

SCHOOL PACKED LUNCH

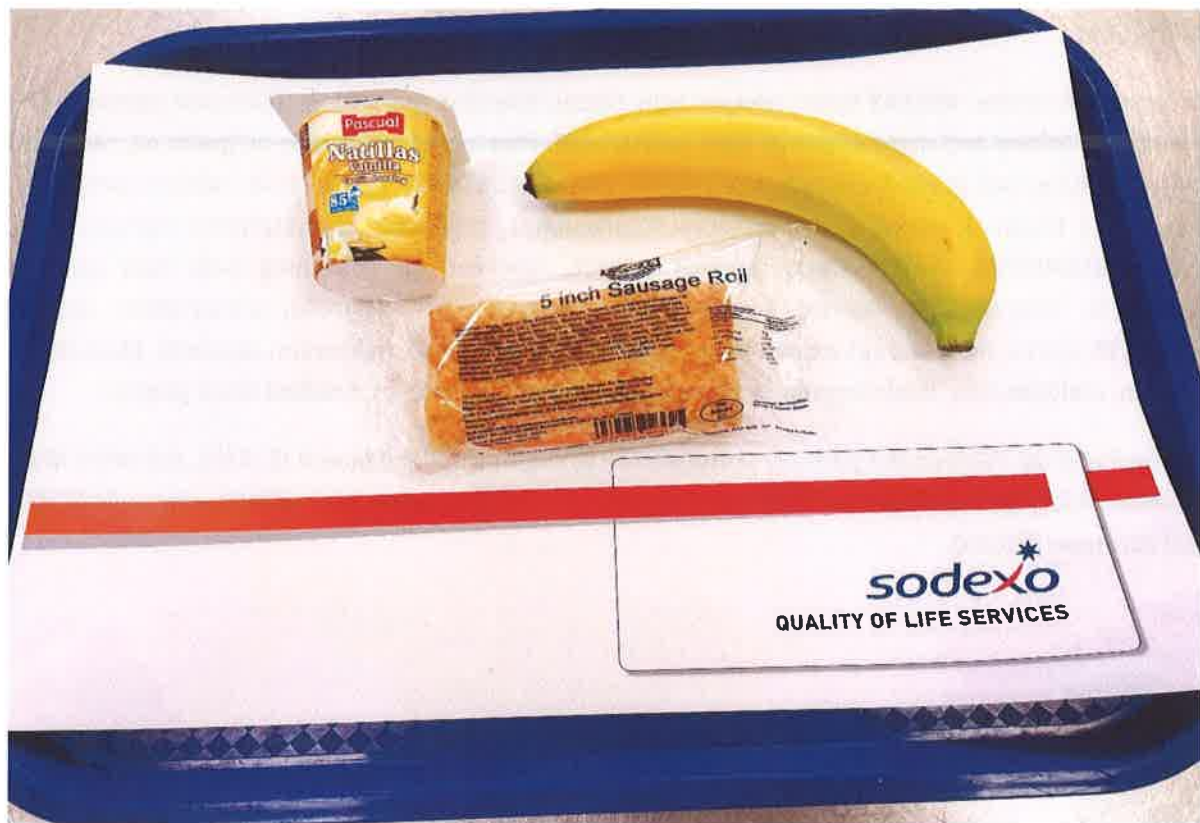
Weekly schedule & allergen info



Government

sodexo
QUALITY OF LIFE SERVICES

W1 MONDAY: SAUSAGE ROLL, VANILLA PUDDING, BANANA



W1 MONDAY: PASTA SALAD WITH VEG AND MOZZARELLA, VANILLA PUDDING, BANANA



W1 MONDAY: SAUSAGE ROLL, VANILLA PUDDING, BANANA

Allergens:

Sausage Roll: Water, **WHEAT** flour (calcium, iron, niacin, thiamin), margarine, (palm and rapeseed oil), emulsifier: (mono and diglycerides of fatty acids), beef, shortening, vegetable oil (palm oil, rapeseed oil), seasoning, salt, ground spices (white pepper, mace, **MUSTARD**, ginger), rusk, calcium carbonate, iron, niacin, thiamin), raising agent: ammonium carbonates, stabilizers: triphosphates, diphosphates, sodium **SULPHITES**, yeast extract, cayenne extract, rapeseed oil, seasoning (salt, rusk (calcium carbonate, iron, thiamin, niacin), triphosphates, diphosphates), dextrose, preservative: sodium **SULPHITE**, spices, herb and spice extracts (pepper, nutmeg, pimento, marjoram, cayenne), glaze (**MILK** protein, maltodextrin, dextrose, maize starch, sugar, colour (carotene), cracked black pepper.

Vanilla Pudding: Pasteurized partially skimmed **MILK**, sugar, modified starch (E1422), skimmed **MILK** powder, stabilizers: carrageenan (E407) and pectins (E440), flavourings and colours: curcumin (E100) and carotene (E160a).

W1 MONDAY: PASTA SALAD WITH VEG AND MOZZARELLA, VANILLA PUDDING, BANANA

Allergens:

Vanilla Pudding: Pasteurized partially skimmed **MILK**, sugar, modified starch (E1422), skimmed **MILK** powder, stabilizers: carrageenan (E407) and pectins (E440), flavourings and colours: curcumin (E100) and carotene (E160a).

Pasta: **DURUM WHEAT SEMOLINA**, water.

