

Meal Planner



Week 1 Monday

Hot Meal Option Instructions and requirements:

Fish Goujons or Vegetable fingers with chips, peas. Yoghurt and Fruit.

2/3 x 25g Fish/Vegetables Goujons per person, place on a lined gastronorm tray, cook in fan assisted oven at 200 *C for 12 minutes. Ensure product is cooked to a minimum temperature of 75*C for 30 Seconds.

OR 2 x Gluten Free chicken goujons per person (DIETARY REQUIREMENT ONLY)

70-100g Fries per person approximately 30 portions per 2.5kg bag. Pre heat oven to 220*C. Lightly grease a baking sheet and spread fries in an even layer. Bake for approximately 22 minutes, Turn halfway through baking time. Deep fry: preheat oil to 175*C. Deep fry for approximately 3mins and 15 seconds. - If Deep frying place in oven to keep warm until ready for service.

40-60g Garden Peas per person- boil pan of water, place peas in boiling water, ensure peas are piping hot before serving.

Or

1x 200-280g Jacket Potato with 50- 70g Baked Beans (see Jacket sheet for dietary information)

with

1 x 80g Yeo Valley Yoghurt Per Person or 1x 125g Alpro Vanilla Plant Based Soya Dessert (DIETARY ONLY)

1 x Portion Cut and Prepared Fresh Fruit Per Person 50-100g

Dietary Information:

- Fish Goujons

Ingredients:

Minced white fish (**Fish**) (62%), Breadcrumbs(**Wheat** Flour, Salt, Spices[Turmeric, Paprika]), Water, Sunflower Oil, Breadcrumbs(**Wheat**Flour, Yeast, Salt, Spices[Turmeric, Paprika]), **Wheat** Flour, **Wheat** Starch, Breadcrumbs(**Wheat** Flour, Salt, Raising Agent(Ammonium Hydrogen Carbonate)), Salt, **Wheat Gluten**.

Contains : **Gluten, Fish and Wheat**

- Gluten Free Chicken Ingredients: Chicken Breast Fillet (66%), Water, Rapeseed Oil, Rice Flour, Yellow Pea Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose.

Contains : None of the 14 Food Allergens

- Chips

Ingredients:Potato (89%) (Origin: EU), Vegetable oils (Rapeseed, Sunflower) in varying proportions, Coating (5%) (Modified Potato Starch, Rice Flour, Salt, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Potato Starch, Dextrose, Thickener (Xanthan Gum), Tumeric Extract)

Contains : None of the 14 Food Allergens

- Oil

Ingredients: Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).

Contains : None of the 14 Food Allergens

- Peas

Contains : None of the 14 Food Allergens

- Vegetable Sticks - Suitable for Vegan/Vegetarian

Ingredients: Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (**WHEAT** Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, **WHEAT** Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.

Contains **: Gluten and Wheat**

- Gluten Free Breaded Chicken Goujons - Suitable for Diary Free/ Gluten Free

Ingredients: Chicken Breast Fillet (66%),Water, Rapeseed Oil, Rice Flour, Yellow Pea Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose.

Contains: None of the 14 Food Allergens

- Yeo Valley Strawberry, Raspberry or Mango and Vanilla Yoghurt 80g

Ingredients: Organic Whole **MILK** Yogurt, Organic Strawberry Purée (5%), Organic Sugar (5%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice. or Organic Whole **MILK** Yogurt, Organic Raspberry Purée (5%), Organic Sugar (5%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice. or Organic Whole **MILK** Yogurt, Organic Mango Purée (5%), Organic Sugar (5%), Organic Maize Starch, Organic Vanilla Extract, Natural Flavouring, Organic Concentrated Lemon Juice.

Contains: **Milk**

- Alpro Vanilla, plant based and Soya Dessert 125g

Ingredients: **Soya** base (84.8%) (Water, Hulled **Soya** beans (8.6%)), sugar, modified starch, Maltodextrin, Calcium (Tri-Calcium phosphate), Carrot concentrate, Flavouring, thickeners (Pectins, Carrageenan), Sea Salt, Vitamins (B2, B12, D2)

Contains: **Soya**



Meal Planner



Week 2 Monday

Hot Meal Option Instructions and requirements:

Chicken Wraps, Salad, cheese and Wraps, Yoghurt and Fruit

2x Breaded Chicken Goujons 60-85g Pre-heat oven to 220°C/ Gas Mark 7. Remove the chicken from all packaging and place on a baking tray in the centre of the oven. Bake for 18 - 20 minutes, turning once half way through cooking.

