

Ingredients List Summer Term 2022

Mon Week1

Hot Dog

Chicken meat, water, pork collagen, chicken connective tissue, potato starch, pea fibre, chicken fat, salt, thickener (E412), beef collagen, stabiliser (E451), spices, antioxidant (E301), dextrose, yeast extract, flavouring, spice extracts, smoke flavouring, preservative (E250).
Bread Roll: **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative(Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).

Vegan Hot Dog

Vegetable protein (**SOYA**)
Vegetable Oil, **WHEAT** Protein, Vegetable Protein Isolate, Starch, Flavourings (**CELERY**), Spices, Vegetable Gum.
Bread Roll: **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative(Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).

Tuna Mayonnaise Jac

Potato
Tuna
Ground white pepper
Sweetcorn
Mayonnaise
(Rapeseed Oil, Pasteurised Free Range **EGG** Yolk, Water, Spirit
Vinegar, Salt, Stabiliser (Xanthum Gum),
Preservative, (Potassium Sorbate), Acetic Acid, Carotene.

Potato bites

potato, vegetable oil

Fruit/ Yoghurt

Banana/ apple/ pear/ satsuma
Yoghurt - **MILK**

Ingredients List Summer Term 2022

Tue Week1

Breaded Chicken Fillet

Chicken Breast, **WHEAT** Flour, Water, Rapeseed Oil, Cornflour, Salt, **WHEAT GLUTEN**, Yeast, Dextrose, Raising Agents(Disodium Diphosphate, Sodium Bicarbonate, Monocalcium Phosphates), Thickener(Guar Gum), Paprika Powder.

Quorn Dippers

Mycoprotein, Sunflower Oil, **WHEAT** Flour (contains added Calcium, 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.

Baked Beans Jacket

Potato
Baked Beans

Wedges

potato, vegetable oil

Chocolate Muffin

Sugar, **WHEAT** Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin. Thiamin), Rapeseed Oil, Dark Chocolate Chips (17%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Flavouring), **EGG**, Whey Powder (**MILK**), Raising Agents (Sodium Acid Pyrophosphate, Potassium Hydrogen Carbonate), Wheat Starch, Cornflour.

Ingredients List Summer Term 2022

Wed Week1

Roast Turkey

Turkey breast, Bisto gluten free gravy (Maltodextrin, Potato Starch, Salt, Flavourings, Colour (Plain Caramel), Vegetable Oils (Sustainably sourced Palm, Rapeseed, Sunflower), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract.)

Cheese & Tomato Qui

EGGS, tomato, onion, cream (**MILK**), cheese (**MILK**), flour (**WHEAT**), butter (**MILK**)

Vegan Chilli Jacket

SOYA mince (rehydrated Textured **SOYA** Protein, Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper], onion, chopped tomatoes, puree tomato, carrots, Bisto gluten free gravy (Maltodextrin, Potato Starch, Salt, Flavourings, Colour (Plain Caramel), Vegetable Oils (Sustainably sourced Palm, Rapeseed, Sunflower), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract.), oregano, baked beans, mild chilli.
Potato

Roast Potatoes

Potatoes, Rapeseed oil

Vanilla & Chocolate M

Water, Sugar, Palm Oil, Whey Solids (**MILK**), Whey Powder (**MILK**), Dextrose, Fat Reduced Cocoa Powder, Skimmed **MILK** Powder, Buttermilk Powder, Emulsifier: (Mono & Di-Glycerides of Fatty Acids), Stabilisers: (Guar Gum, Xanthan Gum and Locust Bean Gum, Sodium Alginate), Flavour, Natural Colour: Beta Carotene

Ingredients List Summer Term 2022

Thu Week1

Beef Bolognese

Minced steak beef, chopped tomatoes, tomato paste, onion, mixed herbs, Bisto gluten free gravy (Maltodextrin, Potato Starch, Salt, Flavourings, Colour (Plain Caramel), Vegetable Oils (Sustainably sourced Palm, Rapeseed, Sunflower), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract.)