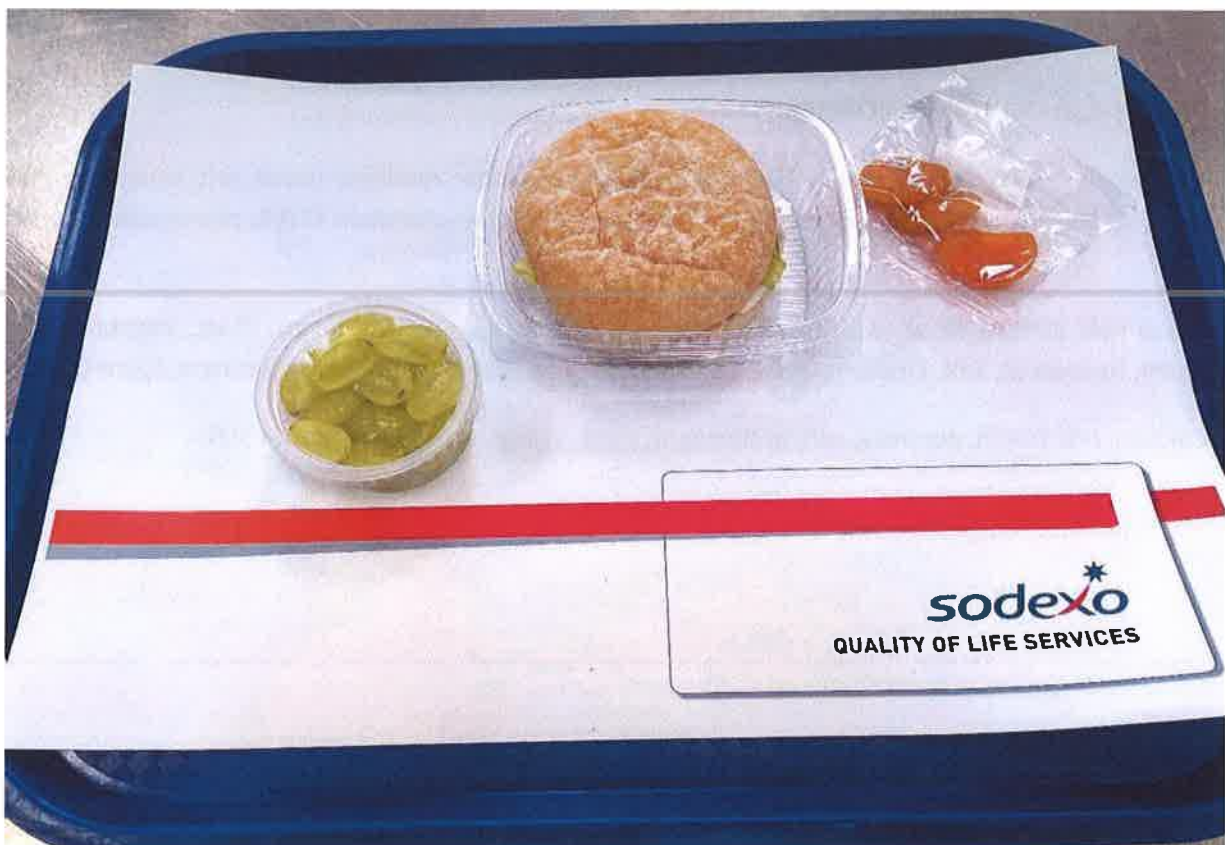
Extra virgin olive oil. Salt. Sweetcorn.

Mozzarella (**MILK**), water, palm oil, **MILK** proteins, butter, salt, emulsifier: trisodium citrate, potato starch, acidity regulator: citric acid. Anticaking agent: cellulose.

W1: TUESDAY: CREAMY HUMMUS DIP WITH PITTA BREAD AND VEGETABLE STICKS, DRY APRICOTS, FRUIT POT



W1: TUESDAY: BAP WITH ROASTED CHICKEN, GRATED CARROT LIGHT MAYONNAISE, DRY APRICOTS, FRUIT POT



W1: TUESDAY: CREAMY HUMMUS DIP WITH PITTA BREAD AND VEGETABLE STICKS, DRY APRICOTS, FRUIT POT:

Allergens:

Hummus: Chickpeas, sunflower oil crushed **SESAME** seeds, lemon juice, water, salt, garlic, stabilizer: polyglycerol polyricinoleate and guar gum, preservative: potassium sorbate & sodium benzoate, maize modified starch.

Pitta Bread: **WHEAT** Flour, water, salt, yeast, preservative: propionate calcium.

Dried apricots (**SULPHUR DIOXIDE**).

W1: TUESDAY: BAP WITH ROASTED CHICKEN, GRATED CARROT LIGHT MAYONNAISE, DRY APRICOTS, FRUIT POT

Allergens:

Dried apricots (**SULPHUR DIOXIDE**).

Mayonnaise: **SOYBEAN** oil, water, **EGG YOLK**, **MUSTARD**, sugar, modified starch, salt, vinegar, lemon juice, stabilizers: guar gum, xanthan gum, antioxidant: calcium disodium **EDTA**, preservative: sorbic acid.

Bread Roll: **WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Vegetable Oils (Palm, Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300).

Chicken, rice starch, dextrose, salt, antioxidant: E331, xylose, acidity regulator: E500.

W1 WEDNESDAY: THICK-CRUST PIZZA MARGARITA SLICED, FRUIT CAKE SLICE, FRUIT POT



W1 WEDNESDAY: ROAST PORK AND CUCUMBER SANDWICH, FRUIT CAKE SLICE, FRUIT POT



W1 WEDNESDAY: THICK-CRUST PIZZA MARGARITA SLICED, FRUIT CAKE SLICE, FRUIT POT:

Allergen:

Pizza Dough: Flour (soft **WHEAT** flour, **GLUTEN**), olive oil, yeast, water, salt), Tomatoes, tomato juice, citric acid, acidity regulator: (citric acid), garlic.

Mozzarella (**MILK**), water, palm oil, **MILK** proteins, butter, salt, emulsifier: trisodium citrate, potato starch, acidity regulator: citric acid. Anticaking agent: cellulose.

Tomato sauce: Water, tomato, tomato paste, sugar, dextrose, vinegar, thickener (modified maize starch), salt, stabilizer (xanthan gum), paprika powder, garlic powder, spice & herb extracts (**CELERY**).

Cake: Flour (**WHEAT**), **EGGS**, **MILK**, sugar, margarine (**SOYA**), shortening, glycerine, mixed spices (carnation, nutmeg, ginger, cinnamon), sunflower oil, **MILK** powder baking powder (**WHEAT**), carob syrup, dry, fruits (sultanes (**SULPHUR DIOXIDE** (E220), mixed peel, cherry glaze, vanilla flavour.

W1 WEDNESDAY: ROAST PORK AND CUCUMBER SANDWICH, FRUIT CAKE SLICE, FRUIT POT

Allergen:

Bread Slice: WHEAT FLOUR, water, **GLUTEN**, (rape), ascorbic acid, vegetable oil, (sunflower oil), salt, yeast, **BARLEY MALT**, preservative calcium propionate, emulsifiers: single and diglycerides of fatty acids(E471) and E472e and mono - and diacetyl tartaric acid ester, dextrose, **LACTOSE**.

