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| **WEEK 1** | **LUNCH** | **INGREDIENTS** | **DESSERT** | **INGREDIENTS** | **TEA** | **INGREDIENTS** | **TEA DESSERT** | **INGREDIENTS** |
| **MON** | **Pork Meatball Ragu (100g) Served With White And Brown Rice (90g)** | **Pork Meatballs**, Mixed Herbs, Tomatoes, Mixed Peppers, Garlic, Courgette, Onion, Aubergine  White And Brown Rice  **ALLERGENS: WHEAT, GLUTEN, EGG** | **Easi-Yo**  **Fruit**  **Yoghurt**  **(60g)** | Water, **Milk, Soy Lecithin**, Fruit Puree  **ALLERGENS: MILK, SOYA** | **Sweet And Sour Chicken (110g) Served With White And Brown Rice (90g)** | Chicken, Tomato, Pineapple, Vinegar, Lemon, Garlic, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White And Brown Rice  **ALLERGENS: NONE** | **Chocolate Brownie (50g)** | **Flour**, Cocoa Powder, **Baking Powder,** Caster Sugar, Vanilla Essence, **Egg,** Vegetable Margarine  **ALLERGENS: EGG, GLUTEN, WHEAT, MILK** |
| **TUE** | **Chicken And Broccoli Pie (150g) Served With Peas And Carrots (40g)** | Chicken, Potato, Broccoli, Black Pepper, Carrots, Peas, Gravy, Mixed Herbs  **ALLERGENS: NONE** | **Apple And Blackberry Crumble (65g) And Custard (60g)** | Apple, Blackberries, Elderberry, **Crumble Mix**, **Ready To Pour Custard**  **ALLERGENS: GLUTEN, MILK, WHEAT, EGG, SOYA** | **Salmon Fishcakes, Baby Parsley Potatoes, Peas And Sweetcorn. (210g)** | **Salmon Fishcake**, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn  **ALLERGENS: FISH, GLUTEN, WHEAT** | **Easi-Yo**  **Fruit**  **Yoghurt**  **(60g)** | Water, **Milk, Soy Lecithin**, Fruit Puree  **ALLERGENS: MILK, SOYA** |
| **WED** | **Fish In Parsley Sauce (115g) With Potato, Carrot And Swede Mash (70g)** | **White Fish Portion,** Carrot, Swede, Peas, Potatoes, **Béchamel Sauce,** Parsley, Black Pepper.  **ALLERGENS: FISH, GLUTEN, MILK, WHEAT** | **Fruit**  **Shortbread (50g)** | Mixed Fruits, Vegetable Margarine,Caster Sugar, **Plain Flour**  **ALLERGENS: GLUTEN, WHEAT, SUPHITES** | **Katsu Chicken Curry (100g)**  **With White And Brown Rice**  **(70g)** | Diced Chicken, Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain White And Brown Rice, Ginger  **ALLERGENS: NONE** | **Poached Pears (65g) Served With Custard (60g)** | Pears, Orange Juice, Cinnamon**, Custard**  **ALLERGENS: MILK** |
| **THU** | **Beef Chilli Pasta Bake**  **(200g)** | Beef, Kidney Beans, Tomatoes, Chilli Sauce (Tomatoes, Water, Red Kidney Beans, Tomato Puree, Onion, Red Pepper, Modified Maize Starch, Sugar, Salt, Acidity Regulator (Lactic Acid), Cumin, Paprika, Coriander Powder, Dried Oregano, Garlic Powder, Fat Reduced Cocoa Powder, Chilli Powder, Black Pepper), Mixed Vegetables, **Pasta**.  **ALLERGENS: WHEAT, GLUTEN** | **Lemon And Sultana Cake (50g)** | **Wheat Flour**, **Soya Flour,** Caster Sugar, Vegetable Oil**,** Bicarbonate Of Soda, **Milk**, Syrup, Lemon Essence, **Egg,** **Sultanas**  **ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES** | **Cheesy Bean And Potato Pie**  **(200g)** | Potato, **Cheese,** Baked Beans, Chives, Milk, Onion, Tomatoes  **ALLERGENS: MILK** | **Chocolate Crispy Cake (50g)** | **Rice Crispies,** **Chocolate**  **ALLERGENS: BARLEY, GLUTEN, SOYA, MILK** |
| **FRI** | **Sausage And Bean Hotpot (100g) Served With Mashed Potato (70g)** | **Pork And Beef Sausages**, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Gravy,  **ALLERGENS: WHEAT, GLUTEN, SULPHITES** | **Fruit**  **Jelly**  **(92g)** | Fruit, Sugar, Flavourings  **ALLERGENS: NONE** | **Beef Lasagne**  **(197g)** | Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Garlic, **Lasagne Sheets, Béchamel Sauce,** Oregano, Basil, **Cheese**  **ALLERGENS: GLUTEN, MILK, WHEAT, EGG** | **Ice Cream Roll (80g)** | **Milk, Wheat, Egg, Soya**  **ALLERGENS: GLUTEN, WHEAT, MILK. EGG, SOYA** |

