

PS Summer 2022 Dairy Free Week 1

Date: 2022/01/24

Title	Simple Allergens	Ingredients
Alpro Milk	Allergens: Soya.	Soya Milk [SOYA base (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Potassium iodide, Vitamins (B2, B12, D2)]
Alpro Yoghurt	Allergens: Soya. May Contain: Nuts.	Alpro Yoghurts [Water, Sugar, Hulled SOYA Beans (7.2%), Fruit (Blueberries (5.8%)), Glucose-fructose Syrup, Calcium (tri-calcium citrate), Acidity regulators (Sodium Citrate, Citric Acid), Stabiliser (Pectin), Natural Flavouring, Hibiscus and Carrot Concentrate, Sea Salt, Antioxidants (Tocopherol-rich Extract, Ascorbyl Palmitate), Vitamins (Riboflavin (B2), B12, D2), Yogurt Cultures (S. Thermophilus, L. Bulgaricus). Water, Hulled SOYA Beans (7.3%), Sugar, Fruit (Cherries (6.3%)), Cherry Juice (4.6%) out of concentrated juice, Glucose-fructose Syrup, Calcium (tri-calcium citrate), Stabiliser (Pectin), Acidity regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), carrot Concentrate, Thickener (Modified Maize Starch), Flavouring, Sea Salt, Antioxidants (Tocopherol-rich Extract, Ascorbyl Palmitate), Vitamins (Riboflavin (B2), B12, D2), Yogurt Cultures (S. Thermophilus, L. Bulgaricus).]
Boiled Egg Sandwich with Vitalite Spread	Allergens: Cereals, Eggs, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Free Range Eggs [Egg], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]
Butchers Pork Sausage in a Finger Roll	Allergens: Cereals, Soya, Sulphites, Wheat.	QMS Pork Link Sausage (57g) [Pork (57%), Water, Seasoning (Rusk (Fortified Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine)) Salt), Salt Emulsifier (E450), White Pepper, Preservative, (E223)(Sulphites), antioxidant (E300), Yeast Extract, Spice Extracts, Herb Extracts. Filled into beef collagen casings], Finger Roll [*Wheat* Flour (added Calcium Carbonate, Niacin, Thiamin and Iron), Water, Yeast, Roll Concentrate Salt, *WHEAT* Flour, (Added Calcium, Iron, Niacin & Thiamin), Emulsifiers (E472e, E471), *SOYA* Flour, Rapeseed Oil, Yeast Nutrient (E516), Flour Treatment Agents (E300, E920)]
Chicken and Tomato Pasta	Allergens: Cereals, Wheat.	Water [Water], Chicken Meat (Diced) [Chicken], Penne Pasta [Durum Wheat Semolina (100%).], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Onions [Onions White], Carrots [Carrots], Tomato Paste [Tomatoes, Acidity Regulator (Citric Acid).], Cornflour [Maize Starch.], Olive Oil [extra Virgin olive oil], Chicken Bouillon Jelly [Concentrated chicken bouillon (61%) (water, chicken extract), salt, yeast extract, chicken fat (4.9%), flavourings, vegetable juice concentrates (leek, onions), gelling agents (xanthan gum, locust bean gum).]
Chicken Sandwich with Vitalite Spread	Allergens: Cereals, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers (Diphosphates, Triphosphates).], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]

Title	Simple Allergens	Ingredients
DF Cheese and Tomato Pizza with Pasta Spirals	Allergens: Cereals, Wheat. May Contain: Eggs, Milk, Soya.	Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12], Soft Bap Mix [WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), Dried Yeast, WHEAT Fibre, Salt, Calcium Carbonate, WHEAT Flour, Emulsifiers (E472e, E491), Flour Treatment Agents (E300, Alpha Amylase, Amyloglucosidase, Glucose Oxidase, Hemicellulase).], Fusilli Pasta Spirals [Durum Wheat Semolina (100%).], Tomato and Basil Sauce [Tomatoes (80%), Concentrated Tomato Puree (10%), Sugar, Lemon Juice from Concentrate, Onions, Modified Maize Starch, Salt, Garlic Puree, Basil Leaf, Rapeseed Oil, Oregano, Ground Black Pepper.]
Dietary Gingerbread	Allergens: Sulphites.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Alpro Rice Milk [Water, Rice (12%), Sunflower oil, Calcium (Tri-calcium phosphate), Maltodextrin, Sea salt, Stabiliser (Gellan gum), Vitamins (B12, D2), Acidity regulator (Dipotassium phosphate)], Caster Sugar [Sugar], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], Black Treacle [Cane Molasses, Contains naturally occurring Sulphites], Golden Syrup [Partially Inverted Refiners Syrup.], Mixed Spice [Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg.], Bicarbonate of Soda [Sodium Bicarbonate], Ground Ginger [Ground Ginger.]
Dietary Oat Biscuit	Allergens: Cereals. May Contain: Milk.	Light Brown Sugar [Cane sugar], Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], Gluten Free Porridge Oats [Quaker Wholegrain Rolled Oats], Golden Syrup [Partially Inverted Refiners Syrup.], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.], Bicarbonate of Soda [Sodium Bicarbonate]
Fresh Fruit Selection		Pineapples [Pineapple], Watermelon [Water Melon], Cantelope Melon [Cantaloupe Melon], Red Apples [Apples Red], Golden Delicious Apples [Apples green], Green Grapes [Grapes Green], Red Grapes [Grapes Red], Banana [Bananas]
Gammon Steak, Potato Smiles and Baked Beans		Potato Smiles [Potatoes (85.3%), Dehydrated Potato, Sunflower Oil (6.7%), Potato Starch, Salt, White Pepper], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], GG Raw Gammon Steaks [Pork (79%); Water (18%); Salt; Dextrose; Modified Starch; Sugar; Stabiliser (Polyphosphates); Gelling Agent (Carrageenan); Antioxidant (Sodium Ascorbate); Preservatives (Sodium Nitrite, Potassium Nitrate).]
Ham Sandwich with Vitalite Spread	Allergens: Cereals, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]