OR

2x Gluten Free Chicken Goujons 60-85g cook as above

OR

2 x Vegetable Goujons cook as above

1x Wrap per person (GF Wrap)

40-60g Prepared Salad- Lettuce, Cucumber, Carrot, Peppers, Mangetout

20-30g Grated Cheese or Diary free Grated Cheese (Diary only) per person

OR

1x 200-280g Jacket Potato with 50-70g Baked Beans (see Jacket sheet for dietary information)

1 x 80g Yeo Valley Yoghurt various flavours Per Person or 1x 125g Alpro Vanilla Plant Based Soya Dessert (DIETARY ONLY)

1 x Portion Cut and Prepared Fresh Fruit Per Person 75-100g

Dietary Information:

- Chicken

Ingredients: Chicken Breast (67%), Water, Modified Tapioca Starch, Palm Oil, Wheat Flour, Cornflour, Sugar, Salt, White Pepper, Raising Agents(Disodium Diphosphate, Sodium Bicarbonate, Monocalcium Phosphates), Stabiliser(Pentasodium Triphosphate), Onion, Yeast Extract, Garlic, Colour(Paprika Extract), Black Pepper.

Allergens are shown in Bold

Contains : Gluten and Wheat

- Vegetable Goujons

Ingredients:Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (**WHEAT** Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, **WHEAT** Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.

Contains : Gluten and Wheat

- Gluten Free Breaded Chicken Goujons - Suitable for Diary Free/ Gluten Free

Ingredients: Chicken Breast Fillet (66%),Water, Rapeseed Oil, Rice Flour, Yellow Pea Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose.

Contains: None of the 14 Food Allergens

- Wrap

Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators(Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt.

Allergens are shown in Bold

Contains : Wheat

- Gluten Free Wrap

Ingredients: Water, rice flour, tapioca starch, potato starch, rapeseed oil, stabilisers: hydroxypropyl methylcellulose, xanthan gum; yeast, vegetable fibres (psyllium, bamboo), maize flour, potato flakes, humectant: sorbitol; sugar, salt, raising agents: diphosphates, sodium carbonates; fermented rice flour, acids: tartaric acid, citric acid.

Contains : None of the 14 Food Allergens

- Cheese

Ingredients: Cheddar Cheese (Milk) (98%), Anti-caking Agent(Potato Starch).

Allergens are shown in Bold

Contains : Milk

- Dairy Free Cheese

Ingredients: Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12.

Contains : None of the 14 Food Allergens

- Salad

Lettuce, Yellow Peppers, Red Peppers, Carrot, Sugar snap peas, Cucumber

Contains : None of the 14 Food Allergens

- Yeo Valley Strawberry, Raspberry or Mango and Vanilla Yoghurt 80g

Ingredients: Organic Whole **MILK** Yogurt, Organic Strawberry Purée (5%), Organic Sugar (5%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice. or Organic Whole **MILK** Yogurt, Organic Raspberry Purée (5%), Organic Sugar (5%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice. or Organic Whole **MILK** Yogurt, Organic Mango Purée (5%), Organic Sugar (5%), Organic Maize Starch, Organic Vanilla Extract, Natural Flavouring, Organic Concentrated Lemon Juice.

Contains: **Milk**

- Alpro Vanilla, plant based and Soya Dessert 125g

Ingredients: **Soya** base (84.8%) (Water, Hulled **Soya** beans (8.6%)), sugar, modified starch, Maltodextrin, Calcium (Tri-Calcium phosphate), Carrot concentrate, Flavouring, thickeners (Pectins, Carrageenan), Sea Salt, Vitamins (B2, B12, D2)

Contains: **Soya**



Meal Planner



Week 3 Monday

Hot Meal Option Instructions and requirements:

Sausage Roll, Beans, yoghurt and fruit.

1x Wrights Sausage Roll 6" Bake from frozen. Place on a baking tray in a pre-heated oven 200°C/400°F/Gas Mark 6 for approximately 20 to 25 minutes. Ensure product is piping hot throughout before serving.

OR

1x Vegan Sausage Roll 6" Bake from frozen. Place product on a baking tray in the middle of a pre-heated oven at 200°C/ Gas mark 6 for approximately 30 to 35 minutes, or until golden brown

OR

1 x Meatless sausage and potato Wedges for Gluten free

50-70g Heinz Baked Beans place in gastro trays cover with foil and bake in oven for 30-45 minutes.

OR

1x 200-280g Jacket Potato with 50-70g Baked Beans (see Jacket sheet for dietary information)

1 x 80g Yeo Valley Yoghurt various flavours Per Person or 1x 125g Alpro Vanilla Plant Based Soya Dessert (DIETARY ONLY)

1 x Portion Cut and Prepared Fresh Fruit Per Person 50-100g

Dietary Information:

- Sausage Roll Ingredients:

PUFF PASTRY: **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids).

FILLING: Water, Pork (8%), Rusk [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salt, Raising Agent (Ammonium Hydrogen Carbonate)], **Wheat Gluten**, **Wheat** Starch, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salt, Potato Starch, Dextrose, Yeast Extract, Caramelised Sugar Powder, Caramelised Sugar, Emulsifiers (Disodium Diphosphate, Pentasodium Triphosphate), White Pepper, Preservative (Sodium **Sulphite**), Sage, Sugar, Pork Fat, Onion Powder, Black Pepper, Parsley, Antioxidant (Ascorbic Acid), Marjoram, Thyme, Pepper Extract, Herb Extracts (Sage Extract, Basil Extract, Marjoram Extract, Rosemary Extract, Thyme Extract).

GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract).

Allergens are shown in **Bold**

Contains : Gluten, Sulphites >10ppm and Wheat

- Vegan Sausage Roll Ingredients:

Puff Pastry[**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids)]. Filling (Water, **Soya** Protein Concentrate (13%), Sunflower Oil, Salt, Raising Agent(Ammonium Carbonate, Sodium Hydrogen Carbonate), Modified Maize Starch, Stabiliser(Methyl Cellulose), Onion, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Onion Powder, Mushroom, Sage, White Pepper, Rapeseed Oil, Nutmeg, Cayenne Pepper, Mushroom Powder, Sugar, Parsley, **Barley** Malt Extract, Cornflour, Yeast). Glaze(Water, **Wheat** Protein).

Allergens are shown in **Bold**

Contains : Barley, Gluten, Soya and Wheat

May contain : Milk

- Heinz Baked Beans

Ingredients: Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract

Contains : None of the 14 Food Allergens

- Yeo Valley Strawberry, Raspberry or Mango and Vanilla Yoghurt 80g

Ingredients: Organic Whole **MILK** Yogurt, Organic Strawberry Purée (5%), Organic Sugar (5%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice. or Organic Whole **MILK** Yogurt, Organic Raspberry Purée (5%), Organic Sugar (5%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice. or Organic Whole **MILK** Yogurt, Organic Mango Purée (5%), Organic Sugar (5%), Organic Maize Starch, Organic Vanilla Extract, Natural Flavouring, Organic Concentrated Lemon Juice.

Contains: **Milk**

- Alpro Vanilla, plant based and Soya Dessert 125g

Ingredients: **Soya** base (84.8%) (Water, Hulled **Soya** beans (8.6%)), sugar, modified starch, Maltodextrin, Calcium (Tri-Calcium phosphate), Carrot concentrate, Flavouring, thickeners (Pectins, Carrageenan), Sea Salt, Vitamins (B2, B12, D2)

Contains: **Soya**



Meal Planner



Week 1 Tuesday

Hot Meal Option Instructions and requirements:

Wholewheat Pasta with a Tomato and Vegetable Sauce

1x 45-65g Wholewheat Pasta per child for cooking for every 100g pasta, 1 litre water, 10g salt. Add salt to boiling water, Place pasta in boiling water and boil for 10 minutes, stirring occasionally. Drain pasta

OR 1x 45g Gluten Free Pasta cook as above

40-60g Tomato and Vegetable Sauce warm through and serve with pasta

1x Garlic Bread Place frozen bread slices on a baking tray and place in a pre-heated oven at 200ºC, Gas Mark 6 for approximately 7-10 minutes

OR

1x 200-280g Jacket Potato with 20-30g Grated Cheese (see Jacket sheet for dietary information)

1x Raspberry Ripple Fruit Mousse or Raspberry Smoothie Pot (Vegan/DF)

1 x Portion Cut and Prepared Fresh Fruit Per Person 50-100g

Dietary Information:

- Wholewheat Pasta

Ingredients: Whole Wheat Semolina (100%).

Contains : Gluten and Wheat

- GF Pasta

Ingredients: Water, Cornflour, Rice Flour.

Contains: None of the 14 Food Allergens

- Tomato and Vegetable Sauce

Ingredients: Tomatoes (96.5%), onion (1%), Courgette, Carrots, sugar, salt, basil (0.5%), rehydrated oregano (0.3%), acidity regulator: citric acid.

Contains : None of the 14 Food Allergens

- Garlic Bread (none for GF)

Ingredients: Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Water, Garlic Puree, Salt, Yeast, Parsley, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.

Contains : Gluten and Wheat

- Raspberry Ripple Mousse

Ingredients: Water, Sugar, Palm Oil, Whey Solids (MILK), Whey Powder (MILK), Dextrose, Glucose, Skimmed MILK Powder, BUTTERMILK Powder, Emulsifier, (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum, Xanthan Gum, Caboxymethyl Cellulose, Pectin), Pork Gelatine, Colours (Beetroot Red, Beta-Carotene), Acidity Regulator (Disodium Citrate, Citric Acid), Flavouring, Preservative (Potassium Sorbate).

Contains : Milk

- Raspberry Smoothie Pot

Ingredients:

Water, Raspberry Pulp (30%), Invert Sugar Syrup, Sugar, Emulsifiers(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Colour(Beetroot Red), Flavouring, Dextrose.

