Primary Winter 2025 Week 1 Report Date: 22/07/2025

Title	Ingredients	Allergens (Single Column)
Cheese Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour(Annatto Norbixin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Milk, Soya, Wheat.
Chicken Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Egg Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.
Ham Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Tuna Mayonnaise Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Skipjack Tuna (Fish), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.
Low Fat Natural Yoghurt	Low Fat Natural Yoghurt [Ingredients: Low Fat Natural Yogurt (Milk).]	Allergens: Milk.

Title	Ingredients	Allergens (Single Column)
Low Fat Strawberry Yoghurt	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.7%), Modified Maize Starch, Natural Flavourings, Natural Colour (Anthocyanins), Acidity Regulators (Citric Acid, Trisodium Citrate), , Preservative (Potassium Sorbate).]	Allergens: Milk.
Lentil Soup	Water [Water], Diced Carrots [Ingredients:Carrot (origin: EU).], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh milk], Diced Carrots [Ingredients:Carrot (origin: EU).], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Ground Black Pepper [Ingredients: Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	Allergens: Celery, Milk.
Vegetable Soup	Water [Water], Diced Onions (frozen) [Onions], Diced Carrots [Ingredients:Carrot (origin: EU).], Turnip [Turnip], Dutch Cabbage (loose) [English "Dutch" Cabbage], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Quorn Dippers in a Roll	Quorn Vegan Dippers [Mycoprotein (61%), Water, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Pea Fibre, Natural Flavouring, Durum Wheat Semolina, Potato Protein, Pea Protein, Wheat Gluten, Maize Flour, Wheat Starch, Dextrose, Raising Agents: Disodium Bicarbonate, Sodium Bicarbonate; Salt, Turmeric Extract. For allergens, including cereals containing gluten, see ingredients in bold.], Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.
Jacket Potato with Cheese and Baked Beans	60 Size Baking Potato [Potato], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour(Annatto Norbixin).]	Allergens: Milk.
Crispy Topped Vegetable Pie	Mashed Potatoes [McCains Simply Mash [POTATOES], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.], Ground Black Pepper [Ingredients: Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]], Cannellini Beans [Cannellini Beans, Water, Antioxidant(Ascorbic Acid).], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour(Annatto Norbixin).], Diced Carrots [Ingredients:Carrot (origin: EU).], Cauliflower Florets [Cauliflower], Broccoli (pks) [Broccoli], Large Onions (kg) [Onions], Tomato Paste [Tomatoes], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Garlic (pk 2) [Garlic]	Allergens: Milk.