Vege Lasagne

Pasta (Durum **WHEAT** semolina), onion, tomato, peppers, aubergine, courgettes, flour (**WHEAT**), **MILK**, butter (**MILK**), cheese (**MILK**), Bisto gluten free gravy (Maltodextrin, Potato Starch, Salt, Flavourings, Colour (Plain Caramel), Vegetable Oils (Sustainably sourced Palm, Rapeseed, Sunflower), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract.)mixed herbs.

Baked Beans Jacket

Potato
Baked Beans

Pasta

Pasta (**WHEAT**)

Custard Doughnut

WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Sugar, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Monocalcium Phosphates), Salt, **WHEAT** Gluten, **SOYA** Flour, Yeast, Flour Treatment Agent (Ascorbic Acid), Glucose Syrup, Sugar, Modified Maize Starch, Colours (Titanium Dioxide, Carotenes), Salt, Stabiliser (Carboxymethyl Cellulose), Preservative (Potassium Sorbate), Vanilla Flavouring, Emulsifier (Sucrose Esters of Fatty Acids), Acidity Regulator (Glucono-delta-lactone), Cornflour.

Ingredients List Summer Term 2022

Fri Week1

Cod Fishfingers

Minced MSC Cod (**FISH**), **WHEAT** Flour, (Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt, Colours (Paprika Extract, Curcumin), Turmeric

Vegetable Samosa

Potato, **WHEAT** Flour, Onion, Carrot, Peas, Cottonseed Oil, Salt, Green Chilli, Coriander, Garam Masala Powder (Cumin Seed, Black Pepper, Cinnamon, Cardamom, Bay Leaf, Mace, Clove, Nutmeg), Lemon Juice, Cumin Seed, Ginger, Garlic, Turmeric Powder.

Cheesy Jacket

Potato
Cheese (**MILK**)

Saute Potatoes

Potatoes, vegetable oil

Fruit Flapjack

OATS; Sugar; Butterfat **MILK**; Sultanas; Sunflower seeds; Sweetened dried cranberries(Sugar; Cranberries; Vegetable oil: Sunflower); Modified corn starch; Partially inverted sugar syrup; Whole **EGG** powder; Molasses; Raising agent: Diphosphates (E 450), Sodium carbonates (E 500); Salt; **WHEAT** flour (Wheat flour, Calcium carbonate, Iron, Niacin, Thiamin).

Ingredients List Summer Term 2022

Mon Week2

Meatballs

Pork, Onion, Rusk (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamine)& Salt), Rapeseed Oil, Salt, Spices (White Pepper, Nutmeg), Onion Powder, Yeast Extract. Tomato & Basil Sauce [Tomatoes, Tomato Purée, Sugar, Extra Virgin Olive Oil, Modified Maize Starch, Lemon Juice, Garlic Purée, Salt, Basil, Acidity Regulator, Dried Basil, Onion Powder, Ground Black Pepper, Dried Oregano]

Vege balls

SOYA Protein, Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Thickener (Methyl Cellulose), Brown Sugar, Parsley, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper.

Cheesy Jacket

Potato
Cheese (**MILK**)

Pasta

Pasta (**WHEAT**)

Mini-Biscuit pack

Varies but will contain **WHEAT** and **MILK**. See pack for more details.

Ingredients List Summer Term 2022

Tue Week2

Jumbo Fishfinger

Minced Cod (**FISH**), **WHEAT** Flour (Calcium Carbonates, Iron, Niacin, Thiamin), Water, Sunflower Oil, Rapeseed Oil, Wheat Starch, Palm Oil, Raising Agents (Disodium Diphosphate, Ammonium Carbonate, Sodium Hydrogen Carbonate, Sodium Carbonate), Salt, Cornflour, **MUSTARD** Powder, Palm Fat, Dextrose, Wheat Gluten, Skimmed Milk Powder, Stabiliser (Hydroxypropyl Methyl Cellulose), Colour (Curcumin, Paprika Extract), Chilli Powder.

