

# SS 2025

Week 1		Lunch	Ingredients	Side Dish	Dessert	
Monday	Reg	Chicken Pasta in a Blended Tomato & Mixed Bell Pepper Sauce (G) (T)	Chicken, Pasta ( <b>WHEAT</b> ), Bell Peppers, Green Beans, Sweetcorn, Peas, <i>TOMATO</i> , Courgette, Carrot, Onions, 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.), Spices, Herbs		Fromage Frais (D)	Fromage Frais (Pasteurised Semi-Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), Lactic Cultures ( <b>MILK</b> )), Sugar, Water, Strawberry Puree from Concentrate, Carrot Juice from Concentrate, Maize Starch, Lemon Juice from Concentrate, Natural Flavourings ( <b>MILK</b> ), Vitamin D
	Veg	Butter Bean Pasta in a Blended Tomato & Mixed Bell Pepper Sauce (G) (T)	Butter Beans, Pasta ( <b>WHEAT</b> ), Bell Peppers, Green Beans, Sweetcorn, Peas, <i>TOMATO</i> , Courgette, Carrot, Onions, 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.), Spices, Herbs			
Tuesday (V)	Veg	Butternut Squash and Mango Curry (T) (D)	Lentils, Butternut Squash, Pea, <i>TOMATO</i> , Courgette, Carrot, Onions, Garlic, Cumin, Coriander, Cream ( <b>MILK</b> ), Mango Chutney (Mangoes, Sugar, Salt, Acetic Acid (naturally produced), Whole Garlic Cloves, Cumin Seeds, Mixed Spices, Fenugreek Seeds, Nigella Seeds, Black Peppercorns, Cardamom Pods, Whole Cloves, Herb.), 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	White Rice	Vegan Strawberry Jelly	Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavourings
Wednesday	Veg	Jacket Potato w/ Cheese and Beans (D) (T)	Cheese ( <b>MILK</b> ) Haricot Beans, <i>TOMATO</i> , Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring	Jacket Potato	Banana Yoghurt (D)	Natural Yoghurt ( <b>MILK</b> ), Banana
Thursday	Reg	Italian Lamb Ragu w/ Spaghetti (G) (T) (C)	Lamb Mince, Pasta ( <b>WHEAT</b> ), Sweetcorn, <b>CELERY</b> , Carrot, <i>TOMATO</i> , Courgette, Onions, 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.), Spices, Herbs		Lemon Cake (G) (E) (D)	Self Raising Flour ( <b>WHEAT</b> ), <b>EGG</b> , Butter ( <b>MILK</b> ), Sugar, Lemon
	Veg	Italian Mixed Vegetable Ragu Spaghetti (G) (T) (C)	Chickpeas, Kidney Beans, Buter Beans, Pasta ( <b>WHEAT</b> ), Sweetcorn, <b>CELERY</b> , <i>TOMATO</i> , Courgette, Carrot, Onions, 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.), Spices, Herbs			
Friday	Reg	Butchers Pork Sausage w/ Onion Gravy (G) (S) (SD)	Pork Sausage (Pork, Water, Rusk ( <b>WHEAT</b> flour), Starch, <b>SOYA</b> protein, Pork Fat Rind, Salt, Dextrose, Triphosphate, <b>SULPHITES</b> , Preservatives, Raising agent, Flavouring, Antioxidants), 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)	Peas Swede & Potato Mash (D) ( <b>MILK</b> )	Fruit Salad	Selection of Fresh Fruit
	Veg	Vegetarian Sausage w/ Onion Gravy (G) (S) (T) (SD)	Vegetarian Sausage (Rehydrated Textured <b>SOYA</b> Protein, Water, Rapeseed Oil, <b>SOYA</b> Protein Concentrate, Seasoning ( <b>SULPHITES</b> ) (Dextrose, Salt, Flavouring, Onion Powder, Yeast Extract, Colour (red iron oxide)), Fortified <b>WHEAT</b> flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Stabiliser (Methyl Cellulose), <i>TOMATO</i> 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)			

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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

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Week 1	Afternoon Tea	Ingredients	Side Dish	Afternoon Dessert	Ingredients