Title	Ingredients	Allergens (Single Column)
Sweet Potato and Coconut Curry	Orange Sweet Potato [Orange Sweet Potatoes], Water [Water], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chick Peas [Chickpeas, Water, Antioxidant: Ascorbic Acid.], Large Onions (kg) [Onions], Sliced Green Beans [Green Beans], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Ginger [Ginger], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Ground Cinnamon [Ground Cinnamon (Cassia)]	
Cheese and Tomato Pizza, Potato Smiles and Peas	Potato Smiles [Potato Smiles [Potatoes (85.3%), Dehydrated Potato, Sunflower Oil (6.7%), Potato Starch, Salt, White Pepper]], Cheese and Tomato Pizza [Wholemeal Cheese and Tomato Pizza [Wholemeal WHEAT Flour, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, MAIZE Flour, Mozzarella Cheese (MILK) (26%), Tomato Sauces (23%) (Concentrated Crushed Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Oregano, Garlic Granules). SOURCE OF FIBRE]], Peas [Peas]	Allergens: Cereals, Gluten, Milk, Wheat.
Salmon Nibbles, Potato Smiles and Peas	Potato Smiles [Potato Smiles [Potatoes (85.3%), Dehydrated Potato, Sunflower Oil (6.7%), Potato Starch, Salt, White Pepper]], Salmon Nibbles [Salmon Nibbles [Skinless and boneless Salmon Fillet (Oncorhynchus spp)(50%)(FISH), Breadcrumb (WHEAT Flour, Salt, Yeast, Modified Maize Starch, Rapeseed Oil), Water, Batter (WHEAT Flour(with added Calcium Carbonate, Iron, Niacin, Thiamine)), WHEAT Starch, Maize Flour, Salt, Raising Agents (Disodium Diphosphate and Sodium Bicarbonate), Rapeseed Oil, Seasoning (Dextrose, Stabiliser (Methylcellulose), Salt, Onion Powder, Tomato Powder, Garlic Powder, White Pepper, Black Pepper, Fennel), Lemon Juice, Colour (Burnt Sugar), Vegetable Fibre, WHEAT PRotein, Colour (Paprika Extract), Stabiliser (Methylcellulose), Emulsifier (Polyglycerol Polyricinoleate)]], Peas [Peas]	Allergens: Cereals, Fish, Gluten, Wheat.
Steak Pie with Mashed Potato	Mashed Potatoes [McCains Simply Mash [POTATOES], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.], Ground Black Pepper [Ingredients: Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]], Water [Water], Diced Steak (Shaws) [100% Beef], Puff Pastry [Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Potassium Sorbate.], Large Onions (kg) [Onions], Carrots (loose) [Carrot], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Semi Skimmed Milk (2L) [100% fresh milk], Cornflour [Maize Starch.], Diced Swede [Swede]	Allergens: Cereals, Gluten, Milk, Wheat.

Title	Ingredients	Allergens (Single Column)
Chilli Loaded Wedges	Potato Wedges [Potatoes.], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Minced Beef (Shaws) [100% Beef], Mature White Cheddar Cheese [Cheddar Cheese (Milk).], Red Kidney Beans [Red Kidney Beans, Water, Firming Agent: Calcium chloride.], Diced Onions (frozen) [Onions], Diced Carrots [Ingredients:Carrot (origin: EU).], Red Lentils [Red Lentils], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Tomato Paste [Tomatoes], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Mild Chilli Powder [Ingredients:Paprika, Chilli Powder (20%).], Knorr Beef Bouillon Powder [Maltodextrin, salt, flavourings, yeast extract, beef broth (2,3%), beef fat (1,9%) [beef fat, antioxidant (extracts of rosemary)], sugar, toasted onion*, lovage roots*. *made from sustainably grown ingredients], Paprika [Ground Paprika.], Cumin [Cumin.], Coriander [Coriander.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).]	Allergens: Milk. May Contain: Cereals, Gluten, Wheat.
Chapatti	Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]	Allergens: Cereals, Gluten, Wheat.
Chicken and Tomato Pasta	Water [Water], Diced Chicken (Shaws) [100% Chicken], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Penne Pasta [Durum Wheat Semolina (100%).], Large Onions (kg) [Onions], Carrots (loose) [Carrot], Tomato Paste [Tomatoes], Olive Oil [Refined Olive Oil, Virgin Olive Oil.], Cornflour [Maize Starch.], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*. *made from sustainably grown ingredients.]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Soya.
Crusty Bread	White Baguette 10inch [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]	Allergens: Cereals, Gluten, Wheat. May Contain: Barley, Sesame Seeds.
Jam Doughnut	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).]	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Eggs, Milk, Sesame Seeds.
Chocolate Cookie	Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Granulated Sugar [Cane Sugar], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]	Allergens: Cereals, Eggs, Gluten, Wheat.
BBQ Chicken Fillet in a Roll	BBQ Chicken Breast [Chicken (88%), [Chicken Breast (90%), Water, Salt, Potato Starch, Stabilisers (Triphosphates)], BBQ Glaze (Water, Sugar, Maize Starch, Salt, Tomato Powder, Yeast Extract, Onion Powder, Garlic Powder, Paprika, Smoke Flavouring, Caramelised Sugar, Thickener (Carrageenan), Parsley, Rapeseed Oil).], Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.

