

Week 1:

Jacket potato with cheese, butter and baked beans:

Ingredients: Potato, **cheese**, **butter**, baked beans (tomatoes, water, sugar, spirit vinegar, modified cornflour, salt, spice extracts and herb extracts).

Allergens: Milk

Baked beans (externally supplied):

Ingredients: Beans (50%), tomatoes (36%), water, sugar, spirit vinegar, modified cornflour, salt, spice extracts and herb extract.

Allergens: N/A

Pizza twist (externally supplied):

Ingredients: **Wheat flour**, water, tomato passata (10%), **mozzarella cheese (cow's milk)** (4%), extra-virgin olive oil, salt, malted wheat flour, **soya protein**, emulsifier (mono- and diglycerides of fatty acids), yeast, sunflower oil, oregano and garlic. May contain **mustard**.

Allergens: **Wheat (gluten)**, milk and soya. May contain mustard.

Baked pasta / Classic pasta:

Ingredients: **Wheat pasta**, chopped tomatoes, carrots, broccoli, peas, bell peppers, courgettes, onions, sunflower oil, sugar, salt, garlic, basil, oregano, black pepper and **cheese**.

Allergens: **Wheat (gluten)**, Milk

Garlic bread (externally supplied):

Ingredients: **Wheat flour** (wheat flour, calcium carbonate, iron, niacin and thiamin), **margarine** (rapeseed oil, palm oil, water and emulsifier: mono- and diglycerides of fatty acids), water, garlic purée, salt, yeast, parsley, flour-treatment agent (ascorbic acid) and **wheat flour**.

Allergens: **Wheat (gluten)**

Shahi paneer with rice:

Ingredients: **Paneer (milk)**, **double cream**, garlic, onion, ginger, turmeric powder, salt, black pepper, red chilli powder, kasoori methi, cumin powder, coriander powder, black cardamom, cinnamon powder, **butter**, rice (cumin seeds, oil, salt), water and green chilli.

Allergens: Milk

Punjabi curry with rice:

Ingredients: Gram flour, **milk/buttermilk**, **yoghurt**, oil, **butter**, asafoetida powder (hing), salt, black pepper, red chilli powder, onion, garlic, **mustard seeds**, ginger, kasoori methi, cumin seeds, coriander, turmeric powder, fresh coriander, green chilli, potato, rice (cumin seeds, oil, salt) and water.

Allergens: Milk and mustard.

Veggie nuggets (externally supplied):

Ingredients: Water, **wheat protein (15%)**, **fortified wheat flour** (wheat flour, calcium carbonate, niacin, iron and thiamin), rapeseed oil, maize flour, rice protein (2.5%), **wheat starch**, raising agents (disodium diphosphate, sodium hydrogen carbonate and ammonium carbonate), thickeners (methyl cellulose and sodium alginate), bamboo fibre, flavourings, potato starch, **wheat gluten**, pea protein (0.6%), dextrose, sea salt, salt and sunflower oil.

Allergens: Wheat (gluten).

Mashed potato:

Ingredients: Potato (83%), water, palm oil, **butter(milk)**, flavouring, salt, glucose syrup, **whole milk powder**, **lactose (milk)**, **milk proteins**, dextrose, dried cream (milk), onion and white pepper.

Allergens: Milk.

Vegetable gravy (externally supplied):

Ingredients: Potato starch, maltodextrin, palm fat, salt, sugar, **wheat flour** (with added calcium, iron, niacin and thiamin), flavouring, dried onion, colour (ammonia caramel), onion powder, flavour enhancer (monosodium glutamate), **yeast extract powder (contains barley)**, **emulsifier (soya lecithin)**, dried parsley, carrot juice powder, acidity regulator (citric acid), sage extract, black pepper extract, ground lovage, onion oil and rosemary extract.

Allergens: Wheat (gluten), barley (gluten) and soya.

Dal tadka with rice:

Ingredients: Lentils (chana dal), turmeric powder, salt, water, onion, garlic, ginger, green chilli, fresh coriander, cumin seeds, red chilli powder, **butter**, kasoori methi, rice (cumin seeds, oil, salt) and oil.

Allergens: Milk.