Monday	Vegetable Pasty (G)	Puff Pastry ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Pastry Margarine[Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier(Mono- and Diglycerides of Fatty Acids)], Water), Filling (Water, Potato, Red Kidney Beans, Carrot, Peas, Swede, Onion, Leek, Modified Maize Starch, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose), Black Pepper, Yeast Extract), Glaze(Water, Wheat Protein, Natural Colour).	Pepper Stick	Strawberry Cake (G)	Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Water, Strawberry Pieces (Concentrated Apple Puree, Strawberry Puree, Fructose Glucose Syrup, Humectant: Glycerol, Sugar.), <b>WHEAT</b> Fibre, Palm Fat, Gelling Agent: Pectin. Acidity Regulator: Malic Acid. Colouring: Fruit and Plant Concentrates, (Concentrate of Carrot, Pumpkin, Blueberry), Natural Flavouring), Sugar, Maize Starch, Strawberry Puree, Partially Inverted Refiners Syrup, Malted <b>BARLEY</b> Flour, Vegetable Fat (Rapeseed, Palm), Natural Flavourings, Salt, Yeast, Preservative: Calcium Propionate. Yeast
Tuesday	Chicken	Chicken	Cucumber Sub Roll (G) ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Water, 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)	Fruit Salad	
	Grated Cheese (D)	Cheese ( <b>MILK</b> )			
Wednesday	Mediterranean Frittata Muffin (E) (D)	<b>EGG</b> , Cheese ( <b>MILK</b> ), Carrot, Courgette, Peppers, Oil, Seasonings	Celery Sticks (C)	White Chocolate Blondie (G) (D) (E)	Plain Flour ( <b>WHEAT</b> ), Butter ( <b>MILK</b> ), <b>EGGS</b> , Sugar, White Chocolate ( <b>MILK</b> ), Baking Powder
Thursday	Cheese and Pickle Club (G) (S) (SU) (SU) (D)	Cream Cheese ( <b>MILK</b> ), Sugar, Onion, Water, Carrot, <b>BARLEY</b> Malt Vinegar, Cauliflower, Courgette, Tomato Puree, Modified Maize Starch, Spirit Vinegar, Salt, Acidity Regulator(Acetic Acid), Dates, Apple Pulp, Garlic Puree, <b>BARLEY</b> Malt Extract, Colour (Caramel), Onion Powder, Ginger Powder, Cinnamon, Clove Powder, Preservatives (Sodium <b>METABISULPHITE</b> , <b>SULPHUR DIOXIDE</b> ), Bread (Wholemeal <b>WHEAT</b> Flour, Water, Yeast, <b>WHEAT</b> , <b>GLUTEN</b> , <b>SOYA</b> , Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono-and Di-Glycerides of Fatty Acids), Spirit Vinegar	<b>TOMATO</b> Wedges (T)	Berry Yoghurt (D)	Yoghurt ( <b>MILK</b> ), Mixed Berries
Friday	Tuna, Sweetcorn and Mayonnaise (F) (E)	Tuna ( <b>FISH</b> ), Sweetcorn, Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Stabiliser (Xanthan Gum), <b>EGG</b> yolk powder ( <b>EGG</b> Yolk Powder, Salt, Maltodextrin), Salt, Preservatives (Acetic Acid, Potassium Sorbate), Acidity Regulator (Lactic Acid, Colour (Mixed Carotenoids)	Fingers (G) (S) (Wholemeal <b>WHEAT</b> Flour, Water, Yeast, <b>WHEAT GLUTEN</b> , <b>SOYA</b> , Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)	Orange Cookie (G) (D)	Self Raising Flour ( <b>WHEAT</b> ), Butter ( <b>MILK</b> ), Sugar, Orange
	Cheese, Sweetcorn and Mayonnaise (D) (E)	Cheese ( <b>MILK</b> ), Sweetcorn, Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Stabiliser (Xanthan Gum), <b>EGG</b> Yolk Powder ( <b>EGG</b> Yolk Powder, Salt, Maltodextrin), Salt, Preservatives (Acetic Acid, Potassium Sorbate), Acidity Regulator (Lactic Acid, Colour (Mixed Carotenoids)			

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Week 2		Lunch	Ingredients	Side Dish	Dessert	
Monday	Reg	Mexican Beef Stew (T)	Beef, Haricot Beans, Sweetcorn, Swede, Bell Peppers, <b>TOMATO</b> , Courgette, Carrot, Potato, Onion, 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)	Coriander & Lime Rice	Selection of Ice Cream (D)	Water, Invert Sugar Syrup, Palm Oil, Palm Kernel Oil, Skimmed <b>MILK</b> Powder, <b>MILK</b> Proteins, Whey Powder ( <b>MILK</b> ), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Cellulose Gum, Carrageenan), Colour (Beetroot Red), Cocoa Powder, Flavouring.