Title	Ingredients	Allergens (Single Column)
Sponge Cake and Custard	Custard [Semi Skimmed Milk (2L) [100% fresh milk], Custard Powder [Maize Starch, Colour(Annatto Norbixin), Flavouring.], Caster Sugar [Cane Sugar]], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Caster Sugar [Cane Sugar], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.

Primary Winter 2025 Week 2 Report Date: 08/09/2025

Title	Ingredients	Allergens (Single Column)
Cheese Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour(Annatto Norbixin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Milk, Soya, Wheat.
Chicken Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Egg Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [Water, rapeseed oil, sugar, spirit vinegar, stabilisers (modified maize starch, xanthan gum), EGG yolk powder (1.5%), salt, acidity regulators (acetic acid, lactic acid), preservative (potassium sorbate), colour (mixed carotenoids).]	Allergens: Cereals, Eggs, Gluten, Soya, Wheat.
Ham Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Tuna Mayonnaise Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Skipjack Tuna (Fish), Water, Salt.], Light Mayonnaise [Water, rapeseed oil, sugar, spirit vinegar, stabilisers (modified maize starch, xanthan gum), EGG yolk powder (1.5%), salt, acidity regulators (acetic acid, lactic acid), preservative (potassium sorbate), colour (mixed carotenoids).]	Allergens: Cereals, Eggs, Fish, Gluten, Soya, Wheat.
Low Fat Natural Yoghurt	Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).]	Allergens: Milk.
Low Fat Strawberry Yoghurt	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.7%), Modified Maize Starch, Natural Flavourings, Natural Colour (Anthocyanins), Acidity Regulators (Citric Acid, Trisodium Citrate), , Preservative (Potassium Sorbate).]	Allergens: Milk.
Lentil Soup	Water [Water], Diced Carrots [Carrot (origin: EU).], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice	

Title	Ingredients	Allergens (Single Column)
	concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh milk], Diced Carrots [Carrot (origin: EU).], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	Allergens: Celery, Milk.
Vegetable Soup	Water [Water], Diced Onions (frozen) [Onions], Diced Carrots [Carrot (origin: EU).], Turnip [Turnip], Dutch Cabbage (loose) [English "Dutch" Cabbage], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Fish Fingers with Chips and Peas	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], GG Fish Finger MSC [Alaskan Pollock (Theragra chalcogramma) (60%) (FISH); Rice Flour, Water, Maize Flour, Sunflower Oil, Modified Starch, Starch, Stabiliser (Methyl cellulose), Dextrose, Vegetable Fibre (Bamboo), Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, Raising Agents (Sodium Carbonates, Potassium and Sodium Diphosphates).], Peas [Peas]	Allergens: Fish.
Quorn Fishless Fingers, Chips and Peas	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Quorn Vegan Fishless Fingers [Rice Flake (Rice, Emulsifier: Sodium Alginate), Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin & Thiamine), Mycoprotein (12%), Water, Natural Flavouring, Rapeseed Oil, Stabiliser: Methylcellulose; Yeast, Salt, Paprika, Colour: Paprika Extract. Allergy Advise: For allergens, including cereals containing gluten, see ingredients in bold.], Peas [Peas]	Allergens: Cereals, Gluten, Wheat.
Chicken Tikka with Rice	Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Diced Carrots [Carrot (origin: EU).], Brakes Tikka Paste [Water, Tomatoes (11%), Concentrated Tomato Purée (8%), Coriander (4.5%), Ground Cumin, Ground Coriander (4%), Ginger Purée (4%), Garlic Purée (4%), Sugar, Rapeseed Oil, Modified Maize Starch, Salt, Chilli Powder, Ground Cardamom, Acidity Regulator (Citric Acid), Ground Turmeric, Dried Fenugreek, Ground Nutmeg, Ground Fenugreek, Ground Black Pepper, Colour (Paprika Extract).], Diced Onions (frozen) [Onions], Tomato Paste [Tomatoes], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*. *made from sustainably grown ingredients.], Garlic (pk 2) [Garlic]	May Contain: Mustard, Sulphites, Sulphur Dioxide.
Roast Beef in Gravy, Roast	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel	Allergens: Cereals, Eggs,