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| **WEEK 2** | **LUNCH** | **INGREDIENTS** | **DESSERT** | **INGREDIENTS** | **TEA** | **INGREDIENTS** | **TEA DESSERT** | **INGREDIENTS** |
| **MON** | **Macaroni Cheese With Peas and Sweetcorn (200g)** | **Macaroni Pasta,** Semolina, **Bechamel Sauce**, Onion, Nutmeg, Pepper, **Cheese,** Peas, Sweetcorn  **ALLERGENS: MILK, WHEAT, GLUTEN** | **Vanilla Ice-Cream Pot**  **(38g)** | Water, Sugar, Palm Oil, **Milk,** Emulsifier, Stabilisers, Flavouring  **ALLERGENS: MILK** | **Fish In Parsley Sauce (115g) With Potato, Carrot And Swede Mash (70g)** | **White Fish Portion,** Carrot, Swede, Peas, Potatoes, **Béchamel Sauce,** Parsley, Black Pepper.  **ALLERGENS: FISH, GLUTEN, MILK, WHEAT** | **Fruit**  **Shortbread (50g)** | Mixed Fruits, Vegetable Margarine,Caster Sugar, **Plain Flour**  **ALLERGENS: GLUTEN, WHEAT, SUPHITES** |
| **TUE** | **Minted Lamb Hotpot (200g)** | Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Mint Sauce  **ALLERGENS: NONE** | **Chocolate Brownie (50g)** | **Flour**, Cocoa Powder, **Baking Powder,** Caster Sugar, Vanilla Essence, **Egg,** Vegetable Margarine, Salt, Syrup  **ALLERGENS: EGG, GLUTEN, WHEAT, MILK** | **Beef Chilli Pasta Bake**  **(200g)** | Beef, Kidney Beans, Tomatoes, Chilli Sauce (Tomatoes, Water, Red Kidney Beans, Tomato Puree, Onion, Red Pepper, Modified Maize Starch, Sugar, Salt, Acidity Regulator (Lactic Acid), Cumin, Paprika, Coriander Powder, Dried Oregano, Garlic Powder, Fat Reduced Cocoa Powder, Chilli Powder, Black Pepper), Mixed Vegetables, **Pasta**. | **Lemon And Sultana Cake (50g)** | **Wheat Flour**, **Soya Flour,** Caster Sugar, Vegetable Oil**,** Bicarbonate Of Soda, **Milk**, Syrup, Lemon Essence, **Egg,** **Sultanas**  **ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES** |
| **WED** | **Cottage Pie (140g) Served With Swede And Carrots (60g)** | Minced Beef, Carrot, Peas, Onion, Garlic, Swede, Gravy,Mixed Herbs, Potato, Vegetable Margarine  **ALLERGENS: NONE** | **Rice Pudding And Fruit (100g)** | **Pudding White And Brown Rice,** **Milk,** Fruit  **ALLERGENS: MILK, SULPHITES** | **BBQ Chicken And Mediterranean Vegetables With Rice**  **(195g)** | Chicken Breast, BBQ Sauce (Concentrated Tomato Puree, Glucose-Fructose Syrup, Spirit Vinegar, Molasses, Sugar, Modified Starch, Salt, Smoke Flavouring, Spices, Onion Powder, Flavourings, Preservative (Potassium Sorbate), Garlic Powder), Courgette, Mixed Peppers, White Rice, Tomatoes  **ALLERGENS: NONE** | **Easi-Yo**  **Fruit**  **Yoghurt**  **(60g)** | Water, **Milk, Soy Lecithin**, Fruit Puree  **ALLERGENS: MILK, SOYA** |
| **THU** | **Sweet And Sour Chicken (110g) Served With White And Brown Rice (90g)** | Chicken, Tomato, Pineapple, Vinegar, Lemon, Garlic, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White And Brown Rice  **ALLERGENS: NONE** | **Carrot Cake**  **(50g)** | **Wheat Flour,** Sugar, Vegetable Oil, **Egg**, **Soya Flour**  **ALLERGENS: WHEAT, GLUTEN, EGGS, SOYA, MILK** | **Sausage And Bean Hotpot (100g) Served With Mashed Potato (70g)** | **ALLERGENS: WHEAT, GLUTEN Pork And Beef Sausages**, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Gravy,  **ALLERGENS: WHEAT, GLUTEN, SULPHITES** | **Apple And Blackberry Crumble (65g) And Custard (60g)** | Apple, Blackberries, Elderberry, **Crumble Mix**, **Ready To Pour Custard**  **ALLERGENS: GLUTEN, MILK, WHEAT, EGG, SOYA** |
| **FRI** | **Breaded Fish Fingers (50g), Baked Beans (55g) And Mashed Potato(70g)** | **Breaded Fish Fingers,** Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine  **ALLERGENS: FISH, GLUTEN, WHEAT** | **Fruit Smoothie (60g)** | Fruit  **ALLERGENS: NONE** | **Chicken And Broccoli Pie (150g) Served With Peas And Carrots (40g)** | Chicken, Potato, Broccoli, Black Pepper, Carrots, Peas, Gravy, Mixed Herbs  **ALLERGENS: NONE** | **Fruit**  **Jelly**  **(92g)** | Fruit, Sugar, Flavourings  **ALLERGENS: NONE** |

