

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
Energy	84 KCal
KCal	355 KJ
Fat	2.68g
<i>of which saturated</i>	1.14g
Carbohydrates	12.15g
<i>of which sugar</i>	1.08g
Fibre	1.11g
Protein	3.57g
Salt	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, **egg white powder**, emulsifier, xanthan gum) rapeseed oil. Carrots.

Ingredients in bold script contain allergens; **egg**

Nutritional Information

	Per 100g
Energy	129 KCal
KCal	541 KJ
Fat	4g
<i>of which saturated</i>	0.53g
Carbohydrates	17.89g
<i>of which sugar</i>	1.53g
Fibre	2.04g
Protein	4.65g
Salt	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
Energy	97 KCal
KCal	409 KJ
Fat	2.15g
<i>of which saturated</i>	0.16g
Carbohydrates	16.22g
<i>of which sugar</i>	1.07g
Fibre	1.77g
Protein	3.71g
Salt	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
Energy	131 KCal
KCal	549 KJ
Fat	7.1g
<i>of which saturated</i>	2.35g
Carbohydrates	13.82g
<i>of which sugar</i>	1.16g
Fibre	1.68g
Protein	3.87g
Salt	1.3g

THURSDAY

FRIDAY

FISH FINGERS, MINI ROAST & LITTLE DINNERS BAKED BEANS

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 oi), Baked Beans (Cannellini Beans, diced tomato, onion, garlic, brown sugar & salt.

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

Nutritional Information

	Per 100g
Energy	135 KCal
KCal	566 KJ
Fat	4.23g
<i>of which saturated</i>	0.46g
Carbohydrates	19.05g
<i>of which sugar</i>	1.62g
Fibre	1.72g
Protein	4.75g
Salt	0.04g

FRIDAY