Title	Ingredients	Allergens (Single Column)
Pots, Yorkshire Pud	syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Sliced Roast Beef (QMS) [Beef Silverside (80%), Water, Pea Protein, Salt, Stabilisers (E450, E451).], Yorkshire Pudding [Yorkshire Pudding [Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Egg White, Egg, Water, Rapeseed Oil, Skimmed Milk Powder, Salt.]]	Gluten, Milk, Wheat.
Vegan Sausages, Gravy, Roast Pot, Yorkshire Pud	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)], Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Yorkshire Pudding [Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Egg White, Egg, Water, Rapeseed Oil, Skimmed Milk Powder, Salt.]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Meat Free Fajitas and Rice	Katerveg Meat Free Mince [Rehydrated Textured SOYA Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].], Tortilla Wraps [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators(Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt.], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Large Onions (kg) [Onions], Green Peppers (each) [Green Peppers], Yellow Pepper (each) [Yellow Peppers], Tomato Paste [Tomatoes], Spring Onion (bunch) [Spring onions], Fajita Seasoning [Salt [Salt, Anticaking Agent (Sodium Ferrocyanide)], Chilli Powder (23%), Onion Powder, Sugar, Cumin Powder, Garlic Powder (8%), Oregano (0.5%), Flavouring, Paprika Extract, Lime Extract (0.5%), Cassia, Nutmeg, Coriander Leaf, Anticaking Agent (Silicon Dioxide).], Extended Life Oil [Rapeseed Oil, Antifoaming Agent(Dimethylpolysiloxane).]	Allergens: Cereals, Gluten, Soya, Wheat.
4" Vegan Sausage Roll	Vegan Sausage Roll (pastry) [Puff Pastry(Wheat Flour[Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin], Pastry Margarine[Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier(Mono- and Diglycerides of Fatty Acids)], Water), Filling(Water, Soya Protein Concentrate (13%), Sage and Onion Stuffing[Wheat Flour{ Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin}, Onion, Salt, Sage, Water, Raising Agent(Ammonium Carbonate, Sodium Hydrogen Carbonate), Yeast, Parsley, Barley Malt], Rapeseed Oil, Modified Maize Starch, Stabiliser(Methyl Cellulose), Salt, Mushroom Stock[Mushroom Concentrate, Salt, Rapeseed Oil, Water, Porcini Mushroom Powder, Onion Concentrate, Sugar, Cornflour], Onion Powder, White Pepper, Sage, Nutmeg, Cayenne Pepper[Chilli, Paprika]), Glaze(Water, Wheat Protein, Natural Colour[Carotenes])]	Allergens: Barley, Cereals, Gluten, Soya, Wheat. May Contain: Milk.
Macaroni Cheese with Broccoli	Semi Skimmed Milk (2L) [100% fresh milk], Broccoli (pks) [Broccoli], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour(Annatto Norbixin).], Macaroni Pasta [Durum Wheat Semolina (100%).], Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Chapatti	Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]	Allergens: Cereals, Gluten, Wheat.
Beef Burger in a Roll	Beef Burger 57g (Shaws) [Beef 90%, Gluten Free Breadcrumb (Rice Flour, Gram Flour, Maize Starch, Dextrose), Rice Flour, Dried Onion, Salt, Spices, Sugar, Yeast Extract, Preservative E221 (Sulphite), Antioxidant (Ascorbic Acid)], Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT	Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat.

