

WEEK 1 - MONDAY			
	Dish		Ingredients
Dinner	Roast Chicken Dinner	Roast Chicken	Chicken Breast Fillets (82%), Water, Dextrose, Salt
		White Potatoes	NA
		Vitalite	Vegetable Oils (Sunflower 21%, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers-E471, Sunflower Lecithin, Preservative-Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto Bixin, Curcumin
		Vegetables	Diced Carrots (45%), Garden Peas (35%), Cut Green Beans (10%), Sweetcorn (10%)
		Gravy	Potato Starch, Palm Oil, Salt, Maltodextrin, Colour (Ammonia Caramel), Hydrolysed Maize Protein, Flavouring, Onion Powder, Lactic Acid, Emulsifier (Lecithins)
Dessert	Yoghurts	Yoghurts	Fromage Frais ( <b>Milk</b> ), Water, Sugar, Strawberry Purée (5%), Cream ( <b>Milk</b> ), Cornflour, Modified Tapioca Starch, Colour (Anthocyanins), Flavouring, Acidity Regulators (Citric Acid, Sodium Citrates), Thickener (Xanthan Gum)
		<i>*FRUIT POUCH</i>	Organic Apple Purée (80%), Organic Strawberry Purée (20%), Organic Concentrated Lemon Juice
Tea	Pesto Pasta	Fusilli	Durum <b>Wheat</b> Semolina
		<i>*GF Penne Pasta</i>	Yellow Cornflour, Rice Flour, White Cornflour, Emulsifier (Mono- and Diglycerides of Fatty Acids)
		<i>*Free From Red Pesto</i>	Sunflower Oil, Tomato Paste, Rehydrated Sun-Dried Tomatoes (15%) [Water, Sun-Dried Tomatoes, Salt], Water, Red Peppers, Carrots, Basil (4%), Salt, Extra Virgin Olive Oil, Pine Nuts, Acidity Regulator (Lactic Acid)
Dessert	Ice Cream	Ice Cream	Reconstituted Skimmed <b>Milk</b> Concentrate, Glucose Syrup, Water, Vegetable Oils [Palm Stearin, Palm, Palm Kernel], Sugar, Whey Powder ( <b>Milk</b> ), Dextrose, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavourings, Stabilisers (Guar Gum, Sodium Alginate), Colour (Carotenes)
		<i>*VG ICE CREAM</i>	Water, Sugar, Coconut Oil, Humectant (Glycerol), Gram Flour, Flavouring, Thickeners (Xanthan Gum, Guar Gum), Salt, Colour (Carotenes)

**WEEK 1 - TUESDAY**

	<b>Dish</b>		<b>Ingredients</b>
<b>Dinner</b>	<b>Cottage Pie</b>	White Potatoes	NA
		Vitalite	Vegetable Oils (Sunflower 21%, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers-E471, Sunflower Lecithin, Preservative-Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto Bixin, Curcumin
		Beef Mince	Beef Mince (60%), Pork Mince (40%)
		Gravy	Potato Starch, Palm Oil, Salt, Maltodextrin, Colour (Ammonia Caramel), Hydrolysed Maize Protein, Flavouring, Onion Powder, Lactic Acid, Emulsifier (Lecithins)
		Vegetables	Diced Carrots (45%), Garden Peas (35%), Cut Green Beans (10%), Sweetcorn (10%)
<b>Dessert</b>	<b>Cakes</b>	Cakes	Fortified <b>Wheat</b> Flour [ <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sugar, Icing (17%) [Sugar, Palm Oil, Dried Glucose Syrup, Glucose Syrup, Skimmed <b>Milk</b> Powder, Emulsifier (Sucrose Esters of Fatty Acids), Gelling Agent (Pectins), Preservative (Potassium Sorbate), Colours (Beetroot Red, Lutein), Flavourings], Rapeseed Oil, Pasteurised Whole <b>Egg</b> , Humectant (Glycerol), Pasteurised <b>Egg</b> White, Soya Flour, Raising Agents (Diphosphates, Potassium Carbonates), <b>Wheat</b> Starch, Acidity Regulator (Citric Acid), Emulsifiers (Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Preservative (Potassium Sorbate), Antioxidant (Calcium Lactate)
<b>Tea</b>	<b>Beans On Toast</b>	Wholemeal Loaf	Wholemeal <b>Wheat</b> Flour, Water, <b>Wheat</b> Protein, Yeast, Vegetable Oils and Fat [Rapeseed Oil, Palm Oil, Palm Fat], Salt, Spirit Vinegar, <b>Soya</b> Flour, Preservative (Calcium Propionate), Caramelised Sugar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)
		<i>*FREE FROM BREAD</i>	Water, Tapioca Starch, Rice Flour, Rapeseed Oil, Psyllium Husk Powder, Potato Flakes, Humectant (Glycerol), Treacle, Stabiliser (Hydroxypropyl Methyl Cellulose), Yeast, Maize Flour, Sugar, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Bamboo Fibre, Salt, Sugar Beet Fibre, Fermented Rice, Fat-Reduced Cocoa Powder
		Beans	Haricot Beans (45%), Tomatoes (32%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings, Paprika Extract
<b>Dessert</b>	<b>Yoghurts</b>	Yoghurts	Fromage Frais ( <b>Milk</b> ), Water, Sugar, Strawberry Purée (5%), Cream ( <b>Milk</b> ), Cornflour, Modified Tapioca Starch, Colour (Anthocyanins), Flavouring, Acidity Regulators (Citric Acid, Sodium Citrates), Thickener (Xanthan Gum)
		<i>*SOYA YOGHURT</i>	Water, Sugar, <b>Soya</b> Beans (8%), Strawberry Purée (7%), Calcium Phosphate, Maize Starch, Flavouring, Fruit and Vegetable Concentrates [Apple, Carrot, Radish, Blackcurrant], Thickener (Guar Gum), Lemon Juice from Concentrate, Bacterial Culture
		<i>*FRUIT POUCH</i>	Organic Apple Purée (80%), Organic Strawberry Purée (20%), Organic Concentrated Lemon Juice