Pork meat, spices (salt, spices, dextrose, hydrolysed vegetable protein, spice extracts (**CELERY**) (**MUSTARD**).

Margarine: vegetable oils, vegetable fats, water, emulsifiers: lecithin's, mono and diglycerides of fatty acids, citric acid esters of mono and diglycerides of fatty acids, salt, citric acid, potassium sorbate, flavouring (**MILK**), colour: b-carotene, vitamins A, Vitamin D.

Fruit Cake: Flour (**WHEAT**), **EGGS**, **MILK**, sugar, margarine (**SOYA**), shortening, glycerine, mixed spices (carnation, nutmeg, ginger, cinnamon), sunflower oil, **MILK** powder baking powder (**WHEAT**), carob syrup, dry fruits, (sultanes (**SULPHUR DIOXIDE** (E220), mixed peel, cherry glaze, vanilla flavour.

W1 THURSDAY: QUICHE HAM & TOMATO, FRUIT YOGHURT, FRUIT POT.



W1:THURSDAY: EGG LIGHT MAYO AND LETTUCE BAP, FRUIT YOGHURT, FRUIT POT



W1 THURSDAY: QUICHE HAM & TOMATO, FRUIT YOGHURT, FRUIT POT.

Allergens:

Yoghurt: PINEAPPLE: Fermented skimmed **MILK, WHEY**, glucose -fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, vegetable colouring concentrate:

STRAWBERRY: fermented **MILK, WHEY**, glucose - fructose syrup, sugar, modified starch, maltodextrin, flavourings, salt, carrot concentrate.

RASPBERRY: fermented skimmed **MILK, WHEY**, glucose-fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, vegetable colouring concentrate: carrot, flavourings.

PEACH: fermented skimmed **MILK, WHEY**, glucose-fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, flavourings.

Quiche: Flour (**WHEAT**), shortening, **EGG**, baking powder (**WHEAT**), salt, water, **MILK**, fresh cream (**MILK**), corn flour (**SOYA**), ham, tomato, edam cheese (**MILK**).

W1:THURSDAY: EGG LIGHT MAYO AND LETTUCE BAP, FRUIT YOGHURT, FRUIT POT.

Allergens:

Mayonnaise: **SOYBEAN** oil, water, **EGG YOLK, MUSTARD**, sugar, modified starch, salt, vinegar, lemon juice, stabilizers: guar gum, xanthan gum, antioxidant: calcium disodium EDTA, preservative: sorbic acid. **EGG**

Bread Roll: **WHEAT Flour** (with Calcium, Iron, Niacin, Thiamine), Water, Sugar, Yeast, Vegetable Oils (Palm, Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300).

Yoghurt: PINEAPPLE: Fermented skimmed **MILK, WHEY**, glucose -fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, vegetable colouring concentrate:

STRAWBERRY: fermented **MILK, WHEY**, glucose - fructose syrup, sugar, modified starch, maltodextrin, flavourings, salt, carrot concentrate.

RASPBERRY: fermented skimmed **MILK, WHEY**, glucose-fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, vegetable colouring concentrate: carrot, flavourings.

PEACH: fermented skimmed **MILK, WHEY**, glucose-fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, flavourings.

W1 FRIDAY: WRAP CHICKEN , AVOCADO AND SALAD, RICE PUDDING, FRUIT POT



W1 FRIDAY: VIRGINIA HAM SANDWICH, RICE PUDDING, FRUIT POT



W1 FRIDAY: WRAP CHICKEN , AVOCADO AND SALAD, RICE PUDDING, FRUIT POT

Allergens:

Chicken, rice starch, dextrose, salt, antioxidant: E331, xylose, acidity regulator: E500.

Mayonnaise: **SOYBEAN** oil, water, **EGG YOLK, MUSTARD**, sugar, modified starch, salt, vinegar, lemon juice, stabilizers: guar gum, xanthan gum, antioxidant: calcium disodium EDTA, sorbic acid.

Wrap: **WHEAT FLOUR**, water, palm oil, glucose, salt, raising agents: E450, E500, emulsifier: E471, flour treatment agent: E920.

Rice Pudding: Cow **MILK** sugar, rice, modified corn starch, **WHEAT SEMOLINA**, vanilla, preservative: nisin. Cinnamon in sachet.

Avocado, salt, antioxidant: E300 (ascorbic acid), acidity regulator:

W1 FRIDAY: VIRGINIA HAM SANDWICH, RICE PUDDING, FRUIT POT.

Allergens:

Bread: **WHEAT FLOUR**, water, **WHOLEWHEAT** (total flour of common **WHEAT, MALT** flour), **WHEAT GLUTEN, WHEAT STARCH**, vegetable oil (rape, antioxidant: ascorbic acid, vegetable oil (sunflower oil), salt, yeast, **BARLEY MALT**, preservative calcium propionate, emulsifiers: single and diglycerides of fatty acids(E471) and E472e and mono - and diacetyl tartaric acid ester, dextrose, **LACTOSE**.

Margarine: vegetable oils, vegetable fats, water, emulsifiers, lecithin's, mono and diglycerides of fatty acids, citric acid esters of mono and diglycerides of fatty acids, salt, citric acid, preservative: potassium sorbate, flavouring (**MILK**), b-carotene, vitamin A, Vitamin D.

Rice Pudding: Cow **MILK**, sugar, rice, modified corn starch, **WHEAT SEMOLINA**, vanilla, nisin, Cinnamon.

Ham: Pork meat, potato starch, **MILK PROTEIN**, glucose syrup, coagulator: (processed Eucheuma seaweed), (diphosphates, triphosphates), salt, (sodium ascorbate), (monosodium glutamate), (xanthan gum), (sodium nitrite).

W2 MONDAY: SLICE CUCUMBER TOPPED WITH TUNA MIXED WITH LIGHT MAYO SANDWICH, FRYIT YOGHURT, BANANA



W2 MONDAY:, FRUIT CHEESE AND CRACKERS YOGHURT, BANANA



W2 MONDAY: SLICE CUCUMBER TOPPED WITH TUNA MIXED WITH LIGHT MAYO SANDWICH, FRYIT YOGHURT, BANANA.