Title	Simple Allergens	Ingredients
Jacket Potato with Lentil Bolognese		60 Size Baking Potatoes [Baking potatoes], Lentil Bolognese (BP filling) [Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Green Peppers [Peppers Green], Tomato Paste [Tomatoes, Acidity Regulator(Citric Acid).], Garlic [Garlic], Olive Oil [extra Virgin olive oil], Vegetable Bouillon Jelly [Concentrated vegetable bouillon (71%) [water, carrot, leek, onion], salt, yeast extract, sugar, mushroom juice concentrate, gelling agents (xanthan gum, locust bean gum), flavourings, ground bay leaves.], Black Pepper [Black Pepper.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]]
Jelly and Vegan Ice Cream	May Contain: Eggs, Milk.	Vegan Ice Cream [Water, Sugar, Polydextrose, Coconut Oil, Dextrose, Gram Flour, Flavouring, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Locust Bean Gum), Spent Vanilla Pod Powder, Colours(Curcumin, Annatto Norbixin).], Raspberry Jelly Crystals [Sugar, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Colour (Beetroot Red), Flavouring.]
Meat Free Sausages, Potato Smiles and Baked Beans		Meat Free Sausage [Water, Pea Protein (19%), Vegetable Oils (Rapeseed, Shea, Coconut), Thickener (E461), Rice Protein, Preservative (E326), Caramelised Carrot Concentrate, Salt, Potato Starch, Natural Flavouring, Yeast Extracts, Beetroot Concentrate, Vegetable Fibres (Pea, Potato), Smoked Water, Carrot Concentrate, Ground Black Pepper, Acidity Regulator (E300)], Potato Smiles [Potatoes (85.3%), Dehydrated Potato, Sunflower Oil (6.7%), Potato Starch, Salt, White Pepper], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]
Mixed Salad		Iceberg Lettuce [Lettuce Iceberg], Cucumber [Cucumber], Tomatoes [Tomatoes]
Roast Turkey in Gravy with Roast Potatoes		Sliced Turkey Breast [Turkey Breast (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers (Diphosphates, Triphosphates), Acidity Regulators (Sodium Acetate, Sodium Citrate), Pepper.], McCain Simply Roast Potatoes [POTATOES, SALT], Gravy [Water [Water], Gravy Granules [Maltodextrin, potato starch, salt, sugar, flavourings, yeast extract, vegetables (onion powder, tomato puree powder), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage.]]
Seasonal Vegetables		Cabbage [Cabbage], Sliced Green Beans [Green beans]
Vegan Cheese Sandwich	Allergens: Cereals, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]
Vegetable Fried Rice	Allergens: Eggs.	Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Diced Carrots [carrots], Free Range Eggs [Egg], Tomatoes [Tomatoes], Sweetcorn [sweetcorn], Spring Onion [Spring Onions], Mushrooms [Mushrooms], Peas [Peas], Parsley [Parsley], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).]
Vegetable Sticks (2 ptn)		Carrots [Carrots], Red Peppers [Peppers Red], Cucumber [Cucumber]

