, Carrot, Potato, <i>TOMATO</i> , Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic.), Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices	Mashed Sweet Potato & Potato (D) Sweet Potato, Potato, MILK , Butter (MILK)	Smooth Spiced Apple Rice pudding (D)	Rice, MILK , Water, Cinnamon, Apple
	Veg	Mixed Bean Cottage Pie (C) (T)	Chickpea, Kidney Beans, Butter Beans, CELERY , Sweetcorn, Carrot, Potato, <i>TOMATO</i> , Gravy ((Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic.), Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices			

ALLERGEN KEY:

C = Celery D = Milk/Dairy E = Egg F = Fish G = Cereals containing Gluten CR = Crustaceans L = Lupin MO = Molluscs N = Nuts PN = Peanuts M = Mustard S = Soybeans SD = Sulphur Dioxide SE = Sesame Seeds
+ T = Tomato

Our kitchen does not handle Crustaceans, Lupin, Nuts & Molluscs, please see our Allergen Policy for further information.

Tomato - Although not one of the 14 allergens prescribed by law, feedback from our customers has identified this as a common allergen and therefore is highlighted within the ingredients.

AW 2025

Week 3		Lunch	Ingredients	Side Dish	Dessert	Ingredients
Monday	Reg	Chicken Biryani (T)	Chicken, Rice, Peas, Carrot, TOMATO , Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices	Mango Chutney Sugar, Peeled Mango Slices, Sugar Cane Vinegar, Chili Powder, Ginger Powder, Ground Garlic, Turmeric Powder	Fruity Fromage Frais (D)	Skimmed MILK , Cherry
	Veg	Bean & Lentil Biryani (T)	Cannellini Bean, Lentil, Cauliflower, Rice, Carrot, Peas, TOMATO , Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices			
Tuesday	Reg	Creamy Fish Pie (F) (G) (D)	Pollock (FISH) , Salmon (FISH) , Peas, Green Beans, Broad Beans, Carrot, Sweetcorn, Onion, Garlic, Coriander, Bechamel Sauce (WHEAT Flour, Butter (MILK), MILK), Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices, Herbs	Baby Potatoes Puff Pastry Square (G) WHEAT Flour, Margarine (Palm Fat, Water, Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Acidity Regulator: Citric Acid), Water, Ethanol, Sugar, Salt, Acidity Regulator: Citric Acid.)	Melon Slices	
	Veg	Creamy Vegetable Pie (G) (D)	Cannellini Beans, Cauliflower, Broccoli, Peas, Green Beans, Broad Beans, Carrot, Sweetcorn, Onion, Garlic, Coriander, Bechamel Sauce (WHEAT Flour, Butter (MILK), MILK), Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices, Herbs			
Wednesday (V)	Veg	Chickpea, Spinach & Sweet Potato Curry (T)	Chickpea, Spinach, Sweet Potato, Potato, Carrot, TOMATO , Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices	Naan Bread (G) WHEAT Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Water, Raising Agent (Monocalcium Phosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose	Sliced Pears in Spiced Vanilla sauce (D)	Pears, Water, Cornflour, Vanilla, MILK , Cinnamon, Ginger, All Spice
Thursday	Reg	Chicken in Gravy	Chicken, Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic)	Baby Potatoes Carrots, Sweetcorn, Broad Beans, Green Beans, Garden Peas Yorkshire Pudding (G) (E) (D) WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), EGG White, EGG , Water, Rapeseed Oil, Skimmed MILK Powder, Salt Baked Beans Vegetarian only (T) Haricot Beans, TOMATO , Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring.	Banana & Date Mini Sponge (G) (E) (D)	Banana, Dates, Cinnamon, Self-raising Flour (WHEAT), EGG , Butter (MILK)
	Veg	Vegetable Fingers (G)	Vegetable Mix (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (WHEAT Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, WHEAT Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric, Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic.)			
Friday	Reg	Sausage & BBQ Bean Casserole (SD) (C) (T)	Pork Sausages (Pork, Water, Gluten Free Rice Crumb (Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose), (Sea Salt, Sugar, Spices, Emulsifier (Diphosphate), Herbs, Preservative (Sodium METABISULPHITE), Yeast Extract, Rice Flour, Natural Flavouring, Antioxidants (Ascorbic Acid, Sodium Ascorbate), Dehydrated Onion), Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic.) o, Baked Beans (Haricot Beans, TOMATO , Onion, Spices), Carrot, Potato, Swede, Peas, CELERY , Onion, Herbs, Spices	Wholemeal Bread (G) (S) Wholemeal WHEAT Flour, Water, Salt, Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamine, Yeast, Palm Oil, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids Preservative (Calcium Propionate), SOYA Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid).	Fruit Salsa	Apple, Mandarin, Plums, Melon
	Veg	Vegetarian Sausage & BBQ Bean Casserole (S) (SD) (G) (C) (T)	Vegetarian Sausage (Rehydrated Textured SOYA Protein, Water, Rapeseed Oil, SOYA Protein Concentrate, Seasoning (SULPHITES) (Dextrose, Salt, Flavouring, Onion Powder, Yeast Extract, Colour (red iron oxide), Fortified WHEAT flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Stabiliser (Methyl Cellulose), TOMATO Purée, Salt, Raising Agent (ammonium carbonates.), Carrot, Swede, CELERY , Peas, Potato, Baked Beans (Haricot Beans, TOMATO , Onion, Spices), TOMATO , Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices			

