



Ingredients & Allergens - MAINS

Allergens are noted in **BOLD**

Breaded Chicken with Chips, Peas, Beans or Spaghetti Hoops

Breaded Chicken – Chicken Breast, **Wheat** Flour, Rapeseed Oil, Water, Glucose, Yeast, **Wheat** Fibre, Salt, **Wheat** Gluten, Potato Starch, Stabilisers (Diphosphates, Triphosphates)

Chips – Potato, Vegetable Oil (Palm)

Peas

Baked Beans – Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose – Fructose Syrup, Sat, Onion Powder, Paprika, Flavourings

Spaghetti Rings – Cooked Pasta, Water, Durum Whole **WHEAT** Semolina, Water, Tomato Puree, Sugar, Modified Maize Starch, Maize Starch, Salt, **WHEAT** Flour, Acidity Regulator (Citric Acid), Rapeseed Oil, Onion Powder, Ground Paprika, Paprika Extract, Flavouring

Vegetable Oil – Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane), Olive Oil

Fish with Chips, Peas, Beans or Spaghetti Hoops

Cod Fish Fingers in Batter – Cod (FISH), **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Sunflower Oil, Rapeseed Oil, Palm Oil, **WHEAT** Starch, Salt, Flavourings (Contains **MUSTARD**) Raising Agents: Diphosphates, Sodium Hydrogen Carbonate; **MUSTARD** Flour, Maize Flour, Dextrose, **WHEAT** Gluten, Dried Skimmed **MILK**, Colours: Curcumin, Capsanthin; Chilli Powder

Breaded Whitefish Fishcakes – Whitefish (**FISH**), Water, **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Potato Flake, Rapeseed Oil, Salt, Maize Starch, Yeast Extract, Acidity Regulator (Citric Acid), Black Pepper, Dehydrated Onion, Herbs (Oregano, Parsley), Dehydrated Garlic, Natural Flavouring, **WHEAT** Starch, Yeast

Cod Fillet Fish Fingers Coated in Golden Breadcrumbs – Cod Fillet (**FISH**), **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Sunflower Oil, Water, Yeast, Salt, Colours: Capsanthin, Curcumin; Turmeric

Gluten Free Fish Fingers – Alaska Pollock (**FISH**), Rapeseed Oil, Breadcrumb Coating, Flour, Rice, Ground Chickpea, Starch, Potato, Maize, Pea, Water, Rice Semolina, Salt, Dried Potato, Pea Fibre

Vegan Fishless Fingers – Rice Flake (Rice, Emulsifier: Sodium Alginate), **WHEAT** Flour, Calcium Carbonate, Iron, Niacin & Thiamine, Mycoprotein, Water, Natural Flavouring, Rapeseed Oil, Stabiliser: Methylcellulose; Yeast, Salt, Paprika, Colour: Paprika Extract

Chips – Potato, Vegetable Oil (Palm)

Peas

Baked Beans – Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose – Fructose Syrup, Sat, Onion Powder, Paprika, Flavourings

Spaghetti Rings – Cooked Pasta, Water, Durum Whole **WHEAT** Semolina, Water, Tomato Puree, Sugar, Modified Maize Starch, Maize Starch, Salt, **WHEAT** Flour, Acidity Regulator (Citric Acid), Rapeseed Oil, Onion Powder, Ground Paprika, Paprika Extract, Flavouring

Vegetable Oil – Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane), Olive Oil

Sweet and Sour Chicken with Boiled Rice and Prawn Crackers

Chicken Breast

Sauce – Water, Sugar, Tomatoes, Vinegar, Modified Maize Starch, Salt Tamarind Juice, Colour: Paprika Extract; Spices (Contains **CELERY**), Garlic Powder

Boiled Rice

Prawn Crackers – Tapioca Starch, Sunflower Oil, Maize Flour, Prawn Cocktail Seasoning, Sugar, Salt, Flavouring, Acid (Citric Acid), Cornflour, Yeast Extract, Onion Powder, Tomato Powder, Colour (Paprika Extract), Rice Protein