PS Summer 2022 Dairy Free Week 2

Date: 2022/02/11

Title	Simple Allergens	Ingredients
Alpro Milk	Allergens: Soya.	Soya Milk [SOYA base (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Potassium iodide, Vitamins (B2, B12, D2)]
Alpro Yoghurt	Allergens: Soya. May Contain: Nuts.	Alpro Yoghurts [Water, Sugar, Hulled SOYA Beans (7.2%), Fruit (Blueberries (5.8%)), Glucose-fructose Syrup, Calcium (tri-calcium citrate), Acidity regulators (Sodium Citrate, Citric Acid), Stabiliser (Pectin), Natural Flavouring, Hibiscus and Carrot Concentrate, Sea Salt, Antioxidants (Tocopherol-rich Extract, Ascorbyl Palmitate), Vitamins (Riboflavin (B2), B12, D2), Yogurt Cultures (S. Thermophilus, L. Bulgaricus). Water, Hulled SOYA Beans (7.3%), Sugar, Fruit (Cherries (6.3%)), Cherry Juice (4.6%) out of concentrated juice, Glucose-fructose Syrup, Calcium (tri-calcium citrate), Stabiliser (Pectin), Acidity regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), carrot Concentrate, Thickener (Modified Maize Starch), Flavouring, Sea Salt, Antioxidants (Tocopherol-rich Extract, Ascorbyl Palmitate), Vitamins (Riboflavin (B2), B12, D2), Yogurt Cultures (S. Thermophilus, L. Bulgaricus).]
Boiled Egg Sandwich with Vitalite Spread	Allergens: Cereals, Eggs, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Free Range Eggs [Egg], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]
Chicken Sandwich with Vitalite Spread	Allergens: Cereals, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]
Dairy Free Pepper Pasta with Broccoli	Allergens: Cereals, Wheat.	Broccoli [Broccoli], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12], Penne Pasta [Durum Wheat Semolina (100%).], Diced Onions (frozen) [Onions], Sweetcorn [sweetcorn], Garlic [Garlic], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Dietary Marble Cake	May Contain: Milk.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Caster Sugar [Sugar], Water [Water], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum]
Dietary Scone	May Contain: Milk.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], Caster Sugar [Sugar], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.], Alpro Rice Milk [Water, Rice (12%), Sunflower oil, Calcium (Tri-calcium phosphate), Maltodextrin, Sea salt, Stabiliser (Gellan gum), Vitamins (B12, D2), Acidity regulator (Dipotassium phosphate)]

Title	Simple Allergens	Ingredients
Ham Sandwich with Vitalite Spread	Allergens: Cereals, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]
Honey Chicken with Egg Noodles	Allergens: Cereals, Eggs, Soya, Wheat. May Contain: Nuts, Peanuts.	Chicken Meat (Diced) [Chicken], Egg Noodles [Egg Noodles Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Egg (5%), Salt, Colour (Carotenes), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid).], Carrots [Carrots], Onions [Onions White], Yellow Peppers [Pepepers Yellow], Green Peppers [Peppers Green], Red Peppers [Peppers Red], Lemons [Lemon], Oranges [Oranges], Honey [Clear Honey (100%).], Chicken Bouillon Jelly [Concentrated chicken bouillon (61%) (water, chicken extract), salt, yeast extract, chicken fat (4.9%), flavourings, vegetable juice concentrates (leek, onions), gelling agents (xanthan gum, locust bean gum).], Cornflour [Maize Starch.], Dark Soy Sauce [Water, Sugar, Salt, Soy Sauce Extract (9%) [Water, Defatted SOYA Bean, Roasted WHEAT , Salt], Colour (Ammonia Caramel), Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate).], Garlic [Garlic], Light Brown Sugar [Cane sugar], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Jacket Potato with DF Cheese and Baked Beans		60 Size Baking Potatoes [Baking potatoes], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12]
Mixed Salad		Iceberg Lettuce [Lettuce Iceberg], Cucumber [Cucumber], Tomatoes [Tomatoes]
Pasta with DF Cheese and Broccoli	Allergens: Cereals, Wheat.	Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12], Fusilli Pasta Spirals [Durum Wheat Semolina (100%).]
Salmon & Sweet Potato FishCake, Chips, Baked Beans	Allergens: Cereals, Fish, Wheat.	Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Harry Ramsden Salmon and Sweet Potato Fish Cake [Water, Salmon (FISH) (21%), Sweet Potato (14%), Dehydrated Potato Flake (Dried Potato, Emulsifier E471 (Mono- and Di-Glycerides of Fatty Acids)), WHEAT flour (WHEAT) (WHEAT Flour, Calcium carbonate, Iron, Niacin, Thiamin), Vegetable Oil, Salt, Yeast, Maize Starch, Raising agents (Ammonium Carbonates E503ii, Disodium Diphosphate E450i, Sodium Carbonates E500), Yeast Extract, Dehydrated Onion, Sugar, Potato Starch, Spice Extract.], McCain Oven Chips [POTATOES, SUNFLOWER OIL]
Savoury Mince and Tatties (without milk)		Mashed Potato (without milk) [McCains Simply Mash [Potatoes], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]], Beef Mince [95 vl beef trim], Water [Water], Onions [Onions White], Carrots [Carrots], Diced Swede [Swede], Beef Bouillon Jelly [Concentrated beef bouillon (62%) [water, beef extract], salt, flavourings, yeast extract, onion juice concentrate, gelling agents (xanthan gum, locust bean gum).], Gravy Granules [Maltodextrin, potato starch, salt, sugar, flavourings, yeast extract, vegetables (onion powder, tomato puree powder), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage.], Cornflour [Maize Starch.]
Seasonal Vegetables		Cabbage [Cabbage], Sliced Green Beans [Green beans]