	Veg	Mexican Bean Stew (T)	Black Bean, Kidney Beans, Haircot Beans, Sweetcorn, Swede, Bell Peppers, <b>TOMATO</b> , Courgette, Carrot, Potato, Onion, 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)			
Tuesday	Reg	Lightly Seasoned Chicken in Gravy	Chicken Breast, 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 Potato, Carrots, Sweetcorn, Peas, Broad Beans, Green Beans	Natural Yoghurt w/ Mango (D)	Natural Yoghurt ( <b>MILK</b> ), Mango
	Veg	Vegetarian Meatballs in Gravy (S) (G)	Vegetarian Meatballs (Rehydrated Textured <b>SOYA</b> Protein, Onion, Rapeseed Oil, Water, <b>SOYA</b> Protein Isolate, Flavourings, Chickpea Flour, Stabiliser (Methyl Cellulose), Onion Powder, <b>WHEAT</b> Gluten, Dextrose, Sugar, <b>SOYA</b> , Malted Extract, Maize, Garlic Powder, Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> 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)), 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)			
Wednesday (V)	Veg	Coriander Spiced-Lentil Pasta Shells (G) (T)	Lentils, Pasta ( <b>WHEAT</b> ), Butternut Squash, <b>TOMATO</b> , Courgette, Carrot, Onion, Garlic, Coriander, 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.), Spices, Herbs	Peas	Seasonal Melon	
Thursday	Reg	Salmon Fish Cake (F) (G)	Water, Minced Pink Salmon ( <b>FISH</b> ), <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonates, Iron, Niacin, Thiamine), Potato, Rapeseed Oil, Salt, Wheat Starch, Potato Starch, Yeast, Stabiliser (Methyl Cellulose), Onion Powder, Caramelised Sugar, Turmeric Extract, Colour (Paprika Extract)	Potato Carrots Sweetcorn Cheese Sauce (G) (D) ( <b>MILK</b> , <b>WHEAT</b> )	Strawberry Mousse (D)	<b>MILK</b> , Water, Sugar, Skimmed <b>MILK</b> Powder, Modified Starch, Maltodextrin, Palm Oil, Gelling Agents (Diphosphates, Sodium Phosphates), Emulsifiers (Propylene Glycol Esters of Fatty Acids, Lecithin), Lactose ( <b>MILK</b> ), <b>MILK</b> Proteins, Calcium Carbonate, Whey Powder ( <b>MILK</b> ), Anti-caking Agent (Silicon Dioxide), Colours (Beetroot Red, Carotenes), Flavouring.