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| **WEEK 3** | **LUNCH** | **INGREDIENTS** | **DESSERT** | **INGREDIENTS** | **TEA** | **INGREDIENTS** | **TEA DESSERT** | **INGREDIENTS** |
| **MON** | **BBQ Chicken And Mediterranean Vegetables With Rice**  **(195g)** | Chicken Breast, BBQ Sauce (Concentrated Tomato Puree, Glucose-Fructose Syrup, Spirit Vinegar, Molasses, Sugar, Modified Starch, Salt, Smoke Flavouring, Spices, Onion Powder, Flavourings, Preservative (Potassium Sorbate), Garlic Powder), Courgette, Mixed Peppers, White Rice, Tomatoes  **ALLERGENS: NONE** | **Ice Cream Roll (80g)** | **Milk, Wheat, Egg, Soya**  **ALLERGENS: GLUTEN, WHEAT, MILK. EGG, SOYA** | **Breaded Fish Fingers (50g), Baked Beans (55g) And Mashed Potato(70g)** | **Breaded Fish Fingers,** Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine  **ALLERGENS: FISH, GLUTEN, WHEAT** | **Jam And Coconut Sponge Cake (60g)** | **Wheat Flour**, **Soya Flour,** Caster Sugar, Vegetable Oil**,** Bicarbonate Of Soda, **Milk**, Syrup, **Coconut**, **Egg, Fruit Jam**  **ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES** |
| **TUES** | **Cheesy Bean And Potato Pie**  **(200g)** | Potato, **Cheese,** Baked Beans, Chives, Milk, Onion, Tomatoes  **ALLERGENS: MILK** | **Chocolate Crispy Cake (50g)** | **Rice Crispies,** **Chocolate**  **ALLERGENS: BARLEY, GLUTEN, SOYA, MILK** | **Pork Meatball Ragu (100g) Served With White And Brown Rice (90g)** | **Pork Meatballs**, Mixed Herbs, Tomatoes, Mixed Peppers, Garlic, Courgette, Onion, Aubergine  White And Brown Rice  **ALLERGENS: WHEAT, GLUTEN, EGG** | **Rice Pudding And Fruit (100g)** | **Pudding White And Brown Rice,** **Milk,** Fruit  **ALLERGENS: MILK, SULPHITES** |
| **WED** | **Beef Lasagne**  **(197g)** | Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Garlic, **Lasagne Sheets, Béchamel Sauce,** Oregano, Basil, **Cheese**  **ALLERGENS: GLUTEN, MILK, WHEAT, EGG** | **Poached Pears (65g) Served With Custard (60g)** | Pears, Orange Juice, Cinnamon**, Custard**  **ALLERGENS: MILK** | **Macaroni Cheese With Peas and Sweetcorn (200g)** | **Macaroni Pasta,** Semolina, **Bechamel Sauce**, Onion, Nutmeg, Pepper, **Cheese,** Peas, Sweetcorn  **ALLERGENS: MILK, WHEAT, GLUTEN** | **Carrot Cake**  **(50g)** | **Wheat Flour,** Sugar, Vegetable Oil, **Egg**, **Soya Flour**  **ALLERGENS: WHEAT, GLUTEN, EGGS, SOYA, MILK** |
| **THU** | **Salmon Fishcakes, Baby Parsley Potatoes, Peas And Sweetcorn. (210g)** | **Salmon Fishcake**, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn  **ALLERGENS: FISH, GLUTEN, WHEAT** | **Jam And Coconut Sponge Cake (60g)** | **Wheat Flour**, **Soya Flour,** Caster Sugar, Vegetable Oil**,** Bicarbonate Of Soda, **Milk**, Syrup, **Coconut**, **Egg, Fruit Jam**  **ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES** | **Minted Lamb Hotpot (200g)** | Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Mint Sauce  **ALLERGENS: NONE** | **Vanilla Ice-Cream Pot**  **(38g)** | Water, Sugar, Palm Oil, **Milk,** Emulsifier, Stabilisers, Flavouring  **ALLERGENS: MILK** |
| **FRI** | **Katsu Chicken Curry (100g)**  **With White And Brown Rice**  **(70g)** | Diced Chicken, Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain White And Brown Rice, Ginger  **ALLERGENS: NONE** | **Easi-Yo**  **Fruit**  **Yoghurt**  **(60g)** | Water, **Milk, Soy Lecithin**, Fruit Puree  **ALLERGENS: MILK, SOYA** | **Cottage Pie (140g) Served With Swede And Carrots (60g)** | Minced Beef, Carrot, Peas, Onion, Garlic, Swede, Gravy,Mixed Herbs, Potato, Vegetable Margarine  **ALLERGENS: NONE** | **Fruit Smoothie (60g)** | Fruit  **ALLERGENS: NONE** |