Burger with Crispy Potato Cubes and Salad

Free From Brioche Burger Buns – Water, Tapioca Starch, Rice Flour, Sugar, Potato Starch, Dried EGG White, Bamboo Fibre, Rapeseed Oil, Psyllium Husk Powder, Pasteurised EGG, Thickeners, Hydroxypropyl Methyl Cellulose, Xanthan Gum, Humectant (Glycerol), Yeast, Salt, Preservatives, Calcium Propionate, Sorbic Acid, Colour (Beta-Carotene), Flavouring

Beef Burgers with Onions and Seasoning – Beef, Onion, Potato Starch, Rusk, **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Salt, Raising Agent (Ammonium Carbonate), Spice, Onion Powder, Dextrose, Hydrolysed Vegetable Protein (**SOYA**), Spice Extracts (**CELERY**), Garlic Powder, Natural Onion Flavouring

Quorn Burgers – Mycoprotein, Rehydrated Free Range EGG White, Textured **WHEAT** Protein, **WHEAT** Flour, Calcium, Iron, Niacin, Thiamine, Colour: Caramel; Stabiliser: Sodium Alginate, Onion, MILK Proteins, Flavouring: Potassium Chloride, Rapeseed Oil, Tapioca Starch, Firming Agent: Calcium Chloride, Calcium Acetate; Roasted **BARLEY** Malt Extract

Vegetable Oil – Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane), Olive Oil

Roast Gammon Dinner with Roast Potatoes, Cauliflower Cheese, Seasonal Vegetables and Gravy

Gammon Joint

Cauliflower Cheese – Cheese, **MILK**, Cornflower

Carrots

Broccoli

Potatoes

Knorr Fine Gravy Granules – Maltodextrin, Potato Starch, Favouring's, Rice Flour, Salt, Yeast Extract, Sunflower Oil, Tomato Puree Powder, Caramel Syrup, Onion Juice Concentrate, Herbs (Rosemary and Sage), Pepper

Vegetable Oil – Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane), Olive Oil

Cheese and Tomato Pasta Bake with Broccoli

Cheddar cheese – pasturised from cows **MILK**, Potato Starch

Dolmio Sauce – tomatoes, tomato paste, onions, modified maize starch, sugar, salt, olive oil, basil, acidity regulator (citric acid), garlic, herbs, parsley, spices

Authentic Italian Pasta – Durum **WHEAT** Semolina

Broccoli

Gluten Free Pasta – Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)

Spaghetti Carbonara with Sweetcorn

Authentic Italian Pasta – Durum **WHEAT** Semolina

Gluten Free Pasta – Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)

Gammon Joint

Chicken Soup – **WHEAT** Flour, Potato Starch, Flavourings (**WHEAT**), Salt, Yeast Extract, Palm Oil, Maltodextrin, Sugar, Whey Protein (**MILK**), Chicken Fat, Parsley, Lactose (**MILK**), Chicken Meat, Thickener (Xanthan Gum), **MILK** Protein, Flavour Enhancer (Disodium 5'Ribonucleotides), **BARLEY** Malt Extract. May Contain **CELERY**, **EGG**, **MUSTARD** and **SOYA**

Chicken or Quorn Korma with Boiled Rice

Chicken

Boiled Rice

Broccoli

Quorn Meat Free Savoury Fillets – Mycoprotein, Rehydrated Free Range **EGG** White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate, Gelling Agent: Pectin

Korma Curry Sauce – Water, Sugar, Double Cream, Tomato Puree, Coconut Cream, Onion, **MILK** Powder, Lemon Juice, Desiccated Coconut, Thickener (Modified Maize Starch), Garlic Powder, Salt, Acidity Regulator, Citric Acid, Turmeric, Ginger Powder, Coriander Powder, Pimento, Coriander Leaf, Cumin Powder, Fenugreek Powder, Black Pepper, Nutmeg

Roast Beef Dinner with Roast Potatoes, Yorkshire Pudding, Seasonal Vegetables and Gravy

