

Summer 2026 Week 1 Report

Date: 26/03/2026

Title	Ingredients	Allergens (Single Column)
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.
Chapatti	Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]	Allergens: Cereals, Gluten, Wheat.
Cheese & Onion Bridie and Baked Beans	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]], Puff Pastry [Ingredients: Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Potassium Sorbate.], Mature White Cheddar Cheese [Cheddar Cheese (Milk) .], Diced Onions (frozen) [Onions (EU Origin)], (2.5 Doz) "medium" Free Range Eggs [100% Egg]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
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 Meatballs in a Tomato Sauce with Pasta	Water [Water], Chicken Meatballs [Chicken (70%); Water; Gluten Free Crumb (rice flour, gram flour, water, maize starch, salt, dextrose monohydrate); Seasoning (potato starch, salt, spices, onion powder, sugar, yeast extract, spice extracts)], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Spaghetti Pasta [Durum Wheat Semolina (100%).], Potatoes [Washed & peeled potatoes], Diced Carrots [Carrot (origin: EU).], Diced Swede [Swede], Leeks (loose) [Leeks], Garlic (pk 2) [Garlic], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Olive Oil [Refined Olive Oil, Virgin Olive Oil.]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Soya.
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.

Title	Ingredients	Allergens (Single Column)
Chicken Tikka Curry 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).], Amoy Light Coconut Milk [Coconut Extract (82%), Water, Thickener (Cellulose Gum), 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 Puree (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 (EU Origin)], 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%), yeast extract, chicken (1%), spices (turmeric, garlic powder, lovage roots), antioxidant (extracts of rosemary).], Garlic (pk 2) [Garlic]	May Contain: Mustard, Sulphites, Sulphur Dioxide.
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 [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 [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.
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.
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.
Fish and Chips with Peas	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Battered Pollock Fillet 60g [Alaska Pollock (Fish) (50%),Rice Flour,Water,Rapeseed Oil,Potato Starch,Maize Flour,Maize Starch,Tapioca Starch,Dextrose,Vegetable Fibre,Salt,Raising Agent(Sodium Polyphosphate,Sodium Carbonate),Emulsifier(Mono- and Di-Glycerides of Fatty Acids),Stabiliser(Xanthan Gum),Caramelised Sugar Syrup,Paprika Extract.], Peas [Peas]	Allergens: Fish.
Free-Range Mini Omelette in a Roll	Free-Range Mini Round Omelette [Pasteurised free range whole EGG Pasteurised whole MILK Rapeseed Oil, Thickener(Xanthan Gum) Salt Ground White Pepper], 4" Pre-Slice Bun [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, Eggs, Gluten, Milk, Wheat. May Contain: Sesame Seeds.

Title	Ingredients	Allergens (Single Column)
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.
Jelly and Ice cream	Strawberry Jelly Cyrstals [Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.], 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	Allergens: Milk.
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Onions [Onions White], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Ground Black Pepper [Ground Black Pepper.]	
Lentil Soup	Water [Water], Diced Carrots [Carrot (origin: EU).], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions (EU Origin)], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
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 Purée (1.7%), Modified Maize Starch, Natural Flavourings, Colour (Anthocyanins), Acidity Regulators (Citric Acid, Trisodium Citrate), , Preservative (Potassium Sorbate).]	Allergens: 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.
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.
Savoury Mince and Tatties	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).)], Minced Beef (Shaws) [100% Beef], Water [Water], Large Onions (kg) [Onions], Carrots (loose) [Carrot], Diced Swede [Swede], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.],	

Title	Ingredients	Allergens (Single Column)
	Cornflour [Maize Starch.], Knorr Beef Bouillon Powder [Maltodextrin, salt, flavourings, yeast extract, beef broth (2%), sugar, beef fat (1,9%) [beef fat, antioxidant (extracts of rosemary)], toasted onion, lovage roots.]	
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 (EU Origin)], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], 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.
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.
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.
Vegan Sausages, Chips & Peas	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)], Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Peas [Peas]	