Contains : None of the 14 Food Allergens



Meal Planner



Week 2 Tuesday

Hot Meal Option Instructions and requirements:

Spaghetti meatballs, Steamed Broccoli, mousse and fruit

1x 45-65g Spaghetti per child for cooking for every 100g pasta, 1 litre water, 10g salt. Add salt to boiling water, Place pasta in boiling water and boil for 10 minutes, stirring occasionally. Drain pasta

OR 1x 45g Gluten Free Spaghetti cook as above

60-80g meatballs per child (approximately 5 per child) oven cook from frozen place in gastro tray and cover with tomato sauce over the meatballs then cover in tinfoil , for 45-60 minutes (Gas 4/180°C/350°F; less for convection ovens) removing the lid 10 minutes before the end of cooking. Check product is a minimum of 75°C (or to national standards) before serving. If storing in a hot cupboard, keep covered to prevent drying out.

1x 40-60g Steamed Broccoli

OR

1x 200-280g Jacket Potato with 20-30g Grated Cheese (see Jacket sheet for dietary information)

1x Chocolate Ripple Mousse Pot or Rasberry Smoothie Pot (Vegan/DF)

1 x Portion Cut and Prepared Fresh Fruit Per Person 50-100g

Dietary Information:

- Spaghetti

Ingredients: Durum Wheat Semolina (100%).

Contains : Gluten and Wheat

- GF Spaghetti

Ingredients: Com Flour (50,4%), Brown Rice Flour (22%), Rice Flour (21,4%), Potato Starch, Quinoa Flour (3%), Stabiliser: Mono and Diglycerides of Fatty Acids

Contains : None of the 14 Food Allergens

May contain : Soya

- Meatballs

Ingredients: Chicken (80%), Rice Flour, Potato Starch, Tomato Powder, Herbs, Spices, Salt, Paprika Extract, Spice Extracts, Colour E160C

Contains : None of the 14 Food Allergens

- Tomato Sauce

Ingredients: Tomatoes (96.5%), onion (1%), sugar, salt, basil (0.5%), rehydrated oregano (0.3%), acidity regulator: citric acid.

Contains : None of the 14 Food Allergens

- Broccoli

Contains : None of the 14 Food Allergens

- Raspberry Ripple Mousse

Ingredients: Water, Sugar, Palm Oil, Whey Solids (MILK), Whey Powder (MILK), Dextrose, Glucose, Skimmed MILK Powder, BUTTERMILK Powder, Emulsifier, (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum, Xanthan Gum, Caboxymethyl Cellulose, Pectin), Pork Gelatine, Colours (Beetroot Red, Beta-Carotene), Acidity Regulator (Disodium Citrate, Citric Acid), Flavouring, Preservative (Potassium Sorbate).

Contains : Milk

- Raspberry Smoothie Pot

Ingredients:

Water, Raspberry Pulp (30%), Invert Sugar Syrup, Sugar, Emulsifiers(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Colour(Beetroot Red), Flavouring, Dextrose.

Contains : None of the 14 Food Allergens



Meal Planner



Week 3 Tuesday

Hot Meal Option Instructions and requirements:

Chicken Wrap, Salad, Cheese, Mousse and Fruit

2x Breaded Chicken Goujons 60-85g Pre-heat oven to 220°C/ Gas Mark 7. Remove the chicken from all packaging and place on a baking tray in the centre of the oven. Bake for 18 - 20 minutes, turning once half way through cooking.

OR

2x Gluten Free Chicken Goujons 60-85g cook as above

OR

2 x Vegetable Goujons cook as above

1x Wrap per person (GF wrap)

40-60g Prepared Salad- Lettuce, Cucumber, Carrot, Peppers, Mangetout

20-30g Grated Cheese or Diary free Grated Cheese (Diary only) per person

OR

1x 200-280g Jacket Potato with 20-30g Grated Cheese (see Jacket sheet for dietary information)

1x Raspberry Ripple Mousse or Raspberry Smoothie Pot

1 x Portion Cut and Prepared Fresh Fruit Per Person 75-100g

Dietary Information:

- Chicken

Ingredients: Chicken Breast (67%), Water, Modified Tapioca Starch, Palm Oil, Wheat Flour, Cornflour, Sugar, Salt, White Pepper, Raising Agents(Disodium Diphosphate, Sodium Bicarbonate, Monocalcium Phosphates), Stabiliser(Pentasodium Triphosphate), Onion, Yeast Extract, Garlic, Colour(Paprika Extract), Black Pepper.

Allergens are shown in Bold

Contains : Gluten and Wheat

- Vegetable Goujons

Ingredients:Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (**WHEAT** Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, **WHEAT** Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.

Contains : Gluten and Wheat

- Gluten Free Breaded Chicken Goujons - Suitable for Diary Free/ Gluten Free

Ingredients: Chicken Breast Fillet (66%),Water, Rapeseed Oil, Rice Flour, Yellow Pea Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose.

Contains: None of the 14 Food Allergens

- Wrap

Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators(Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt.