Roast Beef – Cooked Topside, Salt, Dextrose Stabiliser E451

Carrots

Broccoli

Potatoes

Knorr Fine Gravy Granules – Maltodextrin, Potato Starch, Favouring's, Rice Flour, Salt, Yeast Extract, Sunflower Oil, Tomato Puree Powder, Caramel Syrup, Onion Juice Concentrate, Herbs (Rosemary and Sage), Pepper

Yorkshire Pudding – Fortified **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Water, **EGG** White, Rapeseed Oil, **EGG**, Skimmed **MILK** Powder, Salt

Vegetable Oil – Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane), Olive Oil

Margherita Pizza with Crispy Cubes and Salad

Minstrel Grated White Mild Cheddar – **MILK**, Potato Starch

Sausages with Chips, Peas, Beans or Spaghetti Hoops

Butchers Style Pork Sausages – Pork, Water, Rusk **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Salt, Potato Starch, Pork Rind, Salt, Yeast Extract, Dextrose, Preservative (Sodium Sulphite), Stabiliser (Sodium Triphosphate), Hydrolysed Vegetable Protein, Herb (Parsley), Flavourings, Antioxidant (Ascorbic Acid), Natural Pork Casings

Chips – Potato, Vegetable Oil (Palm)

Peas

Baked Beans – Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose – Fructose Syrup, Sat, Onion Powder, Paprika, Flavourings

Spaghetti Rings – Cooked Pasta, Water, Durum Whole **WHEAT** Semolina, Water, Tomato Puree, Sugar, Modified Maize Starch, Maize Starch, Salt, **WHEAT** Flour, Acidity Regulator (Citric Acid), Rapeseed Oil, Onion Powder, Ground Paprika, Paprika Extract, Flavouring

Vegetable Oil – Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane), Olive Oil

Roast Chicken Dinner with Roast Potatoes, Seasonal Vegetables and Gravy

Chicken Fillet

Carrots

Broccoli

Potatoes

Knorr Fine Gravy Granules – Maltodextrin, Potato Starch, Favouring's, Rice Flour, Salt, Yeast Extract, Sunflower Oil, Tomato Puree Powder, Caramel Syrup, Onion Juice Concentrate, Herbs (Rosemary and Sage), Pepper

Vegetable Oil – Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane), Olive Oil

Spaghetti and Meatballs in a Tomato Sauce with Garlic Bread

Authentic Italian Pasta – Durum **WHEAT** Semolina

Gluten Free Pasta – Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)

Meatballs – Pork, Onion, Breadcrumbs (**WHEAT** Flour, Water, Salt, Yeast), Skimmed **MILK** Powder, Salt Spices, Stabilisers (E450, E451), Rapeseed Oil

Dolmio Sauce – tomatoes, tomato paste, onions, modified maize starch, sugar, salt, olive oil, basil, acidity regulator (citric acid), garlic, herbs, parsley, spices

Meat Free Savoury Flavour Ball – Mycoprotein, Textured **WHEAT** Protein (**WHEAT** Flour, Stabiliser: Sodium Alginate), Rehydrated Free Range **EGG** White, Onion, Natural Flavourings (Contains **BARLEY**), Palm Oil, Rice Starch, Roasted **BARLEY** Malt Extract

Creamy Chicken and Rice

Boiled Rice

Chicken Fillet

MILK

Chicken Soup – **WHEAT** Flour, Potato Starch, Flavourings (**WHEAT**), Salt, Yeast Extract, Palm Oil, Maltodextrin, Sugar, Whey Protein (**MILK**), Chicken Fat, Parsley, Lactose (**MILK**), Chicken Meat, Thickener (Xanthan Gum), **MILK** Protein, Flavour Enhancer (Disodium 5'Ribonucleotides), **BARLEY** Malt Extract. May Contain **CELERY**, **EGG**, **MUSTARD** and **SOYA**