Summer 2026 Week 2 Report

Date: 26/03/2026

Title	Ingredients	Allergens (Single Column)
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.
Butchers Pork Sausage in a Finger Roll	Pork Sausages 57g (Shaws) [Pork 80%, Rice Flour, Gluten Free Breadcrumbs (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 Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Preservative(Calcium Propionate), Flour Treatment Agent(Ascorbic Acid).]	Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat. May Contain: Sesame Seeds.
Cheese & Tomato Pizza, Potato Smiles, Baked Beans	Potato Smiles [Potato Smiles [Potatoes (85.3%), Dehydrated Potato, Sunflower Oil (6.7%), Potato Starch, Salt, White Pepper]], Baked Beans [Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]], Cheese and Tomato Pizza [Wholemeal Cheese and Tomato Pizza [Wholemeal WHEAT Flour, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, Rapeseed Oil, Mozzarella Cheese (MILK) (26%), Tomato Sauce (23%) (Concentrated Crushed Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Oregano, Garlic Granules). SOURCE OF FIBRE]]	Allergens: Cereals, Gluten, Milk, Wheat.
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 Casserole, Mash, Yorkshire Pudding	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)].], Water [Water], Diced Chicken (Shaws) [100% Chicken], Yorkshire Pudding [Yorkshire Pudding [Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Egg White, Egg , Water, Rapeseed Oil, Skimmed Milk Powder, Salt.]], 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.], Cornflour [Maize Starch.], Diced Swede [Swede]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Chicken Curry, Rice,	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain	Allergens: Cereals, Gluten,

Title	Ingredients	Allergens (Single Column)
	Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
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 Purée (1.7%), Modified Maize Starch, Natural Flavourings, Colour (Anthocyanins), Acidity Regulators (Citric Acid, Trisodium Citrate), , Preservative (Potassium Sorbate).]	Allergens: Milk.
Pineapple Sponge Cake	Pineapple Slices [Pineapple Slices, Pineapple Juice /Pineapple Juice from concentrate (Depending on the supplier), Acidity Regulator: Citric Acid.], 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], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Vanilla Essence [Water, Propylene Glycol (E1520), Flavouring Substances and Sugar, Colour; E150a Plain Caramel]	Allergens: Cereals, Eggs, Gluten, Wheat.
Plain Crispie	Crisp Puffed Rice [Rice, Sugar, Malted Barley Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12.], 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.], Golden Syrup [Partially Inverted Refiners Syrup.], Caster Sugar [Cane Sugar]	Allergens: Barley, Cereals.
Salmon Fish Fingers, Smiles and Baked Beans	Potato Smiles [Potato Smiles [Potatoes (85.3%), Dehydrated Potato, Sunflower Oil (6.7%), Potato Starch, Salt, White Pepper]], Baked Beans [Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]], Salmon Fish Finger [Salmon (<i>Oncorhynchus</i> 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)]	Allergens: Fish.
Spaghetti Bolognese	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 (EU Origin)], 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.
Three Bean Chilli with 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]], Red Kidney Beans [Red Kidney Beans, Water, Firming Agent: Calcium chloride.], Cannellini Beans [Cannellini Beans, Water, Antioxidant(Ascorbic Acid).], Borlotti Beans [Borlotti Beans, Water, Antioxidant(Ascorbic Acid).], Large Onions (kg) [Onions], Red Pepper (each) [Dutch" Red Peppers], Olive Oil [Refined Olive Oil, Virgin Olive Oil.], Garlic (pk 2) [Garlic], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Corriander [Corriander], Cumin [Cumin.], Paprika [Ground Paprika.]	May Contain: Cereals, Gluten, Wheat.