Allergens:

Bread: **WHEAT FLOUR**, water, **GLUTEN**, vegetable oil, antioxidant: ascorbic acid, vegetable oil (sunflower oil), salt, yeast, **BARLEY MALT**, preservative calcium propionate, emulsifiers: single and diglycerides of fatty acids(E471) and E472e and mono - and diacetyl tartaric acid ester, dextrose, **LACTOSE**.

Mayonnaise: **SOYBEAN** oil, water, **EGG YOLK**, **MUSTARD**, sugar, modified starch, salt, vinegar, lemon juice, guar gum, xanthan gum, antioxidant: calcium disodium EDTA, sorbic acid.

Tuna (**FISH**), water, salt.

Yogurt: PINEAPPLE: Fermented skimmed **MILK**, **WHEY**, glucose -fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, vegetable colouring concentrate:

STRAWBERRY: fermented **MILK**, **WHEY**, glucose-fructose syrup, sugar, modified starch, maltodextrin, flavourings, salt, carrot concentrate.

RASPBERRY: fermented skimmed **MILK**, **WHEY**, glucose-fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, vegetable colouring concentrate: carrot, flavourings.

PEACH: fermented skimmed, **WHEY**, glucose-fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, flavourings.

W2 MONDAY:, FRUIT CHEESE AND CRACKERS YOGHURT, BANANA.

Allergens:

Crackers: **WHEAT** flour, partially hydrogenated vegetable oil (palm, shea), sugar, **MALT**, yeast, salt, raising agent (sodium bicarbonate), flour treatment agent (**SODIUM METABISULPHITE**).

Cheese: Skimmed **MILK** powder, cheese butter, emulsifying salts, polyphosphates. sodium citrate, citric acid, iodine salt (salt, potassium iodate), thickener (carrageenan),

Margarine: Water, vegetable oils and fats (rapeseed: palm: in varying proportions), potassium alginate: emulsifiers: mono en diglycerides of fatty acids, polyglycerol polyricinoleate, citric acid **WHEY**,

Yogurt: PINEAPPLE: Fermented skimmed **MILK**, **WHEY**, glucose -fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, vegetable colouring concentrate:

STRAWBERRY: fermented **MILK**, **WHEY**, glucose - fructose syrup, sugar, modified starch, maltodextrin, flavourings, salt, carrot concentrate.

RASPBERRY: fermented skimmed **MILK**, **WHEY**, glucose-fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, vegetable colouring concentrate: carrot, flavourings.

PEACH: fermented skimmed, **WHEY**, glucose-fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, flavourings.

W2 TUESDAY: TURKEY HAM BROWN ROLL, FOREST FRUIT BAR, FRUIT POT



W2 TUESDAY: EGG LIGHT MAYO AND LETTUCE BAP, FOREST FRUIT BAR, FRUIT POT



W2 TUESDAY: TURKEY HAM BROWN ROLL, FOREST FRUIT BAR, FRUIT POT

Allergens:

Margarine: vegetable oil, vegetable fat, water, emulsifiers: lecithin's, mono and diglycerides of fatty acids, citric acid esters of mono and diglycerides of fatty acids, salt, citric acid, potassium sorbate, flavouring (**MILK**), b-carotene, vitamin A Vitamin D.

Bread Roll: **WHEAT** flour (**GLUTEN**), water, bread mix, **SOYA**, **RYE**, **OAT**, palm oil, yeast, improver salt, enzymes.

Turkey meat, potato starch, salt, sugar, **MILK** protein, carrageenan, spices, stabilizers, polyphosphates, acidity regulators- sodium erythorbate, sodium citrate, monosodium glutamate, nitrite and nitrate sodium.

Forest Fruit Crispy Sliced: **WHEAT** flour, dried grapes (sultanas, and currants in varying proportions), forest fruit flavouring filling - bulking agent (maltitol syrup), humectant (glycerine), **WHEAT** bran, acidity regulators (citric acid, sodium citrates), gelling agent (pectin's), blackberry puree, raspberry puree concentrate, strawberry puree concentrate natural flavouring), sugar, vegetable oil (sunflower), maltodextrin, dietary fibre (inulin), **MILK** solids, rice flour, raising agents (sodium bicarbonate, disodium diphosphate, ammonium bicarbonate), glucose syrup, natural flavourings (**MILK**), salt, dried skimmed **MILK**.

W2 TUESDAY: EGG LIGHT MAYO AND LETTUCE BAP, FOREST FRUIT BAR, FRUIT POT

Allergens:

Mayonnaise: **SOYBEAN** oil, water, **EGG YOLK**, **MUSTARD**, sugar, modified starch, salt, vinegar, lemon juice, stabilizers: guar gum, xanthan gum, antioxidant: calcium disodium EDTA, sorbic acid.

Bread Roll: **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamine), Water, Sugar, Yeast, Vegetable Oils (Palm, Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300).

Forest Fruit Crispy Sliced: **WHEAT** flour, dried grapes (sultanas, and currants in varying proportions), forest fruit flavouring filling (bulking agent (maltitol syrup), humectant (glycerine), **WHEAT** bran, acidity regulators (citric acid, sodium citrates), gelling agent (pectin's), blackberry puree, raspberry puree concentrate, strawberry puree concentrate natural flavouring), sugar, vegetable oil (sunflower), maltodextrin, dietary fibre (inulin), **MILK** solids, rice flour, raising agents (sodium bicarbonate, disodium diphosphate, ammonium bicarbonate), glucose syrup, natural flavourings (**MILK**), salt, dried skimmed **MILK**.

W2 WEDNESDAY: SANDWICH ROAST TURKEY WITH PAPRIKA AND LIGHT MAYO, DRY PAPAYA, FRUIT POT



W2 WEDNESDAY: HAM SANDWICH, DRY PAPAYA, FRUIT POT



W2 WEDNESDAY: SANDWICH ROAST TURKEY WITH PAPRIKA AND LIGHT MAYO, DRY PAPAYA, FRUIT POT

Allergens:

Bread Slice: **WHEAT FLOUR**, water, **MALT** flour, **GLUTEN**, vegetable oil rape, antioxidant: ascorbic acid, vegetable oil (sunflower oil), salt, yeast, preservative calcium propionate emulsifiers: single and diglycerides of fatty acids(E471) and E472e and mono - and diacetyl tartaric acid ester, dextrose, **LACTOSE**.