Allergens are shown in Bold

Contains : Wheat

- Gluten Free Wrap

Ingredients: Water, rice flour, tapioca starch, potato starch, rapeseed oil, stabilisers: hydroxypropyl methylcellulose, xanthan gum; yeast, vegetable fibres (psyllium, bamboo), maize flour, potato flakes, humectant: sorbitol; sugar, salt, raising agents: diphosphates, sodium carbonates; fermented rice flour, acids: tartaric acid, citric acid.

Contains : None of the 14 Food Allergens

- Cheese

Ingredients: Cheddar Cheese (Milk) (98%), Anti-caking Agent(Potato Starch).

Allergens are shown in Bold

Contains : Milk

- Dairy Free Cheese

Ingredients: Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12.

Contains : None of the 14 Food Allergens

- Salad

Lettuce, Yellow Peppers, Red Peppers, Carrot, Sugar snap peas, Cucumber

Contains : None of the 14 Food Allergens

- Raspberry Ripple Mousse

Ingredients: Water, Sugar, Palm Oil, Whey Solids (MILK), Whey Powder (MILK), Dextrose, Glucose, Skimmed MILK Powder, BUTTERMILK Powder, Emulsifier, (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum, Xanthan Gum, Caboxymethyl Cellulose, Pectin), Pork Gelatine, Colours (Beetroot Red, Beta-Carotene), Acidity Regulator (Disodium Citrate, Citric Acid), Flavouring, Preservative (Potassium Sorbate).

Contains : Milk

- Raspberry Smoothie Pot (Dietary Only)

Ingredients: Water, Raspberry Pulp (30%), Invert Sugar Syrup, Sugar, Emulsifiers(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Colour(Beetroot Red), Flavouring, Dextrose.

Contains : None of the 14 Food Allergens



Meal Planner



Week 1 Wednesday

Hot Meal Option Instructions and requirements:

Roast Dinner, Cake and Fruit

Roast Potatoes- 70-100g per person,Place on a lightly greased baking tray in a pre-heated fan assisted oven at 220°C/ Gas Mark 7 for approximately 30-35 minutes.

Yorkshire Pudding- 1 per person place 1 slice of meat into pudding and place on gastro trays, cover and place in pre-heated fan assisted oven at 220*C/ Gas Mark 7 for 15-20 Minutes.

DF/ GF Child place 3 slices meat in foil tin and label

Vegetable Bake- 1 per dietary cook for 12-15 minutes until ready place in warm yorkshire pudding.

Vegetables- 40-60g per person place in pan of boiling water and cook until cooked throughly.

Gravy- use water from vegetable pan thicken and place in jugs ready for service.

OR

1x 200-280g Jacket Potato with 55- 80g Tuna Mayonnaise (see Jacket sheet for dietary information)

Flapjack (Vegan, GF) 1 portion per person

Fresh Fruit- 1 portion per person

Dietary Information:

- Beef

Ingredients: Beef (80%), Water, Pea Protein, Salt, Stabilisers (Diphosphates, Triphosphates).

Contains : None of the 14 Food Allergens

- Roast potatoes

Ingredients: Potato (97%),Sunflower Oil,Rice Flour,Potato Starch,Dextrin,Salt,Dextrose,Turmeric.

Contains : None of the 14 Food Allergens

- Yorkshire pudding

Ingredients: Wheat Flour(**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), **Egg** White, **Egg**, Water, Rapeseed Oil, Skimmed **Milk** Powder, Salt.

Contains : Gluten, Egg, Milk and Wheat

- Carrot batons

Contains : None of the 14 Food Allergens

- Vegetable Bake

Ingredients: Wheat Flour(**Wheat** Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (11%),Peas (10%),Sweetcorn (9%),Onion (8%),Red Pepper (6%),Dried Potato,Green Beans (4.5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (2.5%),Potato,Salt,Yeast,Sugar,Yeast Extract,Garlic Powder,Onion Powder,Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage Extract.

Contains : Gluten and Wheat

- Gravy (Suitable for Gluten Free, Meat and Vegan diets)

Ingredients: Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.

Contains : None of the 14 Food Allergens

- Vegan Flapjack

Ingredients: Oat, Margarine plant oils (sunflower, rapeseed, palm) water, salt, sunflower lecithin, vinegar, vitamin A, Soft brown sugar, Golden syrup

Contains: None of the 14 Food Allergens



Meal Planner



Week 2 Wednesday

Hot Meal Option Instructions and requirements:

Roast Dinner, Cake and Fruit

Roast Potatoes- 70-100g per person,Place on a lightly greased baking tray in a pre-heated fan assisted oven at 220°C/ Gas Mark 7 for approximately 30-35 minutes.

Yorkshire Pudding- 1 per person place 1 slice of meat into pudding and place on gastro trays, cover and place in pre-heated fan assisted oven at 220*C/ Gas Mark 7 for 15-20 Minutes.