Title	Simple Allergens	Ingredients
Sweet Potato and Squash Curry with Rice	Allergens: Mustard. May Contain: Cereals, Wheat.	Light Coconut Milk [Water, Coconut Extract (27%), Stabiliser (Guar Gum), Emulsifier (Polysorbate 60), Antioxidant (Citric Acid)], Butternut Squash [Butternut Squash], Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Chick Peas [Chick peas, water, antioxidant (ascorbic acid).], Sweet Potatoes [Sweet Potatoes cooked], Spinach [Spinach], Water [Water], Red Peppers [Peppers Red], Red Onions [Red Onion], Vegetable Bouillon Jelly [Concentrated vegetable bouillon (71%) [water, carrot, leek, onion], salt, yeast extract, sugar, mushroom juice concentrate, gelling agents (xanthan gum, locust bean gum), flavourings, ground bay leaves.], Curry Powder [Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), Mustard Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic [Garlic], Coriander [Ground Coriander.], Turmeric [Ground Turmeric.], Ground Ginger [Ground Ginger.], Ground Cinnamon [Ground Cinnamon (Cassia)]
Tuna (no may) Sandwich	Allergens: Cereals, Fish, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Tuna (In Brine) [Tuna (Fish), Water, Salt.]
Turkey Burger in a Roll	Allergens: Cereals, Soya, Wheat. May Contain: Eggs, Milk, Nuts, Sesame Seeds.	Turkey Burger [Turkey (74%), Water, Onion, Starch, Salt, Stabiliser (Diphosphates), Spirit Vinegar, Lemon Juice Concentrate, Black Pepper, Chilli, Natural Flavouring, Bay, Ginger, Cumin, Cayenne Pepper, Rosemary, Thyme, Garlic Powder, Oregano.], McGhees Morning Rolls [Wheat Flour, Water, Yeast, Salt, Emulsifiers (E472e, E471), Soya Flour, Vegetable Oil, Yeast Nutrient (E516), Flour Treatment Agent (E300, E920)]
Vegan Cheese Sandwich	Allergens: Cereals, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]
Vegan Lemon Cake	Allergens: Cereals, Wheat.	Self Raising Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Caster Sugar [Sugar], Lemons [Lemon], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate).]
Vegetable Sticks (2 ptn)		Carrots [Carrots], Red Peppers [Peppers Red], Cucumber [Cucumber]
Veggie Nuggets, Chips and Baked Beans	Allergens: Cereals, Wheat.	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Katerveg Vegetable Nuggets [Vegetables (47%) (In varying proportions (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato)), Breadcrumb (19%) (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt, Emulsifier (Mono- and Diacetyltartaric Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Enzymes), Water, Sunflower Oil, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dehydrated Potato, Rapeseed Oil, Salt, Thickener (Methyl Cellulose), WHEAT Starch, Flavouring, Maltodextrin (WHEAT), White Pepper, Sugar, Yeast Extract, Onion Powder, Carrot Powder, Acid (Citric Acid), Parsley, Colour (Paprika Extract), Turmeric.]

