

WEEK 2 - MONDAY									
	Dish	Ingredients	Ingredients						
Dinner	Sweet & Sour Chicken	Long Grain White	NA						
		Chicken	Chicken Breast Fillets (82%), Water, Dextrose, Salt						
		Sweetcorn	NA						
		Peppers	NA						
		Sauce	Water, Tomato Purée from Concentrate, Sugar, Mixed Peppers (4%), Carrots (4%), Modified Maize Starch, Pineapple (3%) [Pineapple, Pineapple Juice], Spirit Vinegar, Pineapple Juice from Concentrate, Onions, Salt, Ground Ginger, Colour (Paprika Extract)						
Dessert	Cookies	Cookies	Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Palm Oil, Sugar, Dark Chocolate Chips (6%) [Sugar, Cocoa Mass, Vegetable Fats [Palm Oil, Shea Fat, Sal Fat], Cocoa Butter, Emulsifier [Soya Lecithins]], Whey Powder (Milk), Partially Inverted Sugar Syrup, Raising Agents (Sodium Carbonates, Ammonium Carbonates), Flavouring, Salt						
Sandwich Selection	Wholemeal Loaf	Wholemeal Wheat Flour, Water, Wheat Protein, Yeast, Vegetable Oils and Fat [Rapeseed Oil, Palm Oil, Palm Fat], Salt, Spirit Vinegar, Soya 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)	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						
				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				
						Ham	Pork (79%), Water, Salt, Dextrose, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)		
								Cheese	Red Leicester Cheese [Cheese (Pasteurised Milk), Colour (Beta Carotene)]
*SOYA YOGHURT	Water, Sugar, Soya 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								
		*FRUIT POUCH	Organic Apple Purée (80%), Organic Strawberry Purée (20%), Organic Concentrated Lemon Juice						
				Dessert					

WEEK 2 - TUESDAY			
	Dish	Ingredients	Ingredients
Dinner	Gammon & Mash	Gammon	Pork (87%), Water, Salt, Stabiliser (Triphosphates), Dextrose, Preservative (Sodium Nitrite)
		White Poatotoes	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
		Veg	Diced Carrots (45%), Garden Peas (35%), Cut Green Beans (10%), Sweetcorn (10%)
Dessert	Yoghurts	Yoghurts	Fromage Frais (Milk), Water, Sugar, Strawberry Purée (5%), Cream (Milk), Cornflour, Modified Tapioca Starch, Colour (Anthocyanins), Flavouring, Acidity Regulators (Citric Acid, Sodium Citrates), Thickener (Xanthan Gum)
		*SOYA YOGHURT	Water, Sugar, Soya 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
		*FRUIT POUCH	Organic Apple Purée (80%), Organic Strawberry Purée (20%), Organic Concentrated Lemon Juice
Tea	Mac'n'Cheese	Fusilli	Durum Wheat Semolina
		*GF Penne Pasta	Yellow Cornflour, Rice Flour, White Cornflour, Emulsifier (Mono- and Diglycerides of Fatty Acids)
		Cheese Sauce	Palm Oil, Cornflour, Potato Starch, Skimmed Milk Powder, Glucose Syrup, Salt, Cheese Powder (Milk) (2%), Yeast Extract, Onion Powder, Flavouring (contains Milk), Milk Protein, Emulsifiers (Soya Lecithins, Mono- and Diglycerides of Fatty Acids), Stabiliser (Potassium Phosphates), Colour (Annatto Norbixin)
		*Free From Red Pesto	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)
		Garlic Bread	Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Rapeseed Oil, Garlic Purée (2%), Salt, Yeast, Skimmed Milk Powder, Dried Parsley, Concentrated Lemon Juice, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Flavouring, Wheat Starch
	Swiss Roll	Swiss Roll	Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Strawberry Flavour Apple Jam (16%) [Glucose-Fructose Syrup, Apple Purée, Humectant (Glycerol), Citric Acid, Acidity Regulator (Sodium Citrates), Gelling Agent (Pectins), Flavouring, Colours (Carotenes, Anthocyanins)], Sugar, Water, Dextrose, Palm Oil, Rapeseed Oil, Icing Sugar, Humectant (Glycerol), Dried Egg , Whey Powder (Milk), Maize Starch, Raising Agents (Diphosphates, Potassium Carbonates), Emulsifiers (Mono- and Diglycerides of Fatty Acids, Soya Lecithins), Dried Egg White, Flavouring