	Veg	Seasoned Vegetable Nuggets (G)	Water, <b>WHEAT</b> Flour (with Calcium, Iron, Niacin, Thiamine), Carrot, Sweetcorn, Green Beans, Rapeseed Oil, Dried Potato [Dried Potato, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)], Cauliflower, Salt, Yeast, Onion Powder, Sugar, White Pepper			
Friday	Reg	Chicken Tikka Masala (T) (M)	Chicken, Peas, Green Beans, Potato, <b>TOMATO</b> , Courgette, Carrot, Onion, 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.), Tikka Paste (Spices, Herbs, <b>MUSTARD</b> Onion, Coconut Milk, Lemon Juice, Garlic, Ginger), Onion, Spices, Herbs	White Rice	Chocolate & Vanilla Marble Cake (G) (E) (D)	Self Raising Flour ( <b>WHEAT</b> ), Butter ( <b>MILK</b> ), <b>EGG</b> , Sugar, Vanilla, Cocoa Powder
	Veg	Cauliflower Tikka Masala (T) (M)	Lentils, Cauliflower, Peas, Green Beans, Potato, <b>TOMATO</b> , Courgette, Carrot, Onion, 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.), Tikka Paste (Spices, Herbs, <b>MUSTARD</b> Onion, Coconut Milk, Lemon Juice, Garlic, Ginger), Onion, Spices, Herbs			

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Week 2	Title	Ingredients	Side Dish	Afternoon Dessert	Ingredients
Monday	Ham Sub	Ham	<b>Pepper Sticks Sub Roll (G)</b> (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, 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)	Jelly	Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavours
	Cheese Sub (D)	Cheese (MILK)			
Tuesday	Vegetable Spring Rolls (G) (S)	WHEAT Flour, Cabbage, Carrot, Onion, Green Pepper, Cottonseed Oil, Sweetcorn, Red Pepper, Salt, Green Chilli, Sugar, Ginger, Garlic, SOYA Sauce (Salt, SOYA Bean, Wheat Flour, Water), Fully Refined SOYA Bean Oil, Citrus Fibre, White Pepper, Nutmeg, Star Anise	Cherry Tomato	Chocolate Delight (D)	MILK, Water, Sugar, Skimmed MILK Powder, Modified Starch, Maltodextrin, Palm Oil, Gelling Agents (Diphosphates, Sodium Phosphates), Emulsifiers (Propylene Glycol Esters of Fatty Acids, Lecithins), Lactose (MILK), MILK Proteins, Calcium Carbonate, Whey Powder (MILK), Anti-caking Agent (Silicon Dioxide), Colours (Beetroot Red, Carotenes), Flavouring.
Wednesday	Mini Pizza (G) (T) (D)	WHEAT Flour, Water, TOMATO Puree, Cheese (MILK), Baking Agent (Durum WHEAT, SEMOLINA, WHEAT Gluten, Dextrose, Malted WHEAT Flour), Rapeseed Oil, Yeast, BARLEY Malt Extract, Salt, Basil, Black Pepper, Oregano	Celery Sticks	Fruit Salad	
Thursday	Cheese & Broccoli Quiche (G) (E) (D)	Broccoli, Cheese (MILK), EGG, MILK, Shortcrust Pastry (WHEAT Flour, Vegetable Oils and Fats (Palm, Rapeseed), Water, Sugar, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)	Carrot Batons	Fruit Cake (G)	WHEAT, Water, Raisins, Sugar, Malted BARLEY Flour, BARLEY, Oil, Malt Extract
Friday	Garlic & Herb Cream Cheese Sandwich (D) (G) (S)	Garlic, Herbs, Cream Cheese (MILK) Bread (Wholemeal WHEAT Flour, Water, Yeast, WHEAT, GLUTEN, SOYA, Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)	Cucumber	Blueberry Yoghurt (D)	Yoghurt (MILK), Blueberry

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Monday	Reg	Fish Paella (F) (T) (SD)	FISH, Rice, Mixed Pepper, Swede, Butternut Squash, Peas, TOMATO, Lemon Juice (POTASSIUM METABISULPHITE), 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		Frubes (D)	Yogurt (MILK), Sugar, Vitamin D, Calcium Citrate, Natural Flavourings, Modified Manioc and Maize Starch, Stabiliser: Guar Gum, Acidity Regulator: Citric Acid
	Veg	Cannellini Bean Paella (SD) (T)	Cannellini Bean, Rice, Mixed Pepper, Swede, Butternut Squash, Peas, TOMATO, Lemon Juice (POTASSIUM METABISULPHITE), 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 (V)	Veg	Chickpea Curry (T) (D)	Chickpea, Potato, TOMATO, Courgette, Carrot, Onions, 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.), Cream (MILK), Spices, Herbs	Wholemeal Chapati (G) Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Wholemeal WHEAT Flour (WHEAT Flour, WHEAT GLUTEN), Rapeseed Oil, Salt	Vegan Raspberry Jelly	Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavourings.
