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| **WEEK 1** | **LUNCH** | **INGREDIENTS** | **DESSERT** | **INGREDIENTS** | **TEA** | **INGREDIENTS** | **TEA DESSERT** | **INGREDIENTS** |
| **MON** | **Veggie Meatball Ragu (100g)**  **Served With White And Brown Rice (90g)** | **Veggie Meatballs**,  Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, White And Brown Rice **ALLERGENS: WHEAT, GLUTEN, SOYA, BARLEY** | **Easi-Yo**  **Fruit**  **Yoghurt**  **(60g)** | Water, **Milk, Soy Lecithin**, Fruit Puree  **ALLERGENS: MILK, SOYA** | **Sweet And Sour Chicken Style Strips (110g) Served With White And Brown Rice (90g)** | **Meat Free Chicken Style Strips,** Tomato, Pineapple, Vinegar, Lemon, Garlic, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White And Brown Rice  **ALLERGENS: GLUTEN, WHEAT, SOYA** | **Chocolate Brownie (50g)** | **Flour**, Cocoa Powder, **Baking Powder,** Caster Sugar, Vanilla Essence, **Egg,** Vegetable Margarine  **ALLERGENS: EGG, GLUTEN, WHEAT, MILK** |
| **TUE** | **Vegetable And Bean Pie (150g) Served With Peas And Carrots (40g)** | Cannellini Beans, Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans, Potato, Gravy, Black Pepper, Peas, Carrots, Broccoli  **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** | **Breaded Veggie Cake, Baby Potatoes In A Parsley Butter, Peas, Sweetcorn. (222g)** | **Veggie Cake**, New Potatoes, Vegetable Margarine, Parsley, Peas, Carrots, Sweetcorn  **ALLERGENS: GLUTEN, WHEAT, SULPHITES** | **Easi-Yo**  **Fruit**  **Yoghurt**  **(60g)** | Water, **Milk, Soy Lecithin**, Fruit Puree  **ALLERGENS: MILK, SOYA** |
| **WED** | **Quorn In Parsley Sauce (115g) With Potato, Carrot And Swede Mash (70g)** | **Diced Quorn,** Carrot, Swede, Peas, Potatoes, **Béchamel Sauce,** Parsley, Black Pepper.  **ALLERGENS: EGG, GLUTEN, MILK, WHEAT** | **Fruit**  **Shortbread (50g)** | Mixed Fruits, Vegetable Margarine,Caster Sugar, **Plain Flour**  **ALLERGENS: GLUTEN, WHEAT, SUPHITES** | **Katsu Vegetable Curry (100g)**  **With White And Brown Rice**  **(70g)** | Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain White And Brown Rice, Ginger, Potatoes  **ALLERGENS: NONE** | **Poached Pears (65g) Served With Custard (60g)** | Pears, Orange Juice, Cinnamon**, Custard**  **ALLERGENS: MILK** |
| **THU** | **Vegetable And Bean Chilli Pasta Bake**  **(200g)** | Flageolet Beans, Borlotti Beans, Butter Beans, 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** | **Vegetarian Sausage And Bean Hotpot (100g) With Mashed Potato (70g)** | **Quorn Sausages**, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Gravy  **ALLERGENS: WHEAT, GLUTEN, EGG, MILK, BARLEY** | **Fruit**  **Jelly**  **(92g)** | Fruit, Sugar, Flavourings  **ALLERGENS: NONE** | **Vegetarian Lasagne (197g)** | **Meat Free Mince**, Carrot, Onion, Mixed Peppers, Tomato, Garlic, **Lasagne Sheets, Béchamel Sauce,** Oregano, Basil, **Cheese**  **ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA, 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** | **Quorn In Parsley Sauce (115g) With Potato, Carrot And Swede Mash (70g)** | **Diced Quorn,** Carrot, Swede, Peas, Potatoes, **Béchamel Sauce,** Parsley, Black Pepper.  **ALLERGENS: EGG, GLUTEN, MILK, WHEAT** | **Fruit**  **Shortbread (50g)** | Mixed Fruits, Vegetable Margarine,Caster Sugar, **Plain Flour**  **ALLERGENS: GLUTEN, WHEAT, SUPHITES** |
| **TUE** | **Minted Meat Free Mince Hotpot (200g)** | **Meat Free Mince**, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Mint Sauce  **ALLERGENS: GLUTEN, BARLEY, EGG** | **Chocolate Brownie (50g)** | **Flour**, Cocoa Powder, **Baking Powder,** Caster Sugar, Vanilla Essence, **Egg,** Vegetable Margarine, Salt, Syrup  **ALLERGENS: EGG, GLUTEN, WHEAT, MILK** | **Vegetable And Bean Chilli Pasta Bake**  **(200g)** | Flageolet Beans, Borlotti Beans, Butter Beans, 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** |