Turkey breast fillet, spices (salt, black pepper, oregano dry, thyme dry), chicken stock (**SOY, MILK, FISH**).

Margarine: vegetable oils, vegetable fats, water, emulsifiers: lecithin's, mono and diglycerides of fatty acids, citric acid esters of mono and diglycerides of fatty acids, salt, citric acid, preservative: potassium sorbate, flavouring (**MILK**), colour: b-carotene, vitamin A, Vitamin D,

Paprika. Papaya

Mayonnaise: **SOYBEAN** oil, water, **EGG YOLK, MUSTARD**, sugar, modified starch, salt, vinegar, lemon juice, guar gum, xanthan gum, antioxidant: calcium disodium EDTA, sorbic acid.

W2 WEDNESDAY: HAM SANDWICH, DRY PAPAYA, FRUIT POT

Allergens:

Bread Slice: **WHEAT FLOUR**, water, **GLUTEN**, vegetable oil rape, ascorbic acid, vegetable oil (sunflower oil), salt, yeast, **BARLEY MALT**, preservative calcium propionate emulsifiers: single and diglycerides of fatty acids (E471) and E472e and mono - and diacetyl tartaric acid ester, dextrose, **LACTOSE**.

Ham: Pork meat, salt, potato starch, spices, **MILK PROTEIN**, carrageenan, stabilizers: polyphosphates, monosodium glutamate), monosodium erythorbate, acidity regulator: (sodium acetate.

Margarine: vegetable oils, vegetable fats, water, emulsifiers: lecithin's, mono and diglycerides of fatty acids, citric acid esters of mono and diglycerides of fatty acids, salt, preservative: potassium sorbate, flavouring (**MILK**), colour: b-carotene, vitamin A, Vitamin D. Papaya

W2 THURSDAY: TUNA AND BEANS SALAD POT, APPLE PIE, FRUIT POT



W2 THURSDAY: CHEESY COLESLOW WITH PITTA, APPLE PIE, FRUIT POT



W2 THURSDAY: TUNA AND BEANS SALAD POT, APPLE PIE, FRUIT POT

Allergens:

Extra virgin olive oil, Red Kidney beans, Beans, Chickpeas, Tuna (**FISH**), water, salt.

Apple Pie: **WHEAT**, margarine (**SOYBEANS**), baking powder (**WHEAT**), **MILK**, **EGG**, apples.

W2 THURSDAY: CHEESY COLESLOW WITH PITTA, APPLE PIE, FRUIT POT

Allergens:

Pitta Bread: **WHEAT Flour**, water, salt, yeast, preservative: propionate calcium.

Mayonnaise: **SOYBEAN** oil, water, **EGG YOLK**, **MUSTARD**, sugar, modified starch, salt, vinegar, lemon juice, stabilizers: guar gum, xanthan gum, antioxidant: calcium disodium EDTA, sorbic acid.

Cheese: Pasteurized cow's **MILK**, Lactic Acid culture, salt and coagulant.

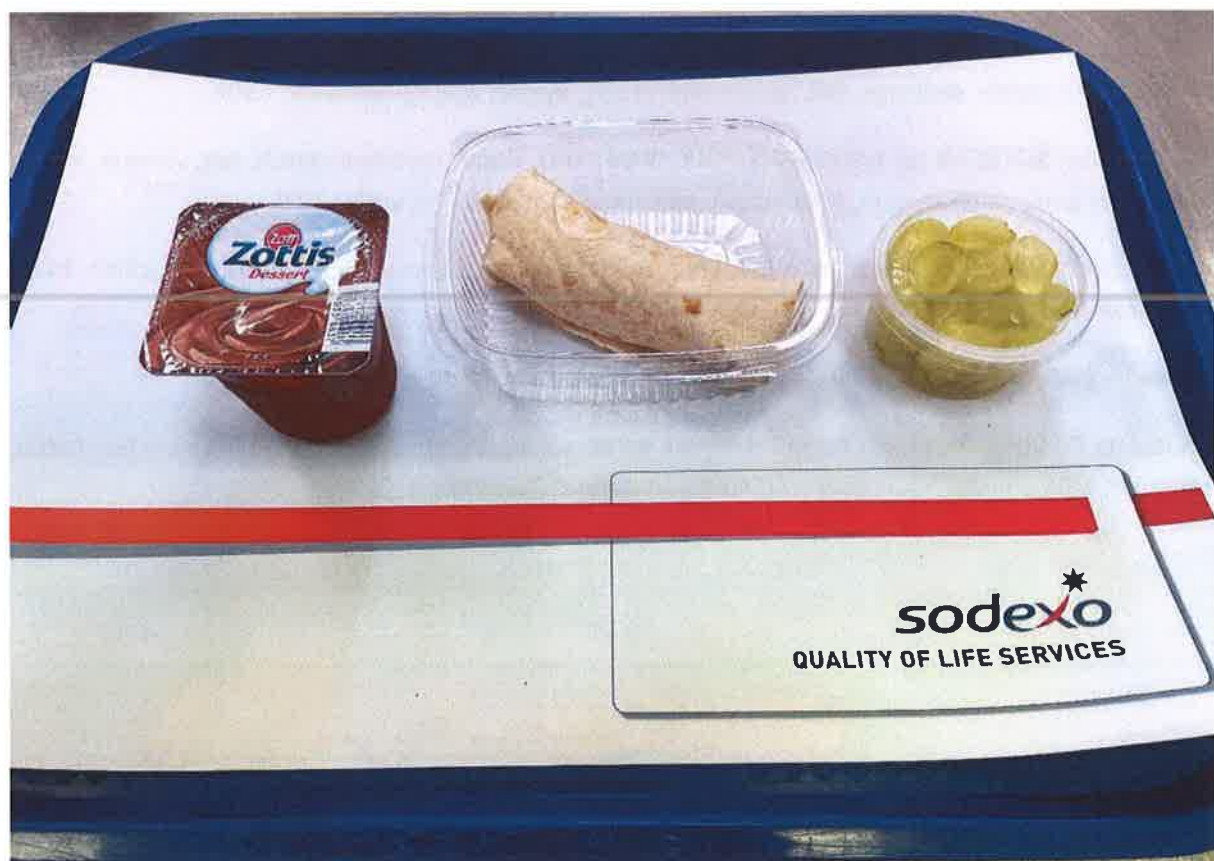
Cabbage and carrots.