**WEEK 1 - WEDNESDAY**

	Dish		Ingredients
<b>Dinner</b>	<b>Chicken Fajitas</b>	Chicken	Chicken Breast Fillets (82%), Water, Dextrose, Salt
		Sweetcorn	NA
		Peppers	NA
		Wraps	Fortified <b>Wheat</b> Flour [ <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Humectant (Glycerol), Raising Agents (Diphosphates, Sodium Carbonates), Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Citric Acid), Salt, Preservatives (Calcium Propionate), <b>Wheat</b> Starch, Flour Treatment Agent (L-Cysteine)
		<i>*FF Pitta Bread</i>	Water, Wholegrain Flours 25% (Sorghum Flour, Millet Flour, Wholegrain Rice Flour, Buckwheat Flour, Teff Flour, Amaranth Flour, Quinoa Flour), Corn Starch, Potato Starch, Bamboo Fibre, Tapioca Starch, Thickening Agents (Hydroxypropyl Methylcellulosa, Carboxy Methylcellulose, Xanthan Gum, Guar Gum), Brown Milled Linseed, Glycerol, Inulin, Yeast, Sourdough (Fermented Rice, Corn and Quinoa Flour), Psyllium ( <b>Mustard</b> ), Pea Protein, Pea Fibre, Potato Fibre, Apple Juice Concentrate, Rapeseed Oil, Salt, Apple Extract, Preservative (Sorbic Acid), Acids (Citric Acid, Malic Acid, Tartaric Acid)
		Fajita Seasoning	Maltodextrin, Garlic Powder, Sugar, Paprika, Salt, Onion Granules, Ground Coriander Seed (7%), Cayenne Pepper (6%), Oregano, Ground Cinnamon (Cassia), Ground Nutmeg, Flavouring, Lemon Peel Powder, <b>Mustard</b> Flour
	Chopped Tomatoes	Chopped Tomatoes (60%), Tomato Juice, Acidity Regulator (Citric Acid)	
<b>Dessert</b>	<b>Yoghurts</b>	Yoghurts	Fromage Frais ( <b>Milk</b> ), Water, Sugar, Strawberry Purée (5%), Cream ( <b>Milk</b> ), Cornflour, Modified Tapioca Starch, Colour (Anthocyanins), Flavouring, Acidity Regulators (Citric Acid, Sodium Citrates), Thickener (Xanthan Gum)
<b>Tea</b>	<b>Hot Dogs</b>	White Finger Rolls	Fortified <b>Wheat</b> Flour [ <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Salt, <b>Wheat</b> Protein, Sugar, <b>Soya</b> Flour, Spirit Vinegar, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Dextrose, <b>Wheat</b> Starch, Palm Fat, Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine)
		<i>*FREE FROM BREAD</i>	Water, Tapioca Starch, Rice Flour, Rapeseed Oil, Psyllium Husk Powder, Potato Flakes, Humectant (Glycerol), Treacle, Stabiliser (Hydroxypropyl Methyl Cellulose), Yeast, Maize Flour, Sugar, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Bamboo Fibre, Salt, Sugar Beet Fibre, Fermented Rice, Fat-Reduced Cocoa Powder
		Sausage	Water, Pork (32%), Fortified <b>Wheat</b> Flour [ <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Pork Fat, Pork Rind, Dextrose, Salt, Spices, Emulsifier (Diphosphates), Yeast Extract, Preservative (Sodium <b>Sulphite</b> ), Antioxidant (Ascorbic Acid), Pepper Extract, Sage Extract, Sausage Casing (Beef Protein)
		<i>*FF Sausage</i>	Pork (72%), Water, Rice Hour, Chickpea Flour, Potato Starch, Salt, Stabiliser (Diphosphates), Cornflour, Parsley, Ginger Powder, Sage, Black Pepper, Nutmeg, Preservative (Sodium <b>Metabisulphite</b> ), Dextrose, Flavouring, Mace, Antioxidant (Ascorbic Acid), Pimento, Sausage Casing [Calcium Alginate].
		Chips	Potatoes, Sunflower Oil (4%), Dextrose
<b>Dessert</b>	<b>Flapjacks</b>	Flapjacks	<b>Oats</b> (38%), Golden Syrup (12%), Sweetened Condensed Skimmed <b>Milk</b> [Skimmed <b>Milk</b> , Sugar], Sugar, Unsalted Butter ( <b>Milk</b> ), Glucose Syrup, Palm Oil, Rapeseed Oil, Maltodextrin, Coconut Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring

**WEEK 1 - THURSDAY**

	Dish		Ingredients
<b>Dinner</b>	<b>Bolognese</b>	Fusilli	Durum <b>Wheat</b> Semolina
		<i>*GF Penne Pasta</i>	Yellow Cornflour, Rice Flour, White Cornflour, Emulsifier (Mono- and Diglycerides of Fatty Acids)
		Beef Mince	Beef Mince (60%), Pork Mince (40%)
		Mushrooms	NA
		Sauce	Tomatoes (60%), Tomato Purée Concentrate (20%), Water, Lemon Juice from Concentrate, Modified Maize Starch, Salt, Herbs, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Ground Black Pepper
<b>Dessert</b>	<b>Muffins</b>	Muffins	Fortified <b>Wheat</b> Flour [ <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sugar, Rapeseed Oil, Pasteurised Whole <b>Egg</b> , Chocolate Chips (11%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifiers ( <b>Soya</b> Lecithins), Flavouring], Humectant (Glycerol), Raising Agents (Diphosphates, Sodium Carbonates, Calcium Phosphates, Potassium Carbonates), Modified Maize Starch, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Salt, Stabiliser (Xanthan Gum), Acidity Regulator (Citric Acid), Whey Powder ( <b>Milk</b> ), <b>Soya</b> Flour, Flavouring
<b>Tea</b>	<b>Fish &amp; Chips</b>	Fish Fingers	Minced Alaska Pollock (Theragra chalcogramma) ( <b>Fish</b> ) (58%), Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Rapeseed Oil, Water, Yeast, Salt, Colours (Paprika Extract, Curcumin), Turmeric
		<i>*GF Fish Fingers</i>	Alaska Pollock ( <b>Fish</b> ) (65%), Breadcrumbs Coating*, Rapeseed Oil, *Breadcrumbs Coating (Flour (Rice, Ground Chickpea), Starch (Potato, Maize, Pea), Water, Rice Semolina, Salt, Dried Potato, Pea Fibre)
		<i>*Salmon</i>	Pink Salmon (Oncorhynchus gorbusha) ( <b>Fish</b> )
		Chips	Potatoes, Sunflower Oil (4%), Dextrose
		Peas	NA
<b>Dessert</b>	<b>Yoghurts</b>	Yoghurts	Fromage Frais ( <b>Milk</b> ), Water, Sugar, Strawberry Purée (5%), Cream ( <b>Milk</b> ), Cornflour, Modified Tapioca Starch, Colour (Anthocyanins), Flavouring, Acidity Regulators (Citric Acid, Sodium Citrates), Thickener (Xanthan Gum)
		<i>*FRUIT POUCH</i>	Organic Apple Purée (80%), Organic Strawberry Purée (20%), Organic Concentrated Lemon Juice