PS Summer 2022 Dairy Free Week 3

Date: 2022/04/05

Title	Simple Allergens	Ingredients
Alpro Milk	Allergens: Soya.	Soya Milk [SOYA base (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Potassium iodide, Vitamins (B2, B12, D2)]
Alpro Yoghurt	Allergens: Soya. May Contain: Nuts.	Alpro Yoghurts [Water, Sugar, Hulled SOYA Beans (7.2%), Fruit (Blueberries (5.8%)), Glucose-fructose Syrup, Calcium (tri-calcium citrate), Acidity regulators (Sodium Citrate, Citric Acid), Stabiliser (Pectin), Natural Flavouring, Hibiscus and Carrot Concentrate, Sea Salt, Antioxidants (Tocopherol-rich Extract, Ascorbyl Palmitate), Vitamins (Riboflavin (B2), B12, D2), Yogurt Cultures (S. Thermophilus, L. Bulgaricus). Water, Hulled SOYA Beans (7.3%), Sugar, Fruit (Cherries (6.3%)), Cherry Juice (4.6%) out of concentrated juice, Glucose-fructose Syrup, Calcium (tri-calcium citrate), Stabiliser (Pectin), Acidity regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), carrot Concentrate, Thickener (Modified Maize Starch), Flavouring, Sea Salt, Antioxidants (Tocopherol-rich Extract, Ascorbyl Palmitate), Vitamins (Riboflavin (B2), B12, D2), Yogurt Cultures (S. Thermophilus, L. Bulgaricus).]
Bean and Lentil Chilli with Rice (without Yoghurt)		Red Kidney Beans [Red Kidney Beans, Water.], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Red Lentils [Red Lentils], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Yellow Peppers [Pepepers Yellow], Red Peppers [Peppers Red], Onions [Onions White], Oregano [Dried Oregano.], Tomato Paste [Tomatoes, Acidity Regulator(Citric Acid).], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Paprika [Paprika.], Garlic [Garlic], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Boiled Egg Sandwich with Vitalite Spread	Allergens: Cereals, Eggs, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Free Range Eggs [Egg], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]
Carrot Cake	Allergens: Cereals, Eggs, Wheat.	Carrots [Carrots], Self Raising Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Sunflower Oil [Sunflower Oil.], Free Range Eggs [Egg], Light Brown Sugar [Cane sugar], Sultanas [Sultanas (99.5%), Sunflower Oil.], Golden Syrup [Partially Inverted Refiners Syrup.], Bicarbonate of Soda [Sodium Bicarbonate], Ground Cinnamon [Ground Cinnamon (Cassia)], Mixed Spice [Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg.], Ground Ginger [Ground Ginger.]

Title	Simple Allergens	Ingredients
Chicken Burger in a Roll	Allergens: Cereals, Soya, Wheat. May Contain: Eggs, Milk, Nuts, Sesame Seeds.	Chicken Grill [Chicken (46%), Water, Breadcrumbs [WHEAT Flour, Water, Yeast, Salt, Spice, Rapeseed Oil, Paprika], Batter [WHEAT Flour, WHEAT Starch, Maize Flour, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate)], Rapeseed Oil, Breadcrumbs [WHEAT Flour, Salt, Yeast, Rice Flour, Stabiliser (Methylcellulose), Sunflower Oil], Seasoning [WHEAT Flour, Dextrose, Salt, Onion Powder, Spices (Black Pepper, Paprika, White Pepper, Chilli, Fennel), Tomato Powder, Garlic Powder, Herb Extract (Sage)], Burnt Sugar, Vegetable Fibre, WHEAT Protein, Colour (Paprika Extract), Emulsifier (Polyglycerol Polyricinoleate).], McGhees Morning Rolls [Wheat Flour, Water, Yeast, Salt, Emulsifiers (E472e, E471), Soya Flour, Vegetable Oil, Yeast Nutrient (E516), Flour Treatment Agent (E300, E920)]
Chicken Sandwich with Vitalite Spread	Allergens: Cereals, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]
Chicken Sausages, Gravy, Mashed Potatoes (no milk)		Chicken Sausage [Chicken 65%, Chicken Skin, Water, Pea Flour, Potato Starch, Salt, Rice Flour, Yeast Extract, Stabiliser E451, Sugar, Spices, Onion Powder, Antioxidant E301, Spice Extract, Herb Extract, Filled in to a Beef Collagen Casing], Mashed Potato (without milk) [McCains Simply Mash [Potatoes], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]], Gravy [Water [Water], Gravy Granules [Maltodextrin, potato starch, salt, sugar, flavourings, yeast extract, vegetables (onion powder, tomato puree powder), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage.]]
DF Cheese and Tomato Pizza with Pasta Spirals	Allergens: Cereals, Wheat. May Contain: Eggs, Milk, Soya.	Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12], Soft Bap Mix [WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), Dried Yeast, WHEAT Fibre, Salt, Calcium Carbonate, WHEAT Flour, Emulsifiers (E472e, E491), Flour Treatment Agents (E300, Alpha Amylase, Amyloglucosidase, Glucose Oxidase, Hemicellulase).], Fusilli Pasta Spirals [Durum Wheat Semolina (100%).], Tomato and Basil Sauce [Tomatoes (80%), Concentrated Tomato Puree (10%), Sugar, Lemon Juice from Concentrate, Onions, Modified Maize Starch, Salt, Garlic Puree, Basil Leaf, Rapeseed Oil, Oregano, Ground Black Pepper.]
Dietary Pineapple Sponge Cake	May Contain: Milk.	Pineapple Slices [Pineapple, Pineapple Juice.], Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Caster Sugar [Sugar], Water [Water], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.]
Fish and Chips with Peas and Sweetcorn	Allergens: Fish.	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Battered Pollock Fillet 60g [Alaska Pollock (Fish) (50%), Water, Rice Flour, Rapeseed Oil, Maize Flour, Potato Starch, Maize Starch, Dextrose, Tapioca Starch, Vegetable Fibre, Salt, Raising Agent(Sodium Bicarbonate), Emulsifier(Glycerol), Stabiliser(Xanthan Gum), Caramelised Sugar Syrup, Sugar, Paprika Extract.], Peas [Peas], Sweetcorn [sweetcorn]