Apple Pie: **WHEAT**, margarine (**SOYBEANS**), baking powder (**WHEAT**), **MILK**, **EGG**, apples.

W2 FRIDAY: SANDWICH HALLOUMI AND CUCUMBER, CHOCOLATE PUDDING, FRUIT POT



W2 FRIDAY: WRAP CHICKEN , AVOCADO AND SALAD, CHOCOLATE PUDDING, FRUIT POT



W2 FRIDAY: SANDWICH HALLOUMI AND CUCUMBER, CHOCOLATE PUDDING, FRUIT POT

Allergens:

Chocolate Pudding: Pasteurized semi skimmed **MILK**, sugar, modified starch (E1422), powders cocoa, skimmed **Milk** powder, carrageenan (E407) and natural flavourings.

Bread Slice: **WHEAT FLOUR**, water, stabilizer: guar GU E412, acidity regulator: E450 diphosphate, emulsifiers: mono-and diglycerides of fatty acids E471, E472e and mono - and diacetyl tartaric acid ester, **FLOUR**, calcium phosphate E341 and ascorbic acid, L - cysteine E920, vegetable oil (sunflower oil), salt, yeast, sugar, preservative calcium propionate.

Margarine: vegetable oils, vegetable fats, water, emulsifiers: lecithin's, mono and diglycerides of fatty acids, citric acid esters of mono and diglycerides of fatty acids, salt, citric acid, potassium sorbate, flavouring (**MILK**), b-carotene, vitamin A, Vitamin D.

Halloumi: Cow **MILK**, rennet, salt.

W2 FRIDAY: WRAP CHICKEN , AVOCADO AND SALAD, CHOCOLATE PUDDING, FRUIT POT

Allergens

Chicken, rice starch, dextrose, salt, antioxidant: E331, xylose, acidity regulator: E500.

Mayonnaise: **SOYBEAN** oil, water, **EGG YOLK**, **MUSTARD**, sugar, modified starch, salt, vinegar, lemon juice, guar gum, xanthan gum, antioxidant: calcium disodium EDTA, sorbic acid.

Wrap: **WHEAT FLOUR**, water, palm oil, glucose, salt, raising agents: E450, E500, emulsifier: E471, flour treatment agent: E920.

Avocado, (salt, antioxidant: E300 (ascorbic acid), acidity regulator: E330 (citric acid).

Chocolate Pudding: Pasteurized semi skimmed **MILK**, sugar, modified starch (E1422), powders cocoa, skimmed **Milk** powder, carrageenan (E407) and natural flavourings.

W3 MONDAY: CHEESE & TOMATO ROLL, FRUIT YOGHURT, BANANA



W3 MONDAY: HAM SANDWICH, FRUIT YOGHURT, BANANA



W3 MONDAY: CHEESE & TOMATO ROLL, FRUIT YOGHURT, BANANA

Allergens:

C/T Roll: **WHEAT flour**, (Calcium Carbonate, Iron, Niacin, Thiamine)], ,vegetable oil (palm and rapeseed oil), Water, salt, emulsifier (mono and diglycerides of fatty acids), Onion, tomato paste, sugar, spirit vinegar, modified maize starch, seasoning blend (coriander, nutmeg, cloves, cardamon, cinnamon) , onion extracts (onion oil), acidity regulator (citric acid), (Potassium sorbate)], Sugar, Modified Maize Starch, crushed chilli, acidity regulator (acetic acid), cayenne pepper, modified xanthan gum), Thyme, Basil, Marjoram, Oregano, Parsley, Black Pepper, Cheese [**MILK**], Vegetable oil, Palm oil palm stearin, rapeseed Oil, dehydrated tomato, potassium sorbate, **MILK** protein, maltodextrin, dextrose, carotenes, Methylcellulose.

Yoghurt: PINEAPPLE: Fermented skimmed **MILK, WHEY**, glucose -fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, vegetable colouring concentrate: carrot (only for strawberry), flavourings.

STRAWBERRY: fermented **MILK, WHEY**, glucose - fructose syrup, sugar, modified starch, maltodextrin, flavourings, salt, carrot concentrate.

RASPBERRY: fermented skimmed **MILK, WHEY**, glucose-fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, vegetable colouring concentrate: carrot, flavourings.

PEACH: fermented skimmed **MILK, WHEY**, glucose-fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, flavourings.

W3 MONDAY: HAM SANDWICH, FRUIT YOGHURT, BANANA

Allergens:

Bread Slice: **WHEAT FLOUR**, water, **GLUTEN, WHEAT STARCH**, vegetable oil (rape) , ascorbic acid, vegetable oil,(sunflower oil), salt, yeast, **BARLEY MALT**, preservative calcium propionate, emulsifiers: single and diglycerides of fatty acids(E471) and E472e and mono - and diacetyl tartaric acid ester, dextrose, **LACTOSE**.

Margarine: vegetable oil, vegetable fat, water, emulsifiers: lecithin's, mono and diglycerides of fatty acids, citric acid esters of mono and diglycerides of fatty acids, salt, potassium sorbate, flavouring (**MILK**), colour: b-carotene, vitamin A, Vitamin D.

Pork meat, salt, potato starch, spices, **MILK PROTEIN**, carrageenan, polyphosphates, monosodium glutamate, monosodium erythorbate, sodium acetate, carmines, sodium nitrite, fibber.

Yoghurt: PINEAPPLE: Fermented skimmed **MILK, WHEY**, glucose -fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, vegetable colouring concentrate: carrot (only for strawberry), flavourings.

STRAWBERRY: fermented **MILK, WHEY**, glucose - fructose syrup, sugar, modified starch, maltodextrin, flavourings, salt, carrot concentrate.