Wednesday	Reg	Marinated Chicken in Gravy	Chicken Breast, 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.)	Potato, Carrot, Peas 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.)	Very Berry Mess (D) (E)	Natural Yoghurt (MILK), Berries, Sugar, Skimmed MILK Powder, Modified Starch, Maltodextrin, Palm Oil, Gelling Agents (Diphosphates, Sodium Phosphates), Emulsifiers (Propylene Glycol Esters of Fatty Acids, Lecithin), Lactose (MILK), MILK Proteins, Calcium Carbonate, Whey Powder (MILK), Anti-caking Agent (Silicon Dioxide), Colours (Beetroot Red, Carotenes), Flavouring, Meringue (Sugar, Pasteurised EGG White)
	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.)			
Thursday	Reg	Tuna Pasta w/ Broccoli, Sweetcorn & Garden Peas (F) (G) (T)	Tuna (FISH), Pasta (WHEAT), Peas, Broccoli, Sweetcorn, Courgette, Carrot, TOMATO, Onions, 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.) Spices, Herbs	Green Beans Sweetcorn	Pineapple and Coconut Cake (G) (E) (D)	Self Raising Flour (WHEAT), Butter (MILK), EGG, Sugar, Vanilla, Pineapple, Desiccated Coconut
	Veg	Mushroom Pasta w/ Broccoli, Sweetcorn & Garden Peas (G) (T)	Kidney Bean, Cannellini Bean, Butter Bean, Pasta (WHEAT), Mushroom, Peas, Broccoli, Sweetcorn, Courgette, Carrot, TOMATO, Onions, 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) Spices, Herbs			
Friday	Reg	Jacket Potato w/ Beef Bolognese (C) (T)	Mince Beef, Bell Peppers, TOMATO, Courgette, Carrot, CELERY, Onions, 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)	Jacket Potato	Orange Smiles	
	Veg	Jacket Potato w/ Vegan Bolognese (C) (T)	Kidney Beans, Cannellini Beans, Bell Peppers, TOMATO, Courgette, Carrot, CELERY, Onions, 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)			

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Week 3	Title	Ingredients	Side Dish	Afternoon Dessert	Ingredients
Monday	Tzatziki	Yoghurt ( <b>MILK</b> ), Cucumber, Extra Virgin Olive Oil, Garlic, Mint	Cucumber Batons Sugar Snaps Fingers (G) (S) (Wholemeal <b>WHEAT</b> Flour, Water, Yeast, <b>WHEAT GLUTEN</b> , <b>SOYA</b> , Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)	Strawberry Doughnut (G) (D) (S) (E)	<b>WHEAT</b> Flour, <b>MILK</b> , Whey Powder ( <b>MILK</b> ), <b>SOYA</b> , <b>EGGS</b> , Strawberry Jam, Sugar
Tuesday	Beetroot and Cream Cheese Sandwich (D) (G) (S)	Beetroot, Cream Cheese ( <b>MILK</b> ), Bread (Wholemeal <b>WHEAT</b> Flour, Water, Yeast, <b>WHEAT</b> , <b>GLUTEN</b> , <b>SOYA</b> , Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)	Carrot	Apricot Turnover (G)	Apricot, Puff Pastry ( <b>WHEAT</b> Flour Calcium Carbonate, Iron, Niacin, Thiamine, Water, Palm Oil, Rapeseed Oil, Concentrated Lemon Juice, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Inactive Dried Yeast, Flavouring, Colour (Carotenes), Flour Treatment Agent (Ascorbic Acid), Acidity Regulator (Citric Acid Oil), Water.