DF/ GF Child place 3 slices meat in foil tin and label

Vegetable Bake- 1 per dietary cook for 12-15 minutes until ready place in warm yorkshire pudding.

Vegetables- 40-60g per person place in pan of boiling water and cook until cooked throughly.

Gravy- use water from vegetable pan thicken and place in jugs ready for service.

OR

1x 200-280g Jacket Potato with 55 - 80g Tuna Mayonnaise (see Jacket sheet for dietary information)

Lemon Drizzle Cake- 1 portion per person

Fruit- 1 portion per person

Dietary Information:

- Turkey

Ingredients: Turkey Breast (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers (Diphosphates, Triphosphates), Acidity Regulators (Sodium Acetate, Sodium Citrate), Pepper.

Contains : None of the 14 Food Allergens

- Roast potatoes

Ingredients: Potato (97%),Sunflower Oil,Rice Flour,Potato Starch,Dextrin,Salt,Dextrose,Turmeric.

Contains : None of the 14 Food Allergens

- Yorkshire pudding

Ingredients: Wheat Flour(**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), **Egg** White, **Egg**, Water, Rapeseed Oil, Skimmed **Milk** Powder, Salt.

Contains : Gluten, Egg, Milk and Wheat

- Peas

Contains : None of the 14 Food Allergens

- Vegetable Bake

Ingredients: Wheat Flour(**Wheat** Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (11%),Peas (10%),Sweetcorn (9%),Onion (8%),Red Pepper (6%),Dried Potato,Green Beans (4.5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (2.5%),Potato,Salt,Yeast,Sugar,Yeast Extract,Garlic Powder,Onion Powder,Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage Extract.

Contains: Wheat

- Gravy (Suitable for Gluten Free, Meat and Vegan diets)

Ingredients: Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.

Contains : None of the 14 Food Allergens

- Lemon Drizzle Cake

Ingredients: Caster sugar, Stork, vegetable oils (rapeseed, palm, sunflower), water, salt, emulsifiers (sunflower lecithin, mono and diglycerides of fatty acids), citric acid, carotenes, vitamin a and d, Self raising flour, wheat (**gluten**), raisin agent (calcium phosphates, sodium carbonates), calcium carbonate, iron, nicotinamide, thiamin, **Eggs** , Icing sugar Lemon juice



Meal Planner



Week 3 Wednesday

Hot Meal Option Instructions and requirements:

Roast Dinner, Cake and Fruit

Roast Potatoes- 70-100g per person,Place on a lightly greased baking tray in a pre-heated fan assisted oven at 220°C/ Gas Mark 7 for approximately 30-35 minutes.

Yorkshire Pudding- 1 per person place 1 slice of meat into pudding and place on gastro trays, cover and place in pre-heated fan assisted oven at 220*C/ Gas Mark 7 for 15-20 Minutes.

DF/ GF Child place 3 slices meat in foil tin and label

Vegetable Bake- 1 per dietary cook for 12-15 minutes until ready place in warm yorkshire pudding.

Vegetables- 40-60g per person place in pan of boiling water and cook until cooked throughly.

Gravy- use water from vegetable pan thicken and place in jugs ready for service.

OR

1x 200-280g Jacket Potato with 55- 80 g Tuna Mayonnaise (see Jacket sheet for dietary information)

Donuts- 1 per person

Fresh Fruit- 1 portion per person

Dietary Information:

- Turkey

Ingredients: Turkey Breast (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers (Diphosphates, Triphosphates), Acidity Regulators (Sodium Acetate, Sodium Citrate), Pepper.

Contains : None of the 14 Food Allergens

- Roast potatoes

Ingredients: Potato (97%),Sunflower Oil,Rice Flour,Potato Starch,Dextrin,Salt,Dextrose,Turmeric.

Contains : None of the 14 Food Allergens

- Yorkshire pudding

Ingredients: Wheat Flour(**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), **Egg** White, **Egg**, Water, Rapeseed Oil, Skimmed **Milk** Powder, Salt.

Contains : Gluten, Egg, Milk and Wheat

- Carrot batons

Contains : None of the 14 Food Allergens

- Vegetable Bake

Ingredients: Wheat Flour(**Wheat** Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (11%),Peas (10%),Sweetcorn (9%),Onion (8%),Red Pepper (6%),Dried Potato,Green Beans (4.5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (2.5%),Potato,Salt,Yeast,Sugar,Yeast Extract,Garlic Powder,Onion Powder,Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage Extract.

Contains: Wheat

- Gravy (Suitable for Gluten Free, Meat and Vegan diets)

Ingredients: Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.

Contains : None of the 14 Food Allergens

- Donuts

Jam Donuts Ingredients: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Apple and Raspberry Jam (19%) (Glucose Syrup, Apple, Sugar, Raspberries, Acidity Regulators (Citric Acid, Trisodium Citrate), Colour (Anthocyanins), Gelling Agent (Pectin), Flavouring), Palm Oil, Sweet Dust (Glucose, Cornflour, Palm Oil), Rapeseed Oil, Sugar, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphates), Salt, Wheat Gluten, Soya Flour, Yeast, Flour Treatment Agent (Ascorbic Acid).