Spaghetti bolognese with meat-free meatballs:

Ingredients: **Wheat semolina spaghetti**; tomato sauce, garlic, ginger, onion, salt, black pepper, red chilli flakes, mixed herbs and oil; **soya mince** made from rehydrated textured soya protein (95%), rapeseed oil, yeast extract, onion powder, salt, flavouring, dextrose, white pepper and garlic powder; meat-free meatballs made from rehydrated textured **soya protein (55%)**, onion purée, water, rapeseed oil, basil, tomato purée, soya protein concentrate, chickpea flour, stabiliser (methyl cellulose), yeast extract, parsley, maltodextrin, salt, onion powder, **malted barley extract**, oregano, garlic powder, dextrose, black pepper, tomato powder, flavouring and white pepper.

Allergens: Wheat (gluten), barley (gluten) and soya.

Paneer wrap:

Ingredients: **Paneer (milk)**, bell peppers, onion, garlic, ginger, salt, **soya sauce**, ketchup, black pepper, cornflour, red chilli flakes, sweet chilli sauce and a **wheat wrap**.

Allergens: Milk, soya and wheat (gluten).

Rajma rice:

Ingredients: Kidney beans, **butter/ghee**, oil, cumin seeds, onion, garlic, ginger, salt, black pepper, red chilli powder, rajma masala, kasoori methi, cloves, nutmeg, mace powder, green cardamom, black cardamom, **mustard seeds**, coriander, rice (cumin seeds, oil, salt) and water.

Allergens: Milk and mustard.

Vegetable pizza:

Ingredients: **Wheat pizza base**, **cheese**, mixed peppers, tomato sauce (tomato purée, onion, sunflower oil, sugar, salt, garlic, basil, oregano and black pepper), sweetcorn, onion and sliced green jalapeño peppers.

Allergens: Wheat (gluten) and milk.

Cheese pizza:

Ingredients: **Wheat pizza base**, **cheese** and tomato sauce (tomato purée, onion, sunflower oil, sugar, salt, garlic, basil, oregano and black pepper).

Allergens: Wheat (gluten) and milk.

Potato wedges (externally supplied):

Ingredients: Potatoes (86%), coating (8%) [**wheat flour**, salt, modified potato starch, spices (chilli, cayenne, paprika, cumin, black pepper and turmeric), garlic powder, onion powder, raising agents (E450(i) and E500(ii)), dextrose, yeast extract and spice extracts (paprika and black pepper)], vegetable oils (sunflower and rapeseed, in varying proportions) (6%) and dextrose.

Allergens: Wheat (gluten).

Vegetable biryani:

Ingredients: Rice (cumin seeds, oil, salt), salt, mixed vegetables, red chilli powder, oil, carrots, peas, mixed peppers, sweetcorn, courgettes, roasted aubergines, potato, onion and biryani masala containing coriander, salt, red chilli, dried plum, fenugreek, mango, cinnamon, **mustard**, black pepper, cardamom, cloves, turmeric, cumin, dried garlic, nutmeg and mace.

Allergens: Mustard.

Week 2:

Jacket potato with cheese, butter and baked beans:

Ingredients: Potato, **cheese**, **butter**, baked beans (tomatoes, water, sugar, spirit vinegar, modified cornflour, salt, spice extracts and herb extracts).

Allergens: Milk

Baked beans (externally supplied):

Ingredients: Beans (50%), tomatoes (36%), water, sugar, spirit vinegar, modified cornflour, salt, spice extracts and herb extract.

Allergens: N/A

Pizza twist (externally supplied):

Ingredients: Wheat flour, water, tomato passata (10%), **mozzarella cheese (cow's milk)** (4%), extra-virgin olive oil, salt, malted wheat flour, **soya protein**, emulsifier (mono- and diglycerides of fatty acids), yeast, sunflower oil, oregano and garlic. May contain **mustard**.

Allergens: Wheat (gluten), milk and soya. May contain mustard.

Classic pasta:

Ingredients: Wheat pasta, chopped tomatoes, carrots, broccoli, peas, bell peppers, courgettes, onions, sunflower oil, sugar, salt, garlic, basil, oregano, black pepper and **cheese**.

Allergens: Wheat (gluten), Milk

Vegan sausage (externally supplied):

Ingredients: Rehydrated textured **soya protein** (58%), water, **soya protein** concentrate, rapeseed oil, wheat flour, bamboo fibre, seasoning containing **sulphites** (dextrose, flavourings, salt, onion powder, yeast extract and colour: iron oxides and hydroxides), tomato purée, stabiliser (methyl cellulose), salt and raising agent (ammonium carbonates).

Allergens: Soya, wheat (gluten) and sulphites.

Mashed potato:

Ingredients: Potato, water, palm oil, butteroil (milk), flavouring, salt, glucose syrup, **whole milk powder**, **lactose (milk)**, **milk proteins**, dextrose, dried cream (milk), onion and white pepper.

