

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
KJ	2.68g
Fat	1.14g
of which saturated	12.15g
Carbohydrates	1.08g
of which sugar	1.11g
Fibre	3.57g
Protein	0.7g
Salt	

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
Energy	129 KCal
KCal	541 KJ
KJ	4g
Fat	0.53g
of which saturated	17.89g
Carbohydrates	1.53g
of which sugar	2.04g
Fibre	4.65g
Protein	0.05g
Salt	

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
KJ	2.15g
Fat	0.16g
of which saturated	16.22g
Carbohydrates	1.07g
of which sugar	1.77g
Fibre	3.71g
Protein	0.03g
Salt	

WEDNESDAY

THURSDAY

SAUSAGES, MINI WAFFLES & MIXED VEGETABLES

Ingredients: Waffles (potatoes 81%, dehydrated potato, sunflower oil potato starch, salt, pepper extract) Sausage 30% (pork 74% Rusk containing (**Wheat flour**, **potato starch**, pork protein extract, water (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
KJ	7.1g
Fat	2.35g
of which saturated	13.82g
Carbohydrates	1.16g
of which sugar	1.68g
Fibre	3.87g
Protein	1.3g
Salt	

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
Energy	89 KCal
KCal	376 KJ
KJ	1.29g
Fat	0.61g
of which saturated	16.02g
Carbohydrates	1.67g
of which sugar	1.27g
Fibre	4.24g
Protein	< 0.01g
Salt	

FRIDAY