Vegan Pizza Roll

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato (Tomatoes, Tomato Juice, Citric Acid), Potato, Onion, Vegetable Margarine (Vegetable Oils And Fats [Palm], Water, Salt, Lemon Juice), Vegan Seasoning (Textured **WHEAT** Protein [**SULPHITE**], Palm Fat, **WHEAT GLUTEN**, Flavouring [Salt, Maltodextrin, Yeast Extract], Stabiliser [Methylcellulose], Dextrose, Sage, Spices [White Pepper, Coriander, Chilli], Yeast Extract, Onion Powder, Colour [Caramel]), Calzone Tomato Seasoning (Tomato Powder, Maltodextrin, Cornflour, Herbs [Oregano, Basil, Parsley], Salt, Garlic Powder, Onion Powder, Sugar, Spice [Black Pepper], Paprika Extract), Mixed Capsicum Peppers, Rusk (**WHEAT**), Raising Agent [Ammonium Carbonate]), Sweetcorn, White Shortening, Lemon Juice, Yellow Peppers, Tomato Paste, Modified Potato Starch, Vegan Glaze (Tapioca Dextrin, Dextrose), Garlic Puree (Rehydrated Garlic, Acidity Regulator [Citric Acid]), Parsley, Basil, Oregano, Parsley, Marjoram, Sage, Thyme.

Baked Beans Jacket

Potato
Baked Beans

Saute Potatoes

Potatoes, vegetable oil

Banana Toffee Loafcak

Sugar, **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), **EGG**, Banana, Water, Toffee Topping (Sweetened Condensed **MILK**, Soft Brown Sugar, Water, Palm Kernel Oil, Palm Stearin, Palm Oil, Rapeseed Oil, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring), Rapeseed Oil, Margarine(Palm Oil, Rapeseed Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring), Modified Maize Starch, **MILK** Proteins, Raising Agents(Disodium Diphosphate, Potassium Carbonate), Emulsifiers(Mono- and Di-Glycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Barley Malt Extract, Wheat Starch, Wheat Protein, Flavouring, Colours(Curcumin, Annatto Norbixin).

Ingredients List Summer Term 2022

Wed Week2

Mild Beef Chilli

Beef, onion, chopped
tomatoes, tomato paste, mixed
peppers, baked beans, Bisto
gluten free gravy (Maltodextrin,
Potato Starch, Salt, Flavours,
Colour (Plain Caramel), Vegetable
Oils (Sustainably sourced Palm,
Rapeseed, Sunflower), Sugar,
Stabiliser (Guar Gum), Onion Powder,
Yeast Extract.), mild chilli
powder

Bean Casserole

Mixed beans, onion, carrots,
leeks, swede, chopped
tomatoes, tomato paste, Bisto
gluten free gravy Maltodextrin,
Potato Starch, Salt, Flavours,
Colour (Plain Caramel), Vegetable
Oils (Sustainably sourced Palm,
Rapeseed, Sunflower), Sugar,
Stabiliser (Guar Gum), Onion Powder,
Yeast Extract.

Cheesy Jacket

Potato
Cheese (**MILK**)

Rice

brown and white rice

Vanilla & Strawberry M

Water, Sugar, Palm Oil,
Whey Solids (**MILK**), Whey
Powder (**MILK**), Dextrose,
Skimmed **MILK** Powder,
Buttermilk Powder,
Emulsifier: (Mono & Di-
Glycerides of Fatty Acids),
Stabilisers: (Guar Gum,
Xanthan Gum and Locust
Bean Gum, Sodium
Alginate), Flavour,
Natural Colour: Beta
Carotene, Beetroot red

Ingredients List Summer Term 2022

Thu Week2

Roast Chicken

Chicken breast, Bisto gluten free gravy (Maltodextrin, Potato Starch, Salt, Flavours, Colour (Plain Caramel), Vegetable Oils (Sustainably sourced Palm, Rapeseed, Sunflower), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract.)

Chickpea Ratatouille

Chickpeas, aubergine, courgettes, peppers, onion, chopped tomato, tomato paste.

Baked Beans Jacket

Potato
Baked Beans

Roast Potatoes

Potatoes, Rapeseed oil

Blueberry Muffin

Sugar, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin. Thiamin), Rapeseed Oil, Blueberries (11%), **EGG**, Whey Powder (**MILK**), Cornflour, Wheat Starch, Raising Agents (Sodium Acid Pyrophosphate, Potassium Hydrogen Carbonate).