Allergens: Milk.

Vegetable gravy (externally supplied):

Ingredients: Potato starch, maltodextrin, palm fat, salt, sugar, **wheat flour** (with added calcium, iron, niacin and thiamin), flavouring, dried onion, colour (ammonia caramel), onion powder, flavour enhancer (monosodium glutamate), **yeast extract powder (contains barley)**, **emulsifier (soya lecithin)**, dried parsley, carrot juice powder, acidity regulator (citric acid), sage extract, black pepper extract, ground lovage, onion oil and rosemary extract.

Allergens: Wheat (gluten), barley (gluten) and soya.

Mattar paneer with rice:

Ingredients: Paneer (milk), double cream, garlic, onion, ginger, turmeric powder, salt, oil, black pepper, red chilli powder, kasoori methi, cumin powder, coriander powder, black cardamom, cinnamon powder, butter, green chilli, rice (cumin seeds, oil, salt), water and peas.

Allergens: Milk

Macaroni cheese:

Ingredients: Macaroni pasta (wheat), water, **cheese**, **milk**, oil, **butter**, salt, black pepper, oregano and mixed herbs.

Allergens: Milk, wheat (gluten).

Garlic bread (externally supplied):

Ingredients: **Wheat flour** (wheat flour, calcium carbonate, iron, niacin and thiamin), margarine (rapeseed oil, palm oil, water and emulsifier: mono- and diglycerides of fatty acids), water, garlic purée, salt, yeast, parsley, flour-treatment agent (ascorbic acid) and **wheat flour**.

Allergens: **Wheat (gluten)**

Soya chunks with rice:

Ingredients: **Soya, double cream**, oil, garlic, onion, ginger, turmeric powder, salt, black pepper, red chilli powder, kasoori methi, cumin powder, coriander powder, black cardamom, cinnamon powder, butter, green chilli, rice (cumin seeds, oil, salt), water and peas.

Allergens: **Milk, Soya.**

Chinese stir fry:

Ingredients: **Wheat flour**, water, edible vegetable oil, garlic, onion, bell pepper, cabbage, sweetcorn, carrots, salt, black pepper, chilli flakes, **soya sauce**, sweet chilli sauce, tomato ketchup and lemon.

Allergens: **Wheat (gluten) and soya.**

Cheese and onion pie (externally supplied):

Ingredients: Pie pastry [**wheat flour** (wheat flour, calcium carbonate, niacin, iron and thiamin), water, palm oil, palm stearin, salt, rapeseed oil, emulsifier (mono- and diglycerides of fatty acids) and concentrated lemon juice]; filling [water, onion (7%), **Cheddar cheese (5%) (milk)**, potato, potato starch, **skimmed milk powder**, onion powder, emulsifiers (hydroxypropyl methylcellulose and mono- and diglycerides of fatty acids), salt, white pepper and acidity regulator (citric acid)]; glaze [water, rapeseed oil, sugar, cornflour, pea protein and tapioca starch]; crumb [wheat flour (wheat flour, calcium carbonate, niacin, iron and thiamin), **cheese (milk)**, yeast, sugar, salt, acid (lactic acid) and flour-treatment agent (ascorbic acid)].

Allergens: **Wheat (gluten) and milk.**

Baked beans (externally supplied):

Ingredients: Beans (50%), tomatoes (36%), water, sugar, spirit vinegar, modified cornflour, salt, spice extracts and herb extract.

Allergens: **N/A**

Cheese and tomato panini:

Ingredients: **Bar-marked panini (wheat flour)**, water, yeast, salt, pizza sauce (tomatoes, canola oil, salt, garlic powder, oregano and basil) and **mozzarella cheese**.

Allergens: **Wheat (gluten) and milk.**

Vegetable panini:

Ingredients: **Bar-marked panini (wheat flour)**, water, yeast, salt, pizza sauce (tomatoes, canola oil, salt, garlic powder, oregano and basil), **mozzarella cheese**, onion, pepper, spinach and tomatoes.

Allergens: Wheat (gluten) and milk.

Dal Makhani with rice:

Ingredients: Lentils (chana dal), black urid dal, brown lentils, kidney beans, turmeric powder, salt, water, onion, garlic, ginger, green chilli, fresh coriander, cumin seeds, red chilli powder, **butter**, kasoori methi, rice (cumin seeds, oil, salt) and oil.

Allergens: Milk.