Title	Simple Allergens	Ingredients
Fresh Fruit Selection		Pineapples [Pineapple], Watermelon [Water Melon], Cantelope Melon [Cantaloupe Melon], Red Apples [Apples Red], Golden Delicious Apples [Apples green], Green Grapes [Grapes Green], Red Grapes [Grapes Red], Banana [Bananas]
Ham Sandwich with Vitalite Spread	Allergens: Cereals, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]
Jacket Potato with Tuna (no Mayo) and DF Cheese	Allergens: Fish.	60 Size Baking Potatoes [Baking potatoes], Tuna (no mayonnaise) [Tuna (In Brine) [Tuna (Fish), Water, Salt.]], Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12]
Jam Doughnut	Allergens: Cereals, Soya, Wheat. May Contain: Eggs, Milk, Sesame Seeds.	Mini Jam Ball Doughnuts [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Apple and Raspberry Jam (22%) [Glucose Syrup, Apple Pureé, Sugar, Raspberry Pureé, Acidity Regulator (Citric Acid, Trisodium Citrate), Colour (Anthocyanins), Gelling Agent (Pectin), Flavouring], Palm Oil, Rapeseed Oil, Sweet Dust (Glucose, Cornflour, Palm Oil), Sugar, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphates), Salt, Wheat Gluten, Soya Flour, Yeast, Flour Treatment Agent (Ascorbic Acid).]
Mixed Salad		Iceberg Lettuce [Lettuce Iceberg], Cucumber [Cucumber], Tomatoes [Tomatoes]
Quorn Vegan Dippers with Chips, Peas and Sweetcorn	Allergens: Cereals, Wheat.	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Quorn Vegan Dippers [Mycoprotein (55%), Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, WHEAT Gluten, Maize Flour, Stabiliser: Carrageenan. WHEAT Starch, Raising Agents: Ammonium Carbonate. Diphosphates, Sodium Bicarbonate, Dextrose, Durum WHEAT Semolina, Turmeric Extract], Peas [Peas], Sweetcorn [sweetcorn]
Seasonal Vegetables		Cabbage [Cabbage], Sliced Green Beans [Green beans]
Spaghetti Bolognaise	Allergens: Cereals, Wheat.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Beef Mince [95 vl beef trim], Spaghetti Pasta [Durum Wheat Semolina (100%).], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Water [Water], Red Lentils [Red Lentils], Sliced Mushrooms [Mushroom.], Tomato Paste [Tomatoes, Acidity Regulator(Citric Acid).], Garlic [Garlic], Beef Bouillon Paste [Ingredients:Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour (Plain Caramel), Beef Extract, Caramelised Sugar Syrup.], Black Pepper [Black Pepper.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]

Title	Simple Allergens	Ingredients
Tomato Pasta with Fresh Bread	Allergens: Cereals, Soya, Wheat.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Penne Pasta [Durum Wheat Semolina (100%).], Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Potatoes [Baking potatoes], Diced Carrots [carrots], Leeks [Leeks], Diced Swede [Swede], Vegetable Bouillon Jelly [Concentrated vegetable bouillon (71%) [water, carrot, leek, onion], salt, yeast extract, sugar, mushroom juice concentrate, gelling agents (xanthan gum, locust bean gum), flavourings, ground bay leaves.], Garlic [Garlic], Olive Oil [extra Virgin olive oil]
Tuna (no may) Sandwich	Allergens: Cereals, Fish, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Tuna (In Brine) [Tuna (Fish), Water, Salt.]
Vegan Cheese Sandwich	Allergens: Cereals, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]
Vegan Falafel Burger in a Roll	Allergens: Cereals, Soya, Wheat. May Contain: Eggs, Milk, Nuts, Sesame Seeds.	Vegan Falafel Mini Burger [Butternut squash(11%), Chickpeas(10%), grilled red pepper (10%), grilled yellow pepper(10%), grilled aubergine(9%), breadcrumbs (wheat flour, calcium carbonate, niacin, iron, thiamine), salt, yeast) rapeseed oil, peas, potato, onions, rehydrated potato flakes, coriander leaf, spices(coriander, cumin, paprika, black pepper, cayenne), WHEAT flour (Wheat flour, calcium carbonate, niacin, iron, thiamine), garlic, RYE flour, salt, sugar, WHEAT fibre, WHEAT gluten, thickener: methyl cellulose, dried parsley.], McGhees Morning Rolls [Wheat Flour, Water, Yeast, Salt, Emulsifiers (E472e, E471), Soya Flour, Vegetable Oil, Yeast Nutrient (E516), Flour Treatment Agent (E300, E920)]
Vegetable Sticks (2 ptn)		Carrots [Carrots], Red Peppers [Peppers Red], Cucumber [Cucumber]