Title	Ingredients	Allergens (Single Column)
Chapatti	parboiled long grain rice 50% white parboiled long grain rice]], Amoy Light Coconut Milk [Coconut Extract (82%), Water, Thickener (Cellulose Gum), Emulsifier (Polysorbate 60).], Large Onions (kg) [Onions], Cauliflower Florets [Cauliflower], Carrots (loose) [Carrot], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Tomato Paste [Tomatoes], 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.], Olive Oil [Refined Olive Oil, Virgin Olive Oil.], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder]	Wheat. May Contain: Mustard, Sulphites, Sulphur Dioxide.
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.
Chocolate 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.], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum]	Allergens: Cereals, Gluten, Oats.
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.
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.
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Onions [Onions White], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Ground Black Pepper [Ground Black Pepper.]	
Lentil Soup	Water [Water], Diced Carrots [Carrot (origin: EU).], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions (EU Origin)], Leeks (loose) [Leeks], Knorr Vegetable Bouillon	

Title	Ingredients	Allergens (Single Column)
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 (EU Origin)], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], 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.
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.
Vegan Meatballs in Gravy, Mash, YP	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)).]], Vegan Meatballs 14g [Water, SOYA Protein (19%), Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Thickener (Methyl Cellulose), Brown Sugar, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper.], 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, Soya, Wheat.
Vegetable Lasagne, Crusty Bread	Semi Skimmed Milk (2L) [100% fresh milk], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Lasagne Sheets [Durum WHEAT semolina], Diced Onions (frozen) [Onions (EU Origin)], Crusty Bread [White Baguette 10inch [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]], Mushrooms (loose) [Mushrooms], Sweetcorn [Sweetcorn.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk) , Contains Colour(Annatto Norbixin).], Cornflour [Maize Starch.], Tomato Paste [Tomatoes], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Garlic (pk 2) [Garlic]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Barley, Eggs, Mustard, Sesame Seeds, Soya.

Summer 2026 Week 3 Report

Date: 26/03/2026

Title	Ingredients	Allergens (Single Column)
Beef Burger in a Roll	Beef Burger 57g (Shaws) [Beef 90%, Gluten Free Breadcrumbs (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 Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]	Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat. May Contain: Sesame Seeds.
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.
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 Enchiladas	Tomato Pasta Sauce [Water [Water], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Potatoes [Washed & peeled potatoes], Diced Carrots [Carrot (origin: EU).], Diced Swede [Swede], Leeks (loose) [Leeks], Garlic (pk 2) [Garlic], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Olive Oil [Refined Olive Oil, Virgin Olive Oil.]], Tomato Flour Tortillas [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.], Diced Chicken (Shaws) [100% Chicken], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk) , Contains Colour(Annatto Norbixin).], Cumin [Cumin.], Oregano [Oregano.]	Allergens: Cereals, Gluten, Milk, Wheat.
Chicken Korma with Rice	Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Chicken Meat (Diced) [Chicken], Amoy Light Coconut Milk [Coconut Extract (82%), Water, Thickener (Cellulose Gum), 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 Puree, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Diced Onions (frozen) [Onions (EU Origin)], Garlic (pk 2) [Garlic], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%),	

Title	Ingredients	Allergens (Single Column)
	yeast extract, chicken (1%), spices (turmeric, garlic powder, lovage roots), antioxidant (extracts of rosemary).], Granulated Sugar [Cane Sugar]	
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.
Chicken Sausages, Chips and Peas	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], 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]]	
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.
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.
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.
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Onions [Onions White], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Ground Black Pepper [Ground Black Pepper.]	
Lentil Soup	Water [Water], Diced Carrots [Carrot (origin: EU).], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions (EU Origin)], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin	

Title	Ingredients	Allergens (Single Column)
	olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
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 Purée (1.7%), Modified Maize Starch, Natural Flavourings, Colour (Anthocyanins), Acidity Regulators (Citric Acid, Trisodium Citrate), , Preservative (Potassium Sorbate).]	Allergens: 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.
Omelette, Chips and Peas	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Free-Range Mini Round Omelette [Pasteurised free range whole EGG Pasteurised whole MILK Rapeseed Oil, Thickener(Xanthan Gum) Salt Ground White Pepper], Peas [Peas [Peas]]	Allergens: Eggs, Milk.
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.
Roast Beef in Gravy, Roast Pots, 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.]], 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.]]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Sponge Cake	(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, Wheat.
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 (EU Origin)], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], 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.