Vegetable pizza:

Ingredients: **Wheat pizza base**, **cheese**, mixed peppers, tomato sauce (tomato purée, onion, sunflower oil, sugar, salt, garlic, basil, oregano and black pepper), sweetcorn, onion and sliced green jalapeño peppers.

Allergens: Wheat (gluten) and milk.

Cheese pizza:

Ingredients: **Wheat pizza base**, **cheese** and tomato sauce (tomato purée, onion, sunflower oil, sugar, salt, garlic, basil, oregano and black pepper).

Allergens: Wheat (gluten) and milk.

Potato wedges (externally supplied):

Ingredients: Potatoes (86%), coating (8%) [**wheat flour**, salt, modified potato starch, spices (chilli, cayenne, paprika, cumin, black pepper and turmeric), garlic powder, onion powder, raising agents (E450(i) and E500(ii)), dextrose, yeast extract and spice extracts (paprika and black pepper)], vegetable oils (sunflower and rapeseed, in varying proportions) (6%) and dextrose.

Allergens: Wheat (gluten).

Vegetable biryani:

Ingredients: Rice (cumin seeds, oil, salt), salt, mixed vegetables, red chilli powder, oil, carrots, peas, mixed peppers, sweetcorn, courgettes, roasted aubergines, potato, onion and biryani masala containing coriander, salt, red chilli, dried plum, fenugreek, mango, cinnamon, **mustard**, black pepper, cardamom, cloves, turmeric, cumin, dried garlic, nutmeg and mace.

Allergens: Mustard.

Week 3:

Jacket potato with cheese, butter and baked beans:

Ingredients: Potato, **cheese**, **butter**, baked beans (tomatoes, water, sugar, spirit vinegar, modified cornflour, salt, spice extracts and herb extracts).

Allergens: Milk

Baked beans (externally supplied):

Ingredients: Beans (50%), tomatoes (36%), water, sugar, spirit vinegar, modified cornflour, salt, spice extracts and herb extract.

Allergens: N/A

Pizza twist (externally supplied):

Ingredients: Wheat flour, water, tomato passata (10%), **mozzarella cheese (cow's milk)** (4%), extra-virgin olive oil, salt, malted wheat flour, **soya protein**, emulsifier (mono- and diglycerides of fatty acids), yeast, sunflower oil, oregano and garlic. May contain **mustard**.

Allergens: Wheat (gluten), milk and soya. May contain mustard.

Classic pasta:

Ingredients: Wheat pasta, chopped tomatoes, carrots, broccoli, peas, bell peppers, courgettes, onions, sunflower oil, sugar, salt, garlic, basil, oregano, black pepper and **cheese**.

Allergens: Wheat (gluten), Milk

Creamy mushroom pasta:

Ingredients: Wheat pasta, water, butter, double cream, ginger, garlic, onion, salt, black pepper, red chilli flakes, oregano, mixed herbs, mushroom, bell peppers, spinach, carrots and broccoli.

Allergens: Wheat (gluten), milk.

Garlic bread (externally supplied):

Ingredients: Wheat flour (wheat flour, calcium carbonate, iron, niacin and thiamin), margarine (rapeseed oil, palm oil, water and emulsifier: mono- and diglycerides of fatty acids), water, garlic purée, salt, yeast, parsley, flour-treatment agent (ascorbic acid) and **wheat flour**.

Allergens: Wheat (gluten)

Yellow dal with rice:

Ingredients: Moong dal, turmeric powder, salt, water, onion, garlic, ginger, green chilli, fresh coriander, cumin seeds, red chilli powder, **mustard seeds**, **butter**, kasoori methi, rice (cumin seeds, oil, salt) and oil.

Allergens: Milk, mustard

Hot dog bun:

Ingredients: Wheat flour (wheat flour, calcium carbonate, niacin, iron and thiamin), water, sugar, yeast, palm oil, salt, rapeseed oil, emulsifiers (mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), preservative (calcium propionate) and flour-treatment agent (ascorbic acid).

Allergens: Wheat (gluten).

Vegan sausage (externally supplied):

Ingredients: Rehydrated textured **soya protein** (58%), water, **soya protein** concentrate, rapeseed oil, **wheat flour**, bamboo fibre, seasoning containing **sulphites** (dextrose, flavourings,

salt, onion powder, yeast extract and colour: iron oxides and hydroxides), tomato purée, stabiliser (methyl cellulose), salt and raising agent (ammonium carbonates).

Allergens: Soya, wheat (gluten) and sulphites.