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Title	Simple Allergens	Ingredients
Alpro Milk	Allergens: Soya.	Soya Milk [SOYA base (Water, Hulled SOYA beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Potassium iodide, Vitamins (B2, B12, D2)]
Alpro Yoghurt	Allergens: Soya. May Contain: Nuts.	Alpro Yoghurts [Water, Sugar, Hulled SOYA Beans (7.2%), Fruit (Blueberries (5.8%)), Glucose-fructose Syrup, Calcium (tri-calcium citrate), Acidity regulators (Sodium Citrate, Citric Acid), Stabiliser (Pectin), Natural Flavouring, Hibiscus and Carrot Concentrate, Sea Salt, Antioxidants (Tocopherol-rich Extract, Ascorbyl Palmitate), Vitamins (Riboflavin (B2), B12, D2), Yogurt Cultures (S. Thermophilus, L. Bulgaricus). Water, Hulled SOYA Beans (7.3%), Sugar, Fruit (Cherries (6.3%)), Cherry Juice (4.6%) out of concentrated juice, Glucose-fructose Syrup, Calcium (tri-calcium citrate), Stabiliser (Pectin), Acidity regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), carrot Concentrate, Thickener (Modified Maize Starch), Flavouring, Sea Salt, Antioxidants (Tocopherol-rich Extract, Ascorbyl Palmitate), Vitamins (Riboflavin (B2), B12, D2), Yogurt Cultures (S. Thermophilus, L. Bulgaricus).]
Beef Burger in a Roll	Allergens: Cereals, Soya, Sulphites, Wheat. May Contain: Eggs, Milk, Nuts, Sesame Seeds.	Beef Burger 57g [Beef (90%), Water, Rusk [WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin)], Salt, WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Dried Onion, Stabiliser (Sodium Tripolyphosphate), Preservative (Sodium METABISULPHITE), Spice Extracts, Herb Extract.], McGhees Morning Rolls [Wheat Flour, Water, Yeast, Salt, Emulsifiers (E472e, E471), Soya Flour, Vegetable Oil, Yeast Nutrient (E516), Flour Treatment Agent (E300, E920)]
Brownie	Allergens: Cereals, Wheat.	Water [Water], Plain Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin).], Caster Sugar [Sugar], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Salt [Salt, Anti-caking Agent E535.], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate).]
Chicken Curry with Rice	Allergens: Mustard.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Chicken Meat (Diced) [Chicken], Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Light Coconut Milk [Water, Coconut Extract (27%), Stabiliser (Guar Gum), Emulsifier (Polysorbate 60), Antioxidant (Citric Acid)], Onions [Onions White], Carrots [Carrots], Cauliflower Florets [cauliflower], Tomato Paste [Tomatoes, Acidity Regulator (Citric Acid).], Mango Chutney [Sugar, Mango (46%), Spirit Vinegar, Salt, Chilli Powder, Ground Ginger, Garlic Powder.], Curry Powder [Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), Mustard Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace.], Olive Oil [extra Virgin olive oil]
Cottage Pie (without milk)	Allergens: Celery.	Mashed Potato (without milk) [McCains Simply Mash [Potatoes], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]], Beef Mince [95 vl beef trim], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Onions [Onions White], Carrots [Carrots], Celery [Celery], Tomato Paste [Tomatoes, Acidity Regulator (Citric Acid).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic [Garlic]
Dietary Apple Crumble	Allergens: Cereals.	Solid Pack Apples [Apple (88%), Water, Acidity Regulator (Citric Acid).], Gluten Free Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid.], Light Brown Sugar [Cane sugar], Gluten Free Porridge Oats [Quaker Wholegrain Rolled Oats]