Title	Ingredients	Allergens (Single Column)
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.
Vegetable Burger in a Roll	Sysco Essentials Crispy Crumbed Vegetable Burger [Wheat Flour(Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (11%),Peas (10%),Sweetcorn (9%),Onion (8%),Red Pepper (6%),Dried Potato,Green Beans (4.5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (2.5%),Potato,Salt,Yeast,Sugar,Yeast Extract,Garlic Powder,Onion Powder,Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage 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: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.

Summer 2026 Week 4 Report

Date: 26/03/2026

Title	Ingredients	Allergens (Single Column)
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 (91%) (origin: EU/ non-UK), 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 [Ingredients: Wholemeal Wheat Flour.], Osprio Porridge Oats [Flaked OATS]	Allergens: Cereals, Gluten, Milk, Oats, Wheat.
BBQ Pulled Pork Wedges	Non Fried Potato Wedges [Potato Wedges [Potatoes.]], Pork Boned and Rolled (shaws) [Pork], Homemade BBQ Sauce [Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Black Treacle [Cane molasses (sulphites)], Kikkoman GF Soy Sauce [Water, SOYBEANS , Salt, Spirit vinegar], Paprika [Ground Paprika.]]	Allergens: Celery, Soya, Sulphites, Sulphur Dioxide.
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, Rice Flour, Onion Powder, Salt, Stabilisers: diphosphate, triphosphate; Yeast Extract, Ground Spices, Spice Extract.]	Allergens: Cereals, 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, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, Rapeseed Oil, Mozzarella Cheese (MILK) (26%), Tomato Sauce (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.
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 Goujons in a Roll	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).], 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)
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.
Chicken Supreme with Rice	Diced Chicken (Shaws) [100% Chicken], Semi Skimmed Milk (2L) [100% fresh milk], Water [Water], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Diced Onions (frozen) [Onions (EU Origin)], Sweetcorn [Sweetcorn.], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.], Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%), yeast extract, chicken (1%), spices (turmeric, garlic powder, lovage roots), antioxidant (extracts of rosemary).], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat.
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.
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.
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Onions [Onions White], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Ground Black Pepper [Ground Black Pepper.]	
Lentil Soup	Water [Water], Diced Carrots [Carrot (origin: EU).], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions (EU Origin)], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper,	

Title	Ingredients	Allergens (Single Column)
	lovage roots, bay leaves, turmeric.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
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 Purée (1.7%), Modified Maize Starch, Natural Flavourings, Colour (Anthocyanins), Acidity Regulators (Citric Acid, Trisodium Citrate), , Preservative (Potassium Sorbate).]	Allergens: Milk.
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.
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), Breadcrumbs (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.
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.
Tomato Pasta with Crusty Bread	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Penne Pasta [Durum Wheat Semolina (100%).], Crusty Bread [White Baguette 10inch [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]], Potatoes [Washed & peeled potatoes], Diced Carrots [Carrot (origin: EU).], Diced Swede [Swede], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Garlic (pk 2) [Garlic], Olive Oil [Refined Olive Oil, Virgin Olive Oil.]	Allergens: Cereals, Gluten, Wheat. May Contain: Barley, Mustard, Sesame Seeds, Soya.
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 (EU Origin)], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], 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.

Title	Ingredients	Allergens (Single Column)
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.
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 (EU Origin)], 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]	
Veggie Bean Burrito	Tomato Flour Tortillas [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Diced Onions (frozen) [Onions (EU Origin)], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Red Kidney Beans [Red Kidney Beans, Water, Firming Agent: Calcium chloride.], Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Cannellini Beans [Cannellini Beans, Water, Antioxidant(Ascorbic Acid).], Water [Water], Tomato Paste [Tomatoes], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Garlic (pk 2) [Garlic], Caster Sugar [Cane Sugar], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Cayenne Pepper [Cayenne Pepper.], Cocoa Powder [Cocoa Powder (100%).]	Allergens: Celery, Cereals, Gluten, Wheat.