

**MONDAY**

## BEEF PATTI IN GRAVY WITH MASHED POTATØS & PEAS

Ingredients: Potatoes, Beef (Irish) seasoning (salt, onion powder, **soya fibre**, dextrose, Hydrolysed **soya protein**, natural flavouring), mixed vegetables, gravy (potato starch, rice flour, salt, sugar, caramelised sugar, maltodextrin, yeast extract, flavourings, onion, herbs (coriander, sage, bayleaf) sunflower oil, citric acid, garlic) peas.

Ingredients in bold script contain allergens; **soya and sulphur dioxide**

### Nutritional Information

	Per 100g
<b>Energy</b>	84 KCal
KCal	355 KJ
<b>Fat</b>	2.68g
<i>of which saturated</i>	1.14g
<b>Carbohydrates</b>	12.15g
<i>of which sugar</i>	1.08g
<b>Fibre</b>	1.11g
<b>Protein</b>	3.57g
<b>Salt</b>	0.7g

**MONDAY**

**TUESDAY**

## CHICKEN GOUJONS, SAUTÉ POTATØS & CARROTS

Ingredients: Potatoes, sunflower oil, Chicken Breast Fillet(71%), Breadcrumb coating (26%) (rice flour, grain flour, rice starch, tapioca starch, maize starch, salt, citrus fibre, dextrose, maize flour, emulsifier, xanthan gum) rapeseed oil. Carrots.

### Nutritional Information

	Per 100g
<b>Energy</b>	129 KCal
KCal	541 KJ
<b>Fat</b>	4g
<i>of which saturated</i>	0.53g
<b>Carbohydrates</b>	17.89g
<i>of which sugar</i>	1.53g
<b>Fibre</b>	2.04g
<b>Protein</b>	4.65g
<b>Salt</b>	0.05g

**TUESDAY**

**WEDNESDAY**

## FISH CAKES, MASHED POTATØS & CORN

Ingredients: Potatoes, **Fish Cake (white fish 32%)** breadcrumbs **wheat flour**, calcium carbonate, iron, niacin, thiamin), salt, rapeseed oil, yeast colours (paprika extract, curcumin) potato flake, seasoning (rusk (**wheat flour** calcium carbonate, iron, niacin, thiamin) salt, yeast extract, dehydrated onion, herbs, water, batter (water, **wheat flour**, (**wheat flour**, calcium carbonate, iron, niacin, thiamin) maize starch, salt, **mustard powder**), corn.

Ingredients in bold script contain allergens; **fish, gluten & mustard**

### Nutritional Information

	Per 100g
<b>Energy</b>	97 KCal
KCal	409 KJ
<b>Fat</b>	2.15g
<i>of which saturated</i>	0.16g
<b>Carbohydrates</b>	16.22g
<i>of which sugar</i>	1.07g
<b>Fibre</b>	1.77g
<b>Protein</b>	3.71g
<b>Salt</b>	0.03g

**WEDNESDAY**

**THURSDAY**

## SAUSAGES, MINI WAFFLES & MIXED VEGETABLES

Ingredients: Waffles (potatoes81%, dehydrated potato, sunflower oil potato starch, salt, pepper extract) Sausage 30% (pork 74% Rusk containing (**Wheat flour**, **potato starch**, pork protein extract, waterice (calcium carbonate, iron, niacin, thiamin) salt, spices (white pepper, black pepper, salt, thyme, sage, nutmeg, mace, cayenne) Seasoning containing (E221 **Sodium Sulphate** flavour enhancer E621, stabiliser E450, E451), corn, peas, swede

Ingredients in bold script contain allergens; **gluten, sulphites & sulphur**

### Nutritional Information

	Per 100g
<b>Energy</b>	131 KCal
KCal	549 KJ
<b>Fat</b>	7.1g
<i>of which saturated</i>	2.35g
<b>Carbohydrates</b>	13.82g
<i>of which sugar</i>	1.16g
<b>Fibre</b>	1.68g
<b>Protein</b>	3.87g
<b>Salt</b>	1.3g

**THURSDAY**

**FRIDAY**

## FISH FINGERS, MINI ROAST & VEG OF THE DAY

Ingredients: Potatoes, **Fish Fingers (cod, wheat flour**, water, potato starch, modified starch, yeast, salt, raising agents (E450 E500), paprika extract, pepper, turmeric, curcuma powder, vegetable oil), veg of the day.

Ingredients in bold script contain allergens; **fish & gluten**

### Nutritional Information

	Per 100g
<b>Energy</b>	89 KCal
KCal	376 KJ
<b>Fat</b>	1.29g
<i>of which saturated</i>	0.61g
<b>Carbohydrates</b>	16.02g
<i>of which sugar</i>	1.67g
<b>Fibre</b>	1.27g
<b>Protein</b>	4.24g
<b>Salt</b>	< 0.01g

**FRIDAY**