RASPBERRY: fermented skimmed **MILK, WHEY**, glucose-fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, vegetable colouring concentrate: carrot, flavourings.

PEACH: fermented skimmed **MILK, WHEY**, glucose-fructose syrup, sugar, fruits and fruit juice from concentrate, modified starch, flavourings.

W3 TUESDAY: CREAMY HUMMUS DIP WITH PITTA BREAD AND VEGETABLE STICKS, SCONES AND MARMALADE, FRUIT POT



W3 TUESDAY: TUNA & SWEETCORN LIGHT MAYO SAND, SCONES AND MARMALADE, FRUIT POT



W3 TUESDAY: CREAMY HUMMUS DIP WITH PITTA BREAD AND VEGETABLE STICKS, SCONES AND MARMALADE, FRUIT POT

Allergens:

Hummus: Chickpeas, sunflower oil crushed **SESAME** seeds, lemon juice, water, salt, garlic, polyglycerol polyricinoleate and guar gum, potassium sorbate & sodium benzoate, maize modified starch.

Pitta: **WHEAT Flour**, water, salt, yeast, propionate calcium.

Scones: **WHEAT**, baking powder, **EGGS**, **MILK** powder (**LACTOSE**), sultanas (**SULPHUR DIOXIDE**).

Jam: Fruit strawberry, fructose-glucose syrup, sugar, pectin, citric acid, potassium sorbate flavouring.

W3 TUESDAY: TUNA & SWEETCORN LIGHT MAYO SAND, SCONES AND MARMALADE, FRUIT POT

Allergens:

Bread Slice: **WHEAT FLOUR**, water, **GLUTEN**, vegetable oil rape, ascorbic acid, vegetable oil (sunflower oil), salt, yeast, **BARLEY MALT**, preservative calcium propionate, emulsifiers: single and diglycerides of fatty acids(E471) and E472e and mono - and diacetyl tartaric acid ester, dextrose, **LACTOSE**.

Mayonnaise: **SOYBEAN** oil, water, **EGG YOLK**, **MUSTARD**, sugar, modified starch, salt, vinegar, lemon juice, guar gum, xanthan gum, antioxidant: calcium disodium EDTA, sorbic acid.

Tuna (**FISH**), water, salt. Sweetcorn.

Scones: **WHEAT**, baking powder, **EGGS**, **MILK** powder (**LACTOSE**), sultanas (**SULPHUR DIOXIDE**).

Jam: Fruit strawberry, fructose-glucose syrup, sugar, pectin, citric acid, potassium sorbate flavouring.

W3 WEDNESDAY: LIGHT CORONATION CHICKEN WRAP, FRUIT JELLY, FRUIT POT



W3 WEDNESDAY: SANDWICH HERBED CREAM CHEESE AND SALMON, FRUIT JELLY, FRUIT POT



W3 WEDNESDAY: LIGHT CORONATION CHICKEN WRAP, FRUIT JELLY, FRUIT POT

Allergens:

Chicken, rice starch, dextrose, salt, E331, xylose, E500.

Mayonnaise: **SOYBEAN** oil, water, **EGG YOLK, MUSTARD**, sugar, modified starch, salt, vinegar, lemon juice, guar gum, xanthan gum, calcium disodium EDTA, sorbic acid.

Ground coriander, ground turmeric, **MUSTARD** powder, Bengal gram (black chickpea), ground cumin, ground chilli, ground fenugreek, ground black pepper, garlic powder, iodised salt, ground fennel. Sugar mango, salt, ginger, acetic acid (E260).

Wrap: **WHEAT FLOUR**, water, palm oil, glucose, salt, E450, E500, emulsifier: E471, flour treatment agent: E920.

Jelly: Water, Sugar, Glucose-Fructose Syrup, Locust Bean Gum; Xanthan Gum; Gellant Gum, Citric Acid, Potassium Citrate, Carrot Extract, Safflower Extract, Colour: Paprika Extract, Steviol Glycosides.

W3 WEDNESDAY: SANDWICH HERBED CREAM CHEESE AND SALMON, FRUIT JELLY, FRUIT POT

Allergens:

Bread Slice: **WHEAT FLOUR**, water, **GLUTEN**, vegetable oil (rape) , ascorbic acid, vegetable oil (sunflower oil), salt, yeast, **BARLEY MALT**, preservative calcium propionate, emulsifiers: single and diglycerides of fatty acids(E471) and E472e and mono - and diacetyl tartaric acid ester, dextrose, **LACTOSE**.

Cheese: Pasteurized cow's **MILK**, salt, lactic bacteria, guar gum, potassium sorbate, microbial rennet.