Roast Pork Dinner with Roast Potatoes, Seasonal Vegetables and Gravy

Pork Loin

Cooked Pork – Pork, Salt, Dextrose, Stabiliser E451

Carrots

Broccoli

Potatoes

Knorr Fine Gravy Granules – Maltodextrin, Potato Starch, Favouring's, Rice Flour, Salt, Yeast Extract, Sunflower Oil, Tomato Puree Powder, Caramel Syrup, Onion Juice Concentrate, Herbs (Rosemary and Sage), Pepper

Vegetable Burger with Crispy Cubes and Salad

Free From Brioche Burger Buns – Water, Tapioca Starch, Rice Flour, Sugar, Potato Starch, Dried **EGG** White, Bamboo Fibre, Rapeseed Oil, Psyllium Husk Powder, Pasteurised **EGG**, Thickeners, Hydroxypropyl Methyl Cellulose, Xanthan Gum, Humectant (Glycerol), Yeast, Salt, Preservatives, Calcium Propionate, Sorbic Acid, Colour (Beta-Carotene), Flavouring

Vegetable Oil – Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane), Olive Oil

Chicken Fajita with Cous Cous

Dried Cous Cous – Durum **WHEAT** Semolina

Tortilla Wrap – **WHEAT** Flour, Water, Palm Oil, Stabilisers: E422, E412; **WHEAT** Gluten, Salt, Bean Flour, Raising Agents: E500, E450; Sugar, Glucose Syrup, Acid: E296; Malt, (**WHEAT, BARLEY**), Emulsifier: E471; Preservatives: E282, E202, **OAT** Flour, Yeast; Flour Treatment Agent: E920

BFree Sweet Potato Wrap

Lasagne with Salad

Beef

Meat Free Mince – Mycoprotein, Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar, Firming Agent: Calcium Chloride, Calcium Acetate; Gluten Free **BARLEY** Malt Extract

Dolmio Sauce – tomatoes, tomato paste, onions, modified maize starch, sugar, salt, olive oil, basil, acidity regulator (citric acid), garlic, herbs, parsley, spices

Tomato

Tomato Juice

Herbs

Corn Flour

MILK

Minstrel Grated White Mild Cheddar – **MILK**, Potato Starch

Salad – Cucumber, Red Pepper, Carrots, Sweetcorn, Tomato

Cheese and Ham Pinwheel with Chips and Peas

Frozen Puff Pastry Block – **WHEAT** Flour, Margarine, Palm Oil, Water, Salt, Emulsifier: Mono and Di-Glycerides of Fatty Acid, Water

Minstrel Grated White Mild Cheddar – **MILK**, Potato Starch

Farmhouse Ham – Pork, Water, Cure Mix, Pea Starch, Dried Glucose Syrup, Dextrose, Tapioca Starch, Stabilisers (E451, E450), Salt, Yeast Extract, Antioxidant (E301), Potato Fibre, Preservative (E250), Waxy Maize Starch

Vegetable Oil – Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane), Olive Oil

Chicken Noodles

Chicken

Bean Sprouts, Cabbage, Red Pepper, Onion, Carrot, Mushroom.

Soy Sauce – Water, Sugar, Salt, Soy Extract, Defatted **SOYA** Bean, Salt Roast **WHEAT**, Colour, Ammonia Caramel, Lactic Acid, Potassium Sorbate.

Egg Noodles – **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Water, **EGG**, Salt, Colour (Beta-Carotene), Firming Agent (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid)

Katsu Curry with Rice and Breaded Chicken

Breaded Chicken – Chicken Breast, **Wheat** Flour, Rapeseed Oil, Water, Glucose, Yeast, **Wheat** Fibre, Salt, **Wheat** Gluten, Potato Starch, Stabilisers (Diphosphates, Triphosphates)

Boiled Rice

Katsu Sauce - Water, Modified Maize Starch, Sunflower Oil, Coconut, Sugar, **SOY** Sauce (Water, **SOY** Beans, Salt, **WHEAT**), Curry Powder, Spices, Red Pepper, Natural Flavouring, Dehydrated Vegetable (Carrot), Acidity Regulator (Lactic Acid), Salt