Title	Ingredients	Allergens (Single Column)
	Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]	May Contain: Sesame Seeds.
Chicken Sausages, Mash Potato and Baked Beans	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 Potatoes [McCains Simply Mash [POTATOES], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]], Baked Beans [Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]]	
Shortbread	Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Caster Sugar [Cane Sugar], Cornflour [Maize Starch.]	Allergens: Cereals, Gluten, Wheat.
Brownie and Ice Cream	Skimmed Milk and Milk Proteins, Oligofructose, Polydextrose, Sorbitol, Maltodextrin, Sugar, Vegetable Fat (Palm Kernel Oil & Palm Oil), Emulsifier: (Mono & Di-Glycerides of Fatty Acids), Stabilisers: (Tara Gum, Cellulose Gum, Carrageenan), Colour: (Carotenes), Salt, Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Caster Sugar [Cane Sugar], Water [Water], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	Allergens: Cereals, Gluten, Milk, Wheat.
Apple Muffin	Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Solid Pack Apples [Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], White Sugar Sticks [White Sugar], Semi Skimmed Milk (2L) [100% fresh milk], Vanilla Essence [Water, Propylene Glycol (E1520), Flavouring Substances and Sugar, Colour; E150a Plain Caramel], Ground Cinnamon [Ground Cinnamon (Cassia)], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.

Primary Winter 2025 Week 3 Report Date: 08/09/2025

Title	Ingredients	Allergens (Single Column)
Cheese Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour(Annatto Norbixin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Milk, Soya, Wheat.
Chicken Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Egg Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [Water, rapeseed oil, sugar, spirit vinegar, stabilisers (modified maize starch, xanthan gum), EGG yolk powder (1.5%), salt, acidity regulators (acetic acid, lactic acid), preservative (potassium sorbate), colour (mixed carotenoids).]	Allergens: Cereals, Eggs, Gluten, Soya, Wheat.
Ham Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Tuna Mayonnaise Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Skipjack Tuna (Fish), Water, Salt.], Light Mayonnaise [Water, rapeseed oil, sugar, spirit vinegar, stabilisers (modified maize starch, xanthan gum), EGG yolk powder (1.5%), salt, acidity regulators (acetic acid, lactic acid), preservative (potassium sorbate), colour (mixed carotenoids).]	Allergens: Cereals, Eggs, Fish, Gluten, Soya, Wheat.
Low Fat Natural Yoghurt	Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).]	Allergens: Milk.
Low Fat Strawberry Yoghurt	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.7%), Modified Maize Starch, Natural Flavourings, Natural Colour (Anthocyanins), Acidity Regulators (Citric Acid, Trisodium Citrate), , Preservative (Potassium Sorbate).]	Allergens: Milk.

Title	Ingredients	Allergens (Single Column)
Lentil Soup	Water [Water], Diced Carrots [Carrot (origin: EU).], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh milk], Diced Carrots [Carrot (origin: EU).], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	Allergens: Celery, Milk.
Vegetable Soup	Water [Water], Diced Onions (frozen) [Onions], Diced Carrots [Carrot (origin: EU).], Turnip [Turnip], Dutch Cabbage (loose) [English "Dutch" Cabbage], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Salmon and Sweet Potato Fish Cake, Smiles & Peas	Potato Smiles [Potato Smiles [Potatoes (85.3%), Dehydrated Potato, Sunflower Oil (6.7%), Potato Starch, Salt, White Pepper]], Harry Ramsden Salmon and Sweet Potato Fish Cake [Salmon (FISH) (21%), Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sweet Potato (14%), Potato, Rapeseed Oil, Salt, Yeast, Emulsifier (Mono- and Diglycerides of Fatty Acids), Onion, Sage, Parsley, Raising Agent (Sodium Phosphates, Ammonium Carbonate), Pepper Extract, Flavouring.], Peas [Peas]]	Allergens: Cereals, Fish, Gluten, Wheat.
Cheese and Tomato Pizza, Potato Smiles and Peas	Potato Smiles [Potato Smiles [Potatoes (85.3%), Dehydrated Potato, Sunflower Oil (6.7%), Potato Starch, Salt, White Pepper]], Cheese and Tomato Pizza [Wholemeal Cheese and Tomato Pizza [Wholemeal WHEAT Flour, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, MAIZE Flour, Mozzarella Cheese (MILK) (26%), Tomato Sauces (23%) (Concentrated Crushed Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Oregano, Garlic Granules). SOURCE OF FIBRE]], Peas [Peas]	Allergens: Cereals, Gluten, Milk, Wheat.
Chicken Korma with Rice	Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Water [Water], Red Lentils [Red Lentils], Diced Carrots [Carrot (origin: EU).], Brakes Korma Paste [Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Diced Onions (frozen) [Onions], Garlic (pk 2) [Garlic], Extended Life Oil [Rapeseed Oil, Antifoaming Agent(Dimethylpolysiloxane).], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*. *made from sustainably grown ingredients.], Granulated Sugar [Cane Sugar]	