Potato wedges (externally supplied):

Ingredients: Potatoes (86%), coating (8%) [**wheat flour**, salt, modified potato starch, spices (chilli, cayenne, paprika, cumin, black pepper and turmeric), garlic powder, onion powder, raising agents (E450(i) and E500(ii)), dextrose, yeast extract and spice extracts (paprika and black pepper)], vegetable oils (sunflower and rapeseed, in varying proportions) (6%) and dextrose.

Allergens: Wheat (gluten).

Soya mince lasagne with corn on the cob:

Ingredients: Soya mince made from rehydrated textured **soya protein** (95%), rapeseed oil, yeast extract, onion powder, salt, flavouring, dextrose, white pepper and garlic powder, Durum **Wheat Semolina Pasta**, water, salt, black pepper, oregano, mixed herbs, chopped tomatoes, carrots, broccoli, peas, bell peppers, courgettes, **cheese**, onions and sunflower oil.

Allergens: Wheat (gluten), Soya, Milk

Mexican rice bowl:

Ingredients: Rice, water, salt, butter, lemon, coriander, sweetcorn, black beans (onion, garlic, ginger, bell pepper, oregano, lemon juice), black pepper salt, fajita (**mustard, soy protein**), red chilli flakes, **sour cream (milk)**, **nachos (wheat)** and mexican guacamole.

Allergens: Wheat (gluten), Milk, Mustard, Soya

Chickpeas with rice:

Ingredients: Chickpeas, water, **butter, ghee**, coriander, red chili, cumin, salt, black pepper, fenugreek leaves, dry ginger, asafoetida, black salt, pomegranate seeds, cloves, mint, nutmeg, mace, cardamom, garlic, ginger, chopped tomatoes, green chilli and rice (cumin seeds, oil, salt).

Allergens: Milk

Vegetable samosa (externally supplied):

Ingredients: Potato (57%), **wheat flour**, cottonseed oil, onion (10%), peas (8%), carrot (8%), salt, green chilli, coriander, garam masala powder (cumin seed, black pepper, cinnamon, cardamom, bay leaf, mace, clove and nutmeg), lemon juice, cumin seed, garlic, ginger and turmeric powder.

Allergens: Wheat (gluten).

Variety of Sandwiches 1:

Ingredients: 50/50 bread (**wheat** and **soy flour**), **mexican cheese**, spread, mayonnaise, cucumber, lettuce, tomato.

Allergens: Wheat (gluten), Soya, Milk

Variety of Sandwiches 2:

Ingredients: 50/50 bread (**wheat** and **soy flour**), **cheese slice**, spread, cucumber.

Allergens: **Wheat (gluten), Soya, Milk**

Variety of Sandwiches 3:

Ingredients: 50/50 bread (**wheat** and **soy flour**), **cheese slice**, spread.

Allergens: **Wheat (gluten), Soya, Milk**

Vegetable pizza:

Ingredients: **Wheat pizza base, cheese**, mixed peppers, tomato sauce (tomato purée, onion, sunflower oil, sugar, salt, garlic, basil, oregano and black pepper), sweetcorn, onion and sliced green jalapeño peppers.

Allergens: **Wheat (gluten) and milk.**

Cheese pizza:

Ingredients: **Wheat pizza base, cheese** and tomato sauce (tomato purée, onion, sunflower oil, sugar, salt, garlic, basil, oregano and black pepper).

Allergens: **Wheat (gluten) and milk.**

Potato wedges (externally supplied):

Ingredients: Potatoes (86%), coating (8%) [**wheat flour**, salt, modified potato starch, spices (chilli, cayenne, paprika, cumin, black pepper and turmeric), garlic powder, onion powder, raising agents (E450(i) and E500(ii)), dextrose, yeast extract and spice extracts (paprika and black pepper)], vegetable oils (sunflower and rapeseed, in varying proportions) (6%) and dextrose.

Allergens: **Wheat (gluten).**

Vegetable biryani:

Ingredients: Rice (cumin seeds, oil, salt), salt, mixed vegetables, red chilli powder, oil, carrots, peas, mixed peppers, sweetcorn, courgettes, roasted aubergines, potato, onion and biryani masala containing coriander, salt, red chilli, dried plum, fenugreek, mango, cinnamon, **mustard**, black pepper, cardamom, cloves, turmeric, cumin, dried garlic, nutmeg and mace.

Allergens: **Mustard.**

Notes:

We provide gluten free pizzas on request.

All Allergens are shown in **bold**.