Ingredients List Summer Term 2022

Fri Week2

Sausage Roll

PUFF PASTRY: **WHEAT** Flour, Vegetable Oils , Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Pork, Rusk (**WHEAT**), Potato Starch, Pork Fat, Dextrose, Yeast Extract, Caramelised Sugar Powder, Emulsifiers (Disodium Diphosphate, Pentasodium Triphosphate), Preservative (Sodium **SULPHITE**), Sugar, Antioxidant (Ascorbic Acid), Marjoram, Thyme, Pepper Extract, Herb Extracts.

Veggie Roll

WHEAT Flour Vegetable Oils, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids). Textured **WHEAT** Protein, Whole**WHEAT** Rusk, Palm Oil, Dextrose, Stabiliser (Hydroxypropyl Methyl Cellulose), Potato Starch, Yeast Extract, Rice Flour, Black Pepper, Colour (Beetroot Red), Spice & Herb Extracts Colours (Carotenes, Paprika extract).

Salmon Jacket

Jacket Potato:
Potato
Salmon (**FISH**), smoked salmon (**FISH**), Cream Cheese (**MILK**), lemon juice, peas, chives

Chips

Potatoes, Batter (Modified Potato Starch, Rice Flour, Dextrin, Pea Fibre, Stabiliser (Xanthan Gum), Pea Protein), Sunflower Oil, Salt

Fruit/ Yoghurt

Banana/ apple/ pear/ satsuma
Yoghurt - **MILK**

Ingredients List Summer Term 2022

Mon Week3

Chicken Korma

Chicken breast, Tomatoes, Onions, Fresh Cream (**MILK**), Coconut , Sugar, Sunflower Oil, Desiccated Coconut, Modified Maize Starch, Salt Skimmed **MILK** Yoghurt Powder, Acid (Lactic Acid), Spices, Ginger, Curry Powder, Coriander, Garlic Colours (Beta-Carotene, Paprika Extract)

Lentil Dahl

Lentils, onion, chopped tomatoes, curry paste, coconut mik

Cheesy Jacket

Potato
Cheese (**MILK**)

Naan

WHEAT flour [**WHEAT** flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Vegetable Oils, Sugar, Salt, Raising Agents (Diphosphates, Sodium carb onates), Yeast, Kalonji Seeds, Ground Fennel, Preservative (Calcium propionate).

Fruit/ Yoghurt

Banana/ apple/ pear/ satsuma
Yoghurt - **MILK**

Ingredients List Summer Term 2022

Tue Week3

Meatfree Bolognese

SOYA mince (rehydrated Textured **SOYA** Protein, Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper], onion, chopped tomatoes, puree tomato, carrots, gravy granules, oregano

Cheese Sauce (V)

WHEATflour, **MILK**, Cheese (**MILK**), palm oil, rapeseed oil, salt

Baked Beans Jacket

Potato
Baked Beans

Pasta

Pasta (**WHEAT**)

Pancake

WHEAT Flour (with Calcium Carbonate, Iron, Niacin & Thiamin), Sugar, Whey Powder (**MILK**), Vegetable Oil (Rapeseed Oil), Cornflour, Buttermilk Powder (**MILK**), Raising Agents (E450i, E500), **WHEAT** Starch, Pasteurised Whole Free Range **EGG**, Sea Salt, Flavouring.

Ingredients List Summer Term 2022

Wed Week3

Roast Ham

Gammon Ham, Bisto gluten free gravy (Maltodextrin, Potato Starch, Salt, Flavours, Colour (Plain Caramel), Vegetable Oils (Sustainably sourced Palm, Rapeseed, Sunflower), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract.)

Roast Vegan Quorn

Quorn fillet (Mycoprotein, Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, **WHEAT** Gluten, Stabiliser: Carrageenan)

Tandoori Chicken Jac

Potato, Chicken breast, Cucumber, Mild curry powder, Mayonnaise (Rapeseed Oil, Pasteurised Free Range **EGG** Yolk, Water, Spirit Vinegar, Salt, Stabiliser (Xanthum Gum), Preservative, (Potassium Sorbate), Acetic Acid, Carotene.