Title	Simple Allergens	Ingredients
Dietary Banana Muffin	May Contain: Milk.	Gluten Free Self Raising Flour [Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), thickener (Xanthan Gum).], Alpro Rice Milk [Water, Rice (12%), Sunflower oil, Calcium (Tri-calcium phosphate), Maltodextrin, Sea salt, Stabiliser (Gellan gum), Vitamins (B12, D2), Acidity regulator (Dipotassium phosphate)], Granulated Sugar [Cane Sugar], Banana [Bananas], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,], Apple Cider Vinegar [Cider Vinegar], Gluten Free Baking Powder [Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch.], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.]
Jacket Potato with DF Cheese and Baked Beans		60 Size Baking Potatoes [Baking potatoes], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12]
Mixed Salad		Iceberg Lettuce [Lettuce Iceberg], Cucumber [Cucumber], Tomatoes [Tomatoes]
Pasta with DF Cheese and Broccoli	Allergens: Cereals, Wheat.	Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12], Fusilli Pasta Spirals [Durum Wheat Semolina (100%).]
Quorn Vegan Nuggets in a Roll	Allergens: Cereals, Soya, Wheat. May Contain: Eggs, Milk, Nuts, Sesame Seeds.	Quorn Vegan Nuggets [Ingredients: Mycoprotein (54%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine,) Vegetable Oils (Sunflower, Rapeseed). Water, WHEAT Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Pea Protein, Potato Protein, Salt, Natural Flavouring, WHEAT Gluten, Pea Fibre, WHEAT Semolina, Yeast, Stabilisers: Carrageenan, Sodium Alginate. Sage & Sage Extract, Onion Powder, Garlic Powder, White Pepper, Onion Extract, Colour: Paprika Extract. Raising Agent: Ammonium Bicarbonate.], McGhees Morning Rolls [Wheat Flour, Water, Yeast, Salt, Emulsifiers (E472e, E471), Soya Flour, Vegetable Oil, Yeast Nutrient (E516), Flour Treatment Agent (E300, E920)]
Salmon Fish Fingers, Chips, Peas & Sweetcorn	Allergens: Fish.	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Salmon Fish Finger [Salmon (Oncorhynchus spp) (50%)(FISH), Rice Flour, Water, Maize Flour, Sunflower Oil, Modified Starch, Maize Starch, Stabiliser (Methylcellulose), Dextrose, Vegetable Fibre (Bamboo), Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, Raising Agents (Sodium Carbonates, Diphosphates)], Peas [Peas], Sweetcorn [sweetcorn]
Seasonal Vegetables		Cabbage [Cabbage], Sliced Green Beans [Green beans]
Sweet Potato and Squash Curry with Rice	Allergens: Mustard. May Contain: Cereals, Wheat.	Light Coconut Milk [Water, Coconut Extract (27%), Stabiliser (Guar Gum), Emulsifier (Polysorbate 60), Antioxidant (Citric Acid)], Butternut Squash [Butternut Squash], Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Chick Peas [Chick peas, water, antioxidant (ascorbic acid).], Sweet Potatoes [Sweet Potatoes cooked], Spinach [Spinach], Water [Water], Red Peppers [Peppers Red], Red Onions [Red Onion], Vegetable Bouillon Jelly [Concentrated vegetable bouillon (71%) [water, carrot, leek, onion], salt, yeast extract, sugar, mushroom juice concentrate, gelling agents (xanthan gum, locust bean gum), flavourings, ground bay leaves.], Curry Powder [Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), Mustard Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic [Garlic], Coriander [Ground Coriander.], Turmeric [Ground Turmeric.], Ground Ginger [Ground Ginger.], Ground Cinnamon [Ground Cinnamon (Cassia)]

Title	Simple Allergens	Ingredients
Tomato Pasta with Fresh Bread	Allergens: Cereals, Soya, Wheat.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Penne Pasta [Durum Wheat Semolina (100%).], Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Potatoes [Baking potatoes], Diced Carrots [carrots], Leeks [Leeks], Diced Swede [Swede], Vegetable Bouillon Jelly [Concentrated vegetable bouillon (71%) [water, carrot, leek, onion], salt, yeast extract, sugar, mushroom juice concentrate, gelling agents (xanthan gum, locust bean gum), flavourings, ground bay leaves.], Garlic [Garlic], Olive Oil [extra Virgin olive oil]
Vegan Cheese Sandwich	Allergens: Cereals, Soya, Wheat.	Hovis Best of Both [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Vegetable Fibre (Inulin), Wheat Protein, Soya Flour, Preservative: E282, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid.], Violife Vegan Cheese [Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour (B-Carotene), Vitamin B12], Vitalite Dairy Free Spread [Vegetable Oils (Sunflower (21%), Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers – E471, Sunflower Lecithin, Preservative – Potassium Sorbate, Flavouring, Colours – Annatto Bixin, Curcumin, Acid – Lactic Acid,]
Vegan Meatballs in Tomato Sauce with Spaghetti	Allergens: Cereals, Soya, Wheat.	Vegan Meatballs 14g [Water, SOYA Protein (19%), 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.], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Spaghetti Pasta [Durum Wheat Semolina (100%).], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Tomato Paste [Tomatoes, Acidity Regulator (Citric Acid).], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Garlic [Garlic]
Vegetable Sticks (2 ptn)		Carrots [Carrots], Red Peppers [Peppers Red], Cucumber [Cucumber]