Title	Ingredients	Allergens (Single Column)
Vegetable Curry and Rice	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Potatoes [Washed & peeled potatoes], Diced Carrots [Carrot (origin: EU).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Diced Onions (frozen) [Onions], Cauliflower (loose) [Cauliflower], Mushrooms (loose) [Mushrooms], Curry Powder [Coriander, Turmeric (26%), Cumin Powder (8%), Salt(Salt, Anticaking agent(Sodium Ferrocyanide)), Rice Flour, Fenugreek (8%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Garlic (pk 2) [Garlic]	
Quorn Fillet, Gravy, Roasties, Yorkshire Pud	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Quorn Vegan Fillet [Quorn Vegan Fillet [Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, Wheat Gluten, Stabiliser: Carrageenan. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in bold.]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Yorkshire Pudding [Yorkshire Pudding [Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Egg White, Egg, Water, Rapeseed Oil, Skimmed Milk Powder, Salt.]]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Beef Lasagne	Semi Skimmed Milk (2L) [100% fresh milk], Minced Beef (Shaws) [100% Beef], Lasagne Sheets [Durum WHEAT semolina], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Diced Carrots [Carrot (origin: EU).], Diced Onions (frozen) [Onions], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour(Annatto Norbixin).], Cornflour [Maize Starch.], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Eggs, Mustard, Soya.
Roast Chicken, Gravy, Roasties, Yorkshire Pud	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Chicken Breast Fillet [Chicken Breast (90%), Water, Salt, Potato Starch, Stabilisers (Triphosphates).], Yorkshire Pudding [Yorkshire Pudding [Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Egg White, Egg, Water, Rapeseed Oil, Skimmed Milk Powder, Salt.]]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Tomato Pasta	Water [Water], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Penne Pasta [Durum Wheat Semolina (100%).], Potatoes [Washed & peeled potatoes], Diced Carrots [Carrot (origin: EU).], Diced Swede [Swede], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Garlic (pk 2) [Garlic], Olive Oil [Refined Olive Oil, Virgin Olive Oil.]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Soya.
Butchers Pork Sausage in a Finger Roll	Pork Sausages 57g (Shaws) [Pork 80%, Rice Flour, Gluten Free Breadcrumb (Rice Flour, Gram Flour, Maize Starch, Dextrose), Salt, Sugar, Stabilisers (Diphosphates E450), Preservative E221 (Sulphite), Dried Onion, Dried Leek, Yeast Extract, Spice, Natural Flavourings, Antioxidant (Ascorbic Acid)], Hot Dog Rolls (Side Sliced) [Ingredients List: Wheat Flour (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 (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).]	Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat. May Contain: Sesame Seeds.
Chapatti	Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]	Allergens: Cereals, Gluten, Wheat.