Contains : Gluten, Soya and Wheat

Sugar Donuts Ingredients: flour (WHEAT), vegetable oils and fats (palm, rapeseed), water, sugar, yeast, dextrose, SOY flour, salt, WHEAT gluten, raising agent (E450, E500), skimmed MILK powder, sweet whey powder (MILK), emulsifier (E471, E481), inactivated yeast, natural flavour.

Contains : Gluten, Milk, Soya and Wheat



Meal Planner



Week 1 Thursday

Hot Meal Option Instructions and requirements:

Sweet and Sour Chicken/ Vegetables with Noodles and Sweetcorn, Fruit and Yoghurt

Place 2 pans on to boil filled with water

60g Chicken per child (2-3 chunks per child) place on gastro trays, in a preheated oven (190°C/374°F/Gas Mark 5) for 25-35 minutes (turn over half-way through cooking time).

OR 2 x Gluten Free chicken goujons per person (DIETARY REQUIREMENT ONLY) These will need a microwave rice portion.

60g Quorn Chunks per child (2-3 per child) place on gastro trays in a preheated oven (190°C/374°F/Gas Mark 5) for 25-35 minutes (turn over half-way through cooking time).

40-60g Sweetcorn into one of the pans cook until 75oC then decant into gastro tins and keep warm.

20-30g Sweet and Sour Sauce per child, place into microwaveable jugs and warm through place into the black thermojugs ready for service.

20 minutes before serving turn off pans and place 45-60g Noodles per child into the hot water, stir, cover and leave for 8minutes then remove from water and decant into gastro trays ready for serving.

OR

1x 200-280g Jacket Potato with 50- 70 g Baked Beans (see Jacket sheet for dietary information)

1 x Vanilla Ice Cream Pot or Smoothie Pot (DIETARY ONLY)

1 x Portion Cut and Prepared Fresh Fruit Per Person 50-100g

Dietary Information:

- Chicken Chunks Ingredients: Chicken meat (63%) vegetable oils (cottoseed and, or sunflower and, or rice), fortified WHEAT flour with iron and folic acid , water, maize flour, starch, breadcrumb (WHEAT flour, salt and yeast), salt, stabiliser (E450i), raising agents (E450i, E500ii), MILK powder, dextrose, spices and thickener agent (E412).

Contains : Gluten, Milk and Wheat

- Gluten Free Chicken Ingredients: Chicken Breast Fillet (66%), Water, Rapeseed Oil, Rice Flour, Yellow Pea Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose.

Contains : None of the 14 Food Allergens

- Quorn Chunks Ingredients:Mycoprotein (51%), **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Water, **Wheat** Starch, Pea Fibre, Natural Flavouring, Potato Protein, Pea Protein, Salt, **Wheat** Gluten, Durum **Wheat** Semolina, Yeast, Sage, Garlic Powder, White Pepper, Colour: Paprika Extract; Sage Extract, Onion Powder, Onion Oil, Raising Agent: Ammonium Bicarbonate.

Contains: Gluten and Wheat

- Sweet and Sour Sauce Ingredients: Water, Tomato Purée from Concentrate (17%), Sugar, Pineapple Juice from Concentrate (9%), Spirit Vinegar, Modified Maize Starch, Lemon Juice from Concentrate, Salt, Dried Garlic, Ginger Powder, Colour: Paprika Extract, Chilli Powder.

Contains : None of the 14 Food Allergens

- Sweetcorn

None of the 14 Food Allergens

- Egg Noodles Ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin and Thiamin (B1)), Salt, Colours (Paprika Extract and Carotenes), Acidity Regulators (Sodium Carbonate, Potassium Carbonate, Citric Acid), Antioxidant (Ascorbic Acid).

Contains : Gluten and Wheat

- Vanilla Ice Cream Pot

Water, Sugar, **MILK** solids (7%), Vegetable Oil (Sustainable palm), Whey Powder (**MILK**), Emulsifier: Mono- and Diglycerides of Fatty Acids, Stabilisers: Guar Gum, Carrageenan, Locust Bean Gum, Humectant: Vegetable Glycerine, Flavouring, Colours: Curcumin, Annatto Norbixin

- Raspberry Smoothie Pot (Dietary Only)Ingredients: Water, Raspberry Pulp (30%), Invert Sugar Syrup, Sugar, Emulsifiers(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Colour(Beetroot Red), Flavouring, Dextrose.