Wednesday	Chicken Mayonnaise (E)	Chicken, Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Stabiliser (Xanthan Gum), EGG yolk powder (EGG Yolk Powder, Salt, Maltodextrin), Salt, Preservatives (Acetic Acid, Potassium Sorbate), Acidity Regulator (Lactic Acid, Colour (Mixed Carotenoids)	Cucumber Sub Roll (G) ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Water, 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)	Seasonal Melon	
	Mixed Cheese Mayonnaise (D) (E)	Cheese ( <b>MILK</b> ), Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Stabiliser (Xanthan Gum), EGG yolk powder (EGG Yolk Powder, Salt, Maltodextrin), Salt, Preservatives (Acetic Acid, Potassium Sorbate), Acidity Regulator (Lactic Acid, Colour (Mixed Carotenoids)			
Thursday	Pea & Spring Onion Egg Bite	EGG, Cheese ( <b>MILK</b> ), Pea, Spring Onion, Oil, Seasonings	TOMATO Wedges (T)	Lemon and Raspberry Posset	Cream ( <b>MILK</b> ), Sugar, Lemon, Raspberry
Friday	Cheese & Tomato Puff (G) (D) (T)	Puff Pastry ( <b>WHEAT</b> Flour Calcium Carbonate, Iron, Niacin, Thiamine, Water, Palm Oil, Rapeseed Oil, Concentrated Lemon Juice, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Inactive Dried Yeast, Flavouring, Colour (Carotenes), Flour Treatment Agent (Ascorbic Acid), Acidity Regulator (Citric Acid) Oil, Cheese ( <b>MILK</b> , water, palm oil, potato starch, <b>MILK</b> protein, trisodium citrate, salt, tricalcium phosphate, citric acid, beta carotene, starter culture, microbial rennet, anti-caking agent (potato starch)), TOMATO		Blueberry Cupcake (G) (D) (E)	Self Raising ( <b>WHEAT</b> ), Butter ( <b>MILK</b> ), Sugar, <b>EGGS</b> , Baking Powder, Blueberry

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Week 4		Lunch	Ingredients	Side Dish	Dessert	
Monday	Reg	Moroccan Apricot Chicken (T)	Chicken, Apricots (Water, Apricot, Sugar, Modified Maize Starch, Acidity Regulator (Citric Acid), Natural Flavouring, Preservative (Potassium Sorbate), Spice extracts (Paprika Extract, Turmeric Extract), Colour (Anthocyanins), Carrots, Peas, <i>TOMATO</i> , Onions, Garlic, Courgette, Carrot, Ginger, 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	Couscous (G) (WHEAT)	Vegan Orange Jelly	Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavourings.
	Veg	Moroccan Apricot Chickpea (T)	Chickpea, Apricots (Water, Apricot, Sugar, Modified Maize Starch, Acidity Regulator (Citric Acid), Natural Flavouring, Preservative (Potassium Sorbate), Spice Extracts (Paprika Extract, Turmeric Extract), Colour (Anthocyanins), Carrots, Peas, <i>TOMATO</i> , Onions, Garlic, Courgette, Carrot, Ginger, 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			
Tuesday (V)	Veg	Tomato & Basil Pomodoro (G) (T)	Butter Beans, Pasta (WHEAT), <i>TOMATO</i> , Courgette, Carrot, Onions, Basil, 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.), Spices, Herbs	Cucumber	Natural Yoghurt w/ Peach Coulis (D)	Natural Yoghurt (MILK), Peach
Wednesday	Veg	Creamy Chicken & Leek Pie (D) (G)	Chicken, Leek, 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	Baby Potato Pastry Lid (G) Puff Pastry (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.)	Chocolate Delight (D)	MILK, Water, Sugar, Modified Starch, Skimmed MILK Powder, Palm Oil, Fat Reduced Cocoa Powder, Gelling Agents (Diphosphates, Sodium Phosphates), Emulsifiers (Propylene Glycol Esters of Fatty Acids, Lecithin), Lactose (MILK), MILK Proteins, Calcium Carbonate, Whey Powder (MILK), Anti-caking Agent (Silicon Dioxide), Flavouring.
	Veg	Creamy Vegetable Pie (D) (G)	Cannellini Beans, Leek, 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			
Thursday	Reg	Lamb Chilli Con Carne (T)	Lamb Mince, Kidney Bean, Bell Peppers, Courgette, Carrot, <i>TOMATO</i> , Onions, 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), Spices, Herbs	Rice	Selection of Ice Creams (D)	Water, Invert Sugar Syrup, Palm Oil, Palm Kernel Oil, Skimmed MILK Powder, MILK Proteins, Whey Powder (MILK), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Cellulose Gum, Carrageenan), Colour (Beetroot Red), Flavouring.