Title	Ingredients	Allergens (Single Column)
Crusty Bread	White Baguette 10inch [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]	Allergens: Cereals, Gluten, Wheat. May Contain: Barley, Sesame Seeds.
Vegan Lemon Cake	Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Lemons (each) [Lemons], Caster Sugar [Cane Sugar], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agent(Disodium Diphosphate, Sodium Hydrogen Carbonate).]	Allergens: Cereals, Gluten, Wheat.
Marble Cake	(2.5 Doz) "medium" Free Range Eggs [100% Egg], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Caster Sugar [Cane Sugar], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.]	Allergens: Cereals, Eggs, Gluten, Wheat.
Apple Crumble and Custard	Custard [Semi Skimmed Milk (2L) [100% fresh milk], Custard Powder [Maize Starch, Colour(Annatto Norbixin), Flavouring.], Caster Sugar [Cane Sugar]], Solid Pack Apples [Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).], Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Light Brown Sugar [Cane sugar], Wholemeal Flour [Wholemeal Wheat Flour.], Osprio Porridge Oats [Flaked OATS]	Allergens: Cereals, Gluten, Milk, Oats, Wheat.
Meatless Sausage in a Roll	Hot Dog Rolls (Side Sliced) [Ingredients List: Wheat Flour (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).], 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)]	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.

Primary Winter 2025 Week 4 Report Date: 10/09/2025

Title	Ingredients	Allergens (Single Column)
Cheese Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour(Annatto Norbixin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Milk, Soya, Wheat.
Chicken Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Egg Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [Water, rapeseed oil, sugar, spirit vinegar, stabilisers (modified maize starch, xanthan gum), EGG yolk powder (1.5%), salt, acidity regulators (acetic acid, lactic acid), preservative (potassium sorbate), colour (mixed carotenoids).]	Allergens: Cereals, Eggs, Gluten, Soya, Wheat.
Ham Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Tuna Mayonnaise Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative-E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Skipjack Tuna (Fish), Water, Salt.], Light Mayonnaise [Water, rapeseed oil, sugar, spirit vinegar, stabilisers (modified maize starch, xanthan gum), EGG yolk powder (1.5%), salt, acidity regulators (acetic acid, lactic acid), preservative (potassium sorbate), colour (mixed carotenoids).]	Allergens: Cereals, Eggs, Fish, Gluten, Soya, Wheat.
Low Fat Natural Yoghurt	Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).]	Allergens: Milk.
Low Fat Strawberry Yoghurt	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.7%), Modified Maize Starch, Natural Flavourings, Natural Colour (Anthocyanins), Acidity Regulators (Citric Acid, Trisodium Citrate), , Preservative (Potassium Sorbate).]	Allergens: Milk.

Title	Ingredients	Allergens (Single Column)
Lentil Soup	Water [Water], Diced Carrots [Carrot (origin: EU).], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh milk], Diced Carrots [Carrot (origin: EU).], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	Allergens: Celery, Milk.
Vegetable Soup	Water [Water], Diced Onions (frozen) [Onions], Diced Carrots [Carrot (origin: EU).], Turnip [Turnip], Dutch Cabbage (loose) [English "Dutch" Cabbage], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Chicken Goujons, Chips & Baked Beans	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Baked Beans [Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]], Breaded Chicken Goujons [Chicken Goujons [Chicken Breast (58%), WHEAT flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumb (WHEAT flour with added Calcium Carbonate, Iron, Niacin, Thiamin, Water, Salt, Yeast), Rice Flour, Rapeseed Oil, WHEAT Starch, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Caramel Sugar, Potato Starch, Stabiliser (Triphosphates), Yeast, Dextrose, Dried Glucose, Oligofructose (from chicory), Maize Flour, Sunflower Oil, Gluten (WHEAT), Raising Agents (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Paprika, Emulsifier (Polyglycerol Polyricinoleate).]]	Allergens: Cereals, Gluten, Wheat.
Free-Range Omelette, Chips and Baked Beans	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Baked Beans [Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]], Free-Range Mini Round Omelette [Pasteurised free range whole EGG Pasteurised whole MILK Rapeseed Oil, Thickener(Xanthan Gum) Salt Ground White Pepper]	Allergens: Eggs, Milk.
Beef Meatballs in Gravy with Roast Potatoes	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Beef Meatballs [Beef (70%), Water, WHEAT flour (with calcium carbonate, iron, niacin and thiamin), Potato Starch, Onion Powder, Salt, Stabilisers: diphosphate, triphosphate; Yeast Extract, Ground Spices, Spice Extract.]	Allergens: Cereals, Gluten, Wheat.
Jacket Potato with Tuna Mayo	60 Size Baking Potato [Potato], Tuna Mayonnaise [Tuna (In Brine) [Skipjack Tuna (Fish), Water, Salt.], Light Mayonnaise [Water, rapeseed oil, sugar, spirit vinegar, stabilisers (modified maize starch, xanthan gum), EGG yolk powder (1.5%), salt, acidity regulators (acetic acid, lactic acid), preservative (potassium sorbate), colour (mixed carotenoids).]]	Allergens: Eggs, Fish.