WEEK 2 - WEDNESDAY

	Dish	Ingredients	Ingredients
Dinner	Fish Pie	White Poatotoes	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
		Fish Pie Mix	Cod (Gadus Morhua) (Fish) (33%), Pink Salmon (Oncorhynchus Gorbuscha) (Fish) (33%), Smoked Haddock (33%) [Haddock (Melanogrammus aeglefinus) (Fish) (98%), Salt, Colours (Curcumin, Annatto)]
		Parsley Sauce	Potato Starch, Palm Fat, Maltodextrin, Dried Glucose Syrup, Palm Oil, Milk Powder, Cornflour, Salt, Sugar, Yeast Extract (contains Barley), Milk Proteins, Dried Parsley, Stabilisers (Dipotassium Phosphate, Sodium Polyphosphate), Emulsifier (Soya Lecithin), Flavour Enhancer (Monosodium Glutamate), Flavourings (contain Milk), Black Pepper Extract, Colour (Paprika Extract), Turmeric Extract, Onion Oil, Rosemary Extract
		Veg	Diced Carrots (45%), Garden Peas (35%), Cut Green Beans (10%), Sweetcorn (10%)
Dessert	Raspberry Ripple	Raspberry Ripple	Reconstituted Skimmed Milk Concentrate, Glucose Syrup, Raspberry Sauce (7%) [Sugar, Water, Glucose Syrup, Raspberry Purée, Cornflour, Acidity Regulators (Citric Acid, Sodium Citrates), Colour (Anthocyanins), Gelling Agent (Pectins), Flavouring], Water, Coconut Oil, Sugar, Whey Powder (Milk), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavourings, Stabilisers (Carob Bean Gum, Guar Gum), Colours (Beetroot Red, Carotenes)
		<i>*VG ICE CREAM</i>	Water, Sugar, Coconut Oil, Humectant (Glycerol), Gram Flour, Flavouring, Thickeners (Xanthan Gum, Guar Gum), Salt, Colour (Carotenes)
Tea	Eggs On Toast	Wholemeal Loaf	Wholemeal Wheat Flour, Water, Wheat Protein, Yeast, Vegetable Oils and Fat [Rapeseed Oil, Palm Oil, Palm Fat], Salt, Spirit Vinegar, Soya 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
		Eggs	Egg
Dessert	Yoghurts	Yoghurts	Fromage Frais (Milk), Water, Sugar, Strawberry Purée (5%), Cream (Milk), Cornflour, Modified Tapioca Starch, Colour (Anthocyanins), Flavouring, Acidity Regulators (Citric Acid, Sodium Citrates), Thickener (Xanthan Gum)
		<i>*SOYA YOGHURT</i>	Water, Sugar, Soya 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 2 - THURSDAY			
	Dish	Ingredients	Ingredients
Dinner	Meatballs & Rice	Meat Balls	Beef (86%), Water, Rice Flour, Onions, Maize Starch, Pea Fibre, Salt, Yeast Extract, Preservative (Sodium Metabisulphite), Dextrose, Bamboo Fibre, Black Pepper, Colours (Plain Caramel, Paprika Extract)
		Long Grain White	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
		Lettuce	NA
Dessert	Yoghurts	Yoghurts	Fromage Frais (Milk), Water, Sugar, Strawberry Purée (5%), Cream (Milk), Cornflour, Modified Tapioca Starch, Colour (Anthocyanins), Flavouring, Acidity Regulators (Citric Acid, Sodium Citrates), Thickener (Xanthan Gum)
		*SOYA YOGHURT	Water, Sugar, Soya 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
		*FRUIT POUCH	Organic Apple Purée (80%), Organic Strawberry Purée (20%), Organic Concentrated Lemon Juice
Tea	Veggie Fingers & Chips	Veggie Fingers	Vegetables (51%) [Carrots, Sweetcorn, Peas, Onions, Potatoes], Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Sunflower Oil, Potato Flakes, Maize Starch, Wheat Gluten, Salt, Sugar, Rye Flour, Yeast Extract, Pea Fibre, Garlic Powder, Onion Powder, Yeast, White Pepper, Tomato Powder, Red Pepper Powder, Parsley, Flavouring, Sage, Black Pepper Extract, Sage Extract
		*FF Veggie Dippers	Water, Sweetcorn (12%), Peas (12%), Carrots (12%), Potatoes (10%), Onions (7%), Potato Flakes, Rice Flour, Sunflower Oil, Gram Flour, Maize Flour, Maize Starch, Potato Starch, Onion Powder, Salt, Raising Agents (Diphosphates, Sodium Carbonates), Dextrose, Stabiliser (Xanthan Gum), Black Pepper
		Chips	Potatoes, Sunflower Oil (4%), Dextrose
		Beans	Haricot Beans (45%), Tomatoes (32%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings, Paprika Extract
Dessert	Ice Cream Roll	Ice Cream Roll	Reconstituted Skimmed Milk Concentrate, Sugar, Glucose Syrup, Water, Partially Reconstituted Whey Powder (Milk), Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Coconut Oil, Dextrose, Pasteurised Whole Egg , Raspberry Purée, Soya Flour, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Raising Agents (Diphosphates, Sodium Carbonates), Skimmed Milk Powder, Cornflour, Acidity Regulators (Citric Acid, Sodium Citrates), Stabilisers (Guar Gum, Carob Bean Gum), Flavourings, Colours (Anthocyanins, Beetroot Red, Carotenes), Gelling Agent (Pectins)
		*VG ICE CREAM	Water, Sugar, Coconut Oil, Humectant (Glycerol), Gram Flour, Flavouring, Thickeners (Xanthan Gum, Guar Gum), Salt, Colour (Carotenes)