| **WED** | **Vegetarian Cottage Pie (140g) Served With Swede And Carrots (60g)** | M**eat Free Mince**, Carrot, Onion, Garlic, Swede, Gravy, Mixed Herbs, Potato, Vegetable Margarine, Peas  **ALLERGENS: EGG, GLUTEN, BARLEY** | **Rice Pudding And Fruit (100g)** | **Pudding White And Brown Rice,** **Milk,** Fruit  **ALLERGENS: MILK, SULPHITES** | **BBQ Chicken Style Strips And Mediterranean Vegetables With Rice**  **(195g)** | **Meat Free Chicken Style Strips**, 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: GLUTEN, WHEAT, SOYA** | **Easi-Yo**  **Fruit**  **Yoghurt**  **(60g)** | Water, **Milk, Soy Lecithin**, Fruit Puree  **ALLERGENS: MILK, SOYA** |
| **THU** | **Sweet And Sour Chicken Style Strips (110g) Served With White And Brown Rice (90g)** | **Meat Free Chicken Style Strips,** Tomato, Pineapple, Vinegar, Lemon, Garlic, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White And Brown Rice  **ALLERGENS: GLUTEN, WHEAT, SOYA** | **Carrot Cake**  **(50g)** | **Wheat Flour,** Sugar, Vegetable Oil, **Egg**, **Soya Flour**  **ALLERGENS: WHEAT, GLUTEN, EGGS, SOYA, MILK** | **Vegetarian Sausage And Bean Hotpot (100g) With Mashed Potato (70g)** | **Quorn Sausages**, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Gravy  **ALLERGENS: WHEAT, GLUTEN, EGG, MILK, BARLEY** | **Apple And Blackberry Crumble (65g) And Custard (60g)** | Apple, Blackberries, Elderberry, **Crumble Mix**, **Ready To Pour Custard**  **ALLERGENS: GLUTEN, MILK, WHEAT, EGG, SOYA** |
| **FRI** | **Quorn Fishless Finger(50g), Baked Beans (55g) And Mashed Potato (70g)** | **Quorn Finger,** Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine  **ALLERGENS: GLUTEN, WHEAT** | **Fruit Smoothie (60g)** | Fruit  **ALLERGENS: NONE** | **Vegetable And Bean Pie (150g) Served With Peas And Carrots (40g)** | Cannellini Beans, Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans, Potato, Gravy, Black Pepper, Peas, Carrots  **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 Style Strips And Mediterranean Vegetables With Rice**  **(195g)** | **Meat Free Chicken Style Strips**, 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: GLUTEN, WHEAT, SOYA** | **Ice Cream Roll (80g)** | **Milk, Wheat, Egg, Soya**  **ALLERGENS: GLUTEN, WHEAT, MILK. EGG, SOYA** | **Quorn Fishless Finger(50g), Baked Beans (55g) And Mashed Potato (70g)** | **Quorn Finger,** Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine  **ALLERGENS: 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** | **Veggie Meatball Ragu (100g)**  **Served With White And Brown Rice (90g)** | **Veggie Meatballs**,  Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, White And Brown Rice **ALLERGENS: WHEAT, GLUTEN, SOYA, BARLEY** | **Rice Pudding And Fruit (100g)** | **Pudding White And Brown Rice,** **Milk,** Fruit  **ALLERGENS: MILK, SULPHITES** |
| **WED** | **Vegetarian Lasagne (197g)** | **Meat Free Mince**, Carrot, Onion, Mixed Peppers, Tomato, Garlic, **Lasagne Sheets, Béchamel Sauce,** Oregano, Basil, **Cheese**  **ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA, 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** | **Breaded Veggie Cake, Baby Potatoes In A Parsley Butter, Peas, Sweetcorn. (222g)** | **Veggie Cake**, New Potatoes, Vegetable Margarine, Parsley, Peas, Carrots, Sweetcorn  **ALLERGENS: GLUTEN, WHEAT, SULPHITES** | **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 Meat Free Mince Hotpot (220g)** | **Meat Free Mince**, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Mint Sauce, Tomato  **ALLERGENS: GLUTEN, BARLEY, EGG** | **Vanilla Ice-Cream Pot**  **(38g)** | Water, Sugar, Palm Oil, **Milk,** Emulsifier, Stabilisers, Flavouring  **ALLERGENS: MILK** |
| **FRI** | **Katsu Vegetable Curry (100g)**  **With White And Brown Rice**  **(70g)** | Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain White And Brown Rice, Ginger, Potatoes  **ALLERGENS: NONE** | **Easi-Yo**  **Fruit**  **Yoghurt**  **(60g)** | Water, **Milk, Soy Lecithin**, Fruit Puree  **ALLERGENS: MILK, SOYA** | **Vegetarian Cottage Pie (150g) Served With Peas And Carrots (40g)** | M**eat Free Mince**, Carrot, Onion, Garlic, Swede, Gravy, Mixed Herbs, Potato, Vegetable Margarine, Peas  **ALLERGENS: EGG, GLUTEN, BARLEY** | **Fruit Smoothie (60g)** | Fruit  **ALLERGENS: NONE** |