Roast Potatoes

Potatoes, Rapeseed oil

Iced Mango Smoothie

Water, Mango Puree (30%), Sugar, Glucose Syrup, Emulsifier: (Mono- and Di-Glycerides of Fatty Acids), Stabilisers: (Locust Bean Gum, Carboxymethyl Cellulose, Guar Gum), Acidity Regulator (Citric Acid), Flavouring.

Ingredients List Summer Term 2022

Thu Week3

Beef Lasagne

Pasta (Durum **WHEAT** semolina), mince beef, onion, tomato, flour (**WHEAT**), **MILK**, butter (**MILK**), cheese (**MILK**), Bisto gluten free gravy (Maltodextrin, Potato Starch, Salt, Flavourings, Colour (Plain Caramel), Vegetable Oils (Sustainably sourced Palm, Rapeseed, Sunflower), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract), mixed herbs

Cheese & Tomato Pizz

Pizza Base: Fortified **WHEAT** Flour (**WHEAT** Flour, **WHEAT** Gluten, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal **WHEAT** Flour, Yeast, Psyllium Husk Powder, Rapeseed Oil, Dried seaweed (Ascophyllum nodosum species), Salt. Cheese Topping : Mozzarella Cheese (**MILK**), Mature Cheddar Cheese (**MILK**), Anti-caking Agent: Potato Starch. Sauce Topping (23%): Tomato Sauce (Tomatoes, Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Pepper, Basil, Garlic), Acidity Regulator: Citric Acid.), Water, Red Pepper Paste (Grill Roasted Red Peppers, White Wine Vinegar, Sunflower Oil, Salt.).

Tuna Mayonnaise Jac

Potato
Tuna
Ground white pepper
Sweetcorn
Mayonnaise
(Rapeseed Oil, Pasteurised Free Range **EGG** Yolk, Water, Spirit
Vinegar, Salt, Stabiliser (Xanthum Gum),
Preservative, (Potassium Sorbate), Acetic Acid, Carotene.

Potato bites

potato, vegetable oil

Chocolate Slice

Sugar, Rice Flour, Rapeseed Oil, **EGG**, Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Vanilla Powder], Vegetable Glycerine, Water, Rice Starch, Fat Reduced Cocoa Powder, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Modified Maize Starch, Emulsifier (Sodium Stearoyl-2-Lactylate), Preservative (Potassium Sorbate), Salt, Stabiliser (Xanthan Gum), Flavouring. May Contain Traces of Nuts.

Ingredients List Summer Term 2022

Fri Week3

Bubble Coated Fish

MSC Certified Alaska Pollock (**FISH**), Coating: rice flour, vegetable fibre, dextrose (maize), rapeseed oil, water, starch (maize, potato), corn flour, salt, spices (white pepper, paprika, black pepper), onion powder, stabilizer (xanthan gum)

Veggie Nuggets

WHEAT Flour, Carrot, Sweetcorn, Onion, Broccoli, red pepper, Potato, Breadcrumbs (**WHEAT**) Rapeseed Oil, Salt, Yeast, Onion Powder, Sugar, White Pepper

Cheesy Jacket

Potato
Cheese (**MILK**)

Diced potatoes

potatoes, herbs, vegetable oil

Lemon Drizzle Cake

WHEAT Flour, **EGG**, Water, Rapeseed Oil, Fondant, Sugar, Dried Glucose Syrup, Modified Maize Starch, Lemon Juice, **MILK** Proteins, Raising Agents(Disodium Diphosphate, Potassium Carbonate), Emulsifiers(Mono- and Di-Glycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Humectant(Glycerol), Lemon Curd (Sugar, Water, Glucose Syrup, Palm Oil, Wheat Starch, Egg Powder, Rapeseed Oil, Modified Wheat Starch, Gelling Agent(Pectin), Acidity Regulator(Citric Acid, Trisodium Citrate), Lemon Oil, Salt, Preservative(Acetic Acid), Colour(Curcumin)