ALLERGEN KEY:

C = Celery D = Milk/Dairy E = Egg F = Fish G = Cereals containing Gluten CR = Crustaceans L = Lupin MO = Molluscs N = Nuts PN = Peanuts M = Mustard S = Soybeans SD = Sulphur Dioxide SE = Sesame Seeds
+ T = Tomato

Our kitchen does not handle Crustaceans, Lupin, Nuts & Molluscs, please see our Allergen Policy for further information.

Tomato - Although not one of the 14 allergens prescribed by law, feedback from our customers has identified this as a common allergen and therefore is highlighted within the ingredients.

AW 2025

Week 4		Lunch	Ingredients	Side Dish	Dessert	Ingredients
Monday	Reg	Chinese Chicken Curry (T)	Chicken, Potato, Peas, Onion, <i>TOMATO</i> , Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Herbs, Spices, Curry Sauce (Sugar, modified potato starch, curry powder (coriander, fenugreek, cumin, turmeric, cinnamon, nutmeg, black pepper, paprika, cayenne pepper), palm fat, <i>TOMATO</i> puree powder, starch, maltodextrin, salt, flavourings, onion powder, yeast extract, acid (citric acid), garlic powder, ginger, marjoram, caramel syrup.)	Rice	Natural Yoghurt w/ Blackberry Compote (D)	Yoghurt, MILK, Blackberry
	Veg	Butter Bean & Sweet Potato Curry (T)	Butter Bean, Sweet Potato, Potato, Peas, Onion, <i>TOMATO</i> , Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Spices, Herbs, Curry Sauce (Sugar, modified potato starch, curry powder (coriander, fenugreek, cumin, turmeric, cinnamon, nutmeg, black pepper, paprika, cayenne pepper), palm fat, <i>TOMATO</i> puree powder, starch, maltodextrin, salt, flavourings, onion powder, yeast extract, acid (citric acid), garlic powder, ginger, marjoram, caramel syrup.)			
Tuesday (V)	Veg	Lentil & Root Vegetable Hot Pot (T)	Lentils, Black Bean, Potato, Swede, Courgette, <i>TOMATO</i> , Carrot, Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic), Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper)	Wholemeal Bread (G) (S) Wholemeal WHEAT Flour, Water, Salt, WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine, Yeast, Palm Oil, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Preservative (Calcium Propionate), SOYA Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid).	Smooth Apricot Rice Pudding (D)	Rice, MILK, Water, Apricot
Wednesday	Reg	Pork Carbonara (G) (D)	Pork (Pork, Water, Preservative (Sodium Nitrite, Potassium Nitrate), Antioxidant (Sodium Ascorbate), Pasta (WHEAT), Butter Bean, Pea, Bechamel Sauce (WHEAT Flour, Butter (MILK), MILK), Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Spices, Herbs	Coriander & Lime Rice	Grated Cheese, Apple & Raisins (D)	Grated Cheese (MILK), Apple, Raisins
	Veg	Kidney Bean & Vegetable Carbonara (G) (D)	Kidney Beans, Pasta (WHEAT), Butter Bean, Pea, Bechamel Sauce (WHEAT Flour, Butter (MILK), MILK), Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices, Herbs			
Thursday	Reg	Lamb Chilli Con Carne (T)	Lamb Mince, Kidney Bean, Carrot, Bell Peppers, <i>TOMATO</i> , Onion, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Herbs, Spices	Coriander & Lime Rice	Natural Yoghurt w/ Plums (D)	Yoghurt (MILK), Plums
	Veg	Mixed Bean Chilli (T)	Kidney Bean, Cannellini Bean, Butter Bean, Carrot, Bell Peppers, <i>TOMATO</i> , Onions, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Herbs, Spices			
Friday	Veg	Jacket Potato	Potato	Grated Cheese (D) MILK Baked Beans (T) Haricot Beans, <i>TOMATO</i> , Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring.	Peach, Courgette & Cream cheese Mini Sponge (D) (G) (E)	Self-raising Flour (WHEAT), EGG, Butter (MILK), Peach, Courgette, Cream Cheese (MILK)

ALLERGEN KEY:

C = Celery D = Milk/Dairy E = Egg F = Fish G = Cereals containing Gluten CR = Crustaceans L = Lupin MO = Molluscs N = Nuts PN = Peanuts M = Mustard S = Soybeans SD = Sulphur Dioxide SE = Sesame Seeds
+ T = Tomato

Our kitchen does not handle Crustaceans, Lupin, Nuts & Molluscs, please see our Allergen Policy for further information.

Tomato - Although not one of the 14 allergens prescribed by law, feedback from our customers has identified this as a common allergen and therefore is highlighted within the ingredients.