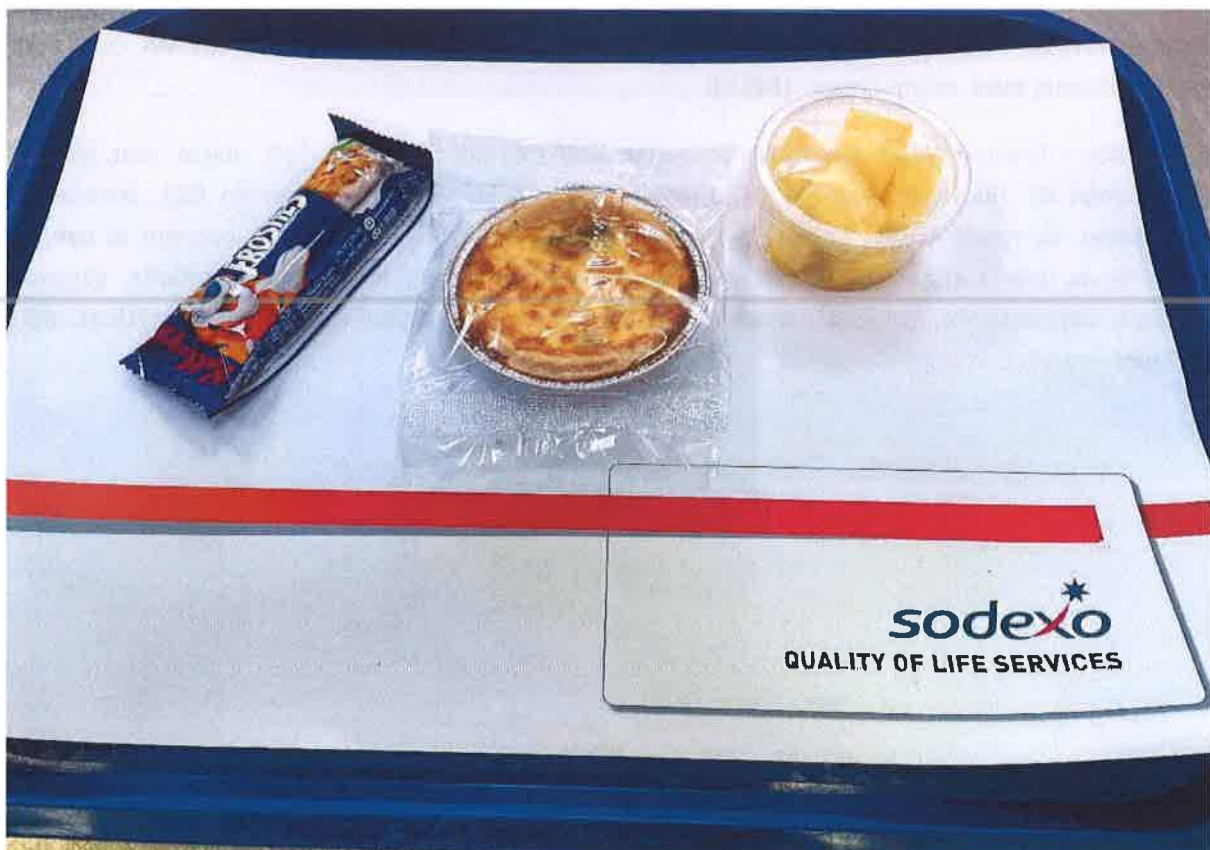
SALMON (FISH).

Jelly: Water, Sugar, Glucose-Fructose Syrup, Locust Bean Gum; Xanthan Gum; Gellant Gum, Citric Acid, Anthocyanin, Potassium Citrate, Steviol Glycosides.

W3 THURSDAY: TURKEY HAM BROWN ROLL, CEREAL BAR, FRUIT POT



W3 THURSDAY: QUICHE BACON AND GARDEN PEAS, CEREAL BAR, FRUIT POT



W3 THURSDAY: TURKEY HAM BROWN ROLL, CEREAL BAR, FRUIT POT

Allergens:

Bread Roll: **GLUTEN, WHEAT**, water, palm oil and sunflower oil, salt, yeast.

Margarine: Vegetable oil, vegetable fat, water, emulsifiers: lecithin's, mono and diglycerides of fatty acids, citric acid esters of mono and diglycerides of fatty acids, salt, potassium sorbate, flavouring (**MILK**), colour: b-carotene, vitamin A, Vitamin D.

Turkey meat, potato starch, salt, sugar, **MILK** protein, carrageenan, spices, polyphosphates, acidity regulators, sodium erythorbate, sodium citrate, monosodium glutamate, nitrite, and nitrate sodium.

Cereal bar: - Toasted maize cereal, Maize, sugar, **BARLEY** malt flavouring, salt, niacin, iron, vitamin B6, vitamin B2, riboflavin, vitamin B1, thiamine, folic acid, vitamin D, vitamin B1), sweetened condensed, skimmed **MILK**, sugar, glucose syrup, vegetable oils, palm, palm kernel, coconut in varying proportions, invert sugar syrup, starch, sugar, fructose, humectants (glycerol, sorbitol), oligofructose, calcium carbonate, , acerbly palmitate, alpha tocopherol, emulsifier, **SOY** lecithin, flavourings, vitamin D.

W3 THURSDAY: QUICHE BACON AND GARDEN PEAS, CEREAL BAR, FRUIT POT

Allergens:

Quiche: **WHEAT** flour, shortening, **EGG**, baking powder, salt, water, **MILK**, fresh **CREAM**, corn flour (**SOYA**), bacon, peas, edam cheese (**MILK**).

Cereal Bar: - Toasted maize cereal, Maize, sugar, **BARLEY** malt flavouring, salt, niacin, iron, vitamin B6, vitamin B2 riboflavin, vitamin B1, thiamine, folic acid, vitamin D, vitamin B12, sweetened condensed, skimmed **MILK**, glucose syrup, vegetable oils, palm, palm kernel, coconut in varying proportions, invert sugar syrup, skimmed **MILK** powder, starch, fructose, humectants, glycerol, sorbitol, oligofructose, calcium carbonate, acerbly palmitate, alpha tocopherol, emulsifier, **SOY** lecithin, vitamin D.

W3 FRIDAY: SANDWICH EGG AND HERB LIGHT MAYONNAISE, CREAM CARAMEL, FRUIT POT



W3 FRIDAY: PASTA AND QUINOA SALAD POT, CREAM CARAMEL, FRUIT POT



W3 FRIDAY: SANDWICH EGG AND HERB LIGHT MAYONNAISE, CREAM CARAMEL, FRUIT POT

Allergens:

Mayonnaise **SOYBEAN** oil, water, **EGG YOLK, MUSTARD**, sugar, modified starch, salt, vinegar, lemon juice, guar gum, xanthan gum, antioxidant: calcium disodium EDTA, preservative: sorbic acid.

Bread Slice: **WHEAT FLOUR**, water, **GLUTEN**, vegetable oil (rape), antioxidant: ascorbic acid, vegetable oil (sunflower oil), salt, yeast, **BARLEY MALT**, preservative calcium propionate, emulsifiers: single and diglycerides of fatty acids(E471) and E472e and mono - and diacetyl tartaric acid ester, dextrose, **LACTOSE**.

Caramel: Semi-skimmed **MILK, EGGS**, sugar, caramel aromatic (sugar, water), modified starch of potato, aroma, pectin's, xanthan gum.

W3 FRIDAY: PASTA AND QUINOA SALAD POT, CREAM CARAMEL, FRUIT POT

Allergens:

Pasta: **DURUM WHEAT SEMOLINA**, water.

Extra virgin olive oil, Salt, Quinoa white, Sweetcorn.

Caramel: Semi-skimmed **MILK, EGGS**, sugar, caramel aromatic (sugar, water), modified starch of potato, aroma, pectin's, xanthan gum