	Veg	3-Bean Chilli Con Carne (T)	Kidney Bean, Cannellini Bean, Butter Bean, Bell Peppers, Courgette, Carrot, <i>TOMATO</i> , Onions, 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), Spices, Herbs			
Friday	Reg	Breaded White Fishcake (F) (G)	Minced Whitefish (FISH), Water, WHEAT Flour (Calcium Carbonates, Iron, Niacin, Thiamine), Dried Potato, Sunflower Oil, Rapeseed Oil, Palm Oil, Salt, Stabiliser (Methyl Cellulose), Onion Powder, Yeast, Parsley, Sugar, Turmeric, Black Pepper Extract, Colour (Paprika Extract), Parsley Extract	Sweetcorn Tomato Salsa (T) Potato	Strawberry Sponge Cake (G) (E) (D)	Strawberry, Self Raising Flour (WHEAT), EGG, Butter (MILK), Sugar
	Veg	Seasoned Vegetable Nuggets (G)	Water, WHEAT Flour (with Calcium, Iron, Niacin, Thiamine), Carrot, Sweetcorn, Green Beans, Rapeseed Oil, Dried Potato [Dried Potato, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)], Cauliflower, Salt, Yeast, Onion Powder, Sugar, White Pepper			

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Monday	Sausage Rolls (G)	Puff Pastry ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Water, Pork, Rusk, Salt, Raising Agent (Ammonium Hydrogen Carbonate), <b>WHEAT</b> Gluten, <b>WHEAT</b> Starch, 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 (Sage Extract, Basil Extract, Marjoram Extract, Rosemary Extract, Thyme Extract), Dextrose, Colours (Carotenes, Paprika Extract)	<b>TOMATO Wedges</b> (T)	Berry Fro-Yo Pots (D)	Yoghurt ( <b>MILK</b> ), <b>MILK</b> , Mixed Berries
Tuesday	Ham Sub	Ham	<b>Sub Roll (G)</b> ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, 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)	Vanilla and Orange Shortbread (G) (D)	Plain Flour ( <b>WHEAT</b> ), Butter ( <b>MILK</b> ), Sugar, Vanilla, Orange
	Cheese Sub (D)	Cheese ( <b>MILK</b> )			
Wednesday	Mini Pizza (G)(D)(T)	<b>WHEAT</b> Flour, Water, <b>TOMATO</b> Puree, Cheese ( <b>MILK</b> ), Baking Agent (Durum <b>WHEAT</b> , <b>SEMOLINA</b> , <b>WHEAT</b> Gluten, Dextrose, Malted <b>WHEAT</b> Flour), Rapeseed Oil, Yeast, <b>BARLEY</b> Malt Extract, Salt, Basil, Black Pepper, Oregano.	Pepper Sticks	Lemon and Blueberry Cupcakes (G)(D)(E)	Self Raising ( <b>WHEAT</b> ), Butter ( <b>MILK</b> ), Sugar, <b>EGG</b> , Baking Powder, Lemon, Blueberry
Thursday	Cheese & Tomato Quiche (T) (G) (E) (D)	<b>TOMATO</b> , Cheese ( <b>MILK</b> ), <b>EGG</b> , <b>MILK</b> , Shortcrust Pastry ( <b>WHEAT</b> flour, vegetable oils and fats (palm, rapeseed), water, sugar, salt, emulsifier (mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid))	Carrot Batons	Jelly Pots with Fruit Chunks	
Friday	Tuna Crunch Pinwheel (E) (F) (G)	Tuna ( <b>FISH</b> ), Pepper, Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Stabiliser (Xanthan Gum), <b>EGG</b> yolk powder ( <b>EGG</b> Yolk Powder, Salt, Maltodextrin), Salt, Preservatives (Acetic Acid, Potassium Sorbate), Acidity Regulator, Wraps <b>WHEAT</b> Flour (Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents (Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.	Cucumber	Fruit Salad	

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