Title	Ingredients	Allergens (Single Column)
Spaghetti Bolognaise	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Minced Beef (Shaws) [100% Beef], Spaghetti Pasta [Durum Wheat Semolina (100%).], Diced Carrots [Carrot (origin: EU).], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Red Lentils [Red Lentils], Sliced Mushrooms [Mushroom.], Water [Water], Tomato Paste [Tomatoes], Beef Bouillon Paste [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.], Garlic (pk 2) [Garlic], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Black Pepper [Black Pepper.]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Soya.
Chicken Grill in a Roll	Chicken Grill [Chicken (46%), Water, Breadcrumb [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, Breadcrumb [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).], Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.
Quorn Burger in a Roll	Quorn Burgers [Mycoprotein (44%), Rehydrated Free Range EGG White, Textured WHEAT Protein, [WHEAT Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Plain Caramel. Stabiliser: Sodium Alginate.], Onion, MILK Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted BARLEY Malt Extract], Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]	Allergens: Barley, Cereals, Eggs, Gluten, Milk, Wheat. May Contain: Sesame Seeds.
Quorn Korma with Rice	Quorn Vegan Pieces [Mycoprotein (93%), Rapeseed Protein, Natural Flavouring, Potato Protein, Mushroom Extract (Maltodextrin, Mushroom Extract). Allergy Advice: For allergens, see ingredients in bold.], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Water [Water], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Diced Onions (frozen) [Onions], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Olive Oil [Refined Olive Oil, Virgin Olive Oil.], Cornflour [Maize Starch.]	May Contain: Mustard, Sulphites, Sulphur Dioxide.
Macaroni Cheese with Broccoli	Semi Skimmed Milk (2L) [100% fresh milk], Broccoli (pks) [Broccoli], Mature Coloured Cheddar Cheese (Cheddar Cheese (Milk), Contains Colour(Annatto Norbixin).], Macaroni Pasta [Durum Wheat Semolina (100%).], Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.

Title	Ingredients	Allergens (Single Column)
Cauliflower Cheese and Roast Potatoes	Semi Skimmed Milk (2L) [100% fresh milk], Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Cauliflower (loose) [Cauliflower], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour(Annatto Norbixin).], Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Milk, Wheat.
Chapatti	Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]	Allergens: Cereals, Gluten, Wheat.
Crusty Bread	White Baguette 10inch [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]	Allergens: Cereals, Gluten, Wheat. May Contain: Barley, Sesame Seeds.
Flapjack	Osprio Porridge Oats [Flaked OATS], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Light Brown Sugar [Cane sugar], Golden Syrup [Partially Inverted Refiners Syrup.]	Allergens: Cereals, Gluten, Oats.
Gingerbread	Semi Skimmed Milk (2L) [100% fresh milk], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Caster Sugar [Cane Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Demerara Sugar [Demerara Sugar], Golden Syrup [Partially Inverted Refiners Syrup.], Black Treacle [Cane molasses (sulphites)], Ground Ginger [Ginger.], Mixed Spice [Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg.]	Allergens: Cereals, Gluten, Milk, Sulphites, Sulphur Dioxide, Wheat.
Banana Bread	Small Bananas (loose) [Bananas], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Caster Sugar [Cane Sugar], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (monoand diglycerides of fatty acid), flavourings, vitamin A and D.]	Allergens: Cereals, Eggs, Gluten, Wheat.