Contains : None of the 14 Food Allergens



Meal Planner



Week 2 Thursday

Hot Meal Option Instructions and requirements:

Posh Hotdog, wedges, Vegetable sticks, mousse and fruit

1x Plumgarths butcher sausage or Meatless Vegan Sausage per person (GF to recieve meatless sausage) per child tray up per school on a lined gastronorm and bake in oven 180oc for 30 minutes until they reach 75-80oC

1 x Hot Dog Roll per child or Gluten free Roll (Dietary Only)

70-100g Potato Wedges per child. Place oven skin off wedges on a baking sheet in a pre-heated oven at 230°C, gasmark 8 for 12-15 minutes. Turing halfway through cooking time. Drain on absorbent paper before serving.

1 x Portion Carrot and Cucumber Sticks per person

OR

1x 200-280g Jacket Potato with 50- 70g Baked Beans (see Jacket sheet for dietary information)

1 x 80g Yeo Valley Yoghurt various flavours Per Person or 1x 125g Alpro Vanilla Plant Based Soya Dessert (DIETARY ONLY)

1 x Portion Cut and Prepared Fresh Fruit Per Person 50-100g

Dietary Information:

- Sausage

Ingredients: Pork(70%), water, rusk (WHEAT flour(calcium, iorn, niacin, thiamine) salt, raising agent E503ii) salt, spices(black pepper, white pepper, coriander, mace, nutmeg), dextrose, herb(sage), emulsifier E451(i), preservative E221(contains sulphites), antioxidant E301. Filled in natural hog cassing

- Meatless Vegan Sausage (Gluten Free)

Ingredients: Water, Pea Protein, Rapeseed Oil, Thickener (E461), Vegetable Fibres (Pea, Bamboo), Yeast Extract, Dried Onion, Salt, Spices, Natural Flavouring, Dextrose, Sage, Vegetable Concentrates (Beetroot, Caramelised Carrot, Carrot). Sausages filled into plant-based casings.

- Hot Dog Roll

Ingredients: Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers(Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Preservative(Calcium Propionate), Flour Treatment Agent(Ascorbic Acid).

Contains : Gluten and Wheat

- Gluten Free Roll Ingredients: maize starch, water, sourdough 12% (rice flour, water), maize flour, rice flour, vegetable fibre (psyllium), thickener: hydroxypropyl methyl cellulose; extra virgin olive oil, yeast, (**soya**) protein, sunflower oil, acids: citric acid, tartaric acid; salt.

Contains : Soya

- Wedge Potatoes

Ingredients: Potato (96.5 %), MB palm oil (3,5 %)

- Raw Carrot and Cucumber Sticks

Contains : None of the 14 Food Allergens

- Yeo Valley Strawberry, Raspberry or Mango and Vanilla Yoghurt 80g

Ingredients: Organic Whole **MILK** Yogurt, Organic Strawberry Purée (5%), Organic Sugar (5%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice. or Organic Whole **MILK** Yogurt, Organic Raspberry Purée (5%), Organic Sugar (5%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice. or Organic Whole **MILK** Yogurt, Organic Mango Purée (5%), Organic Sugar (5%), Organic Maize Starch, Organic Vanilla Extract, Natural Flavouring, Organic Concentrated Lemon Juice.Contains: **Milk**

- Alpro Vanilla, plant based and Soya Dessert 125g

Ingredients: **Soya** base (84.8%) (Water, Hulled **Soya** beans (8.6%)), sugar, modified starch, Maltodextrin, Calcium (Tri-Calcium phosphate), Carrot concentrate, Flavouring, thickeners (Pectins, Carrageenan), Sea Salt, Vitamins (B2, B12, D2)

Contains: **Soya**



Meal Planner



Week 3 Thursday

Hot Meal Option Instructions and requirements:

Chicken Curry or Cauliflower Chickpeas and Spinach Curry with Rice and Sweetcorn, Fruit and Yoghurt

60g Chicken per child place 60g Diced Chicken per child on Gastro trays, Place in a preheated oven at 220°C/Gas Mark 6 for 20-25 minutes. Check food is piping hot throughout before serving >75°C. Do not reheat.

50-70g Cauliflower Chickpea and Spinach Curry Place in a preheated oven at 220°C/Gas Mark 6 for 20-25 minutes. Check food is piping hot throughout before serving >75°C. Do not reheat.

35-55g Rice per child- weigh out 40g rice per child place in gastronorm, cover with (you will need to multiply total rice by 1.5l) warm water cover with tinfoil and place in oven for 45mins at 180oC

40-60g Sweetcorn per child place in boiling water cook for 20-30minutes until 75oC

20-30g Korma Sauce per child- Place in microwaveable jug and warm through until 75oC

OR

1x 200-280g Jacket Potato with 50-70g Baked Beans (see Jacket sheet for dietary information)

1 x 80g Yeo Valley Yoghurt various flavours Per Person or 1x 125g Alpro Vanilla Plant Based Soya Dessert (DIETARY ONLY)

1 x Portion Cut and Prepared Fresh Fruit Per Person 50-100g

Dietary Information:

Chicken

Contains: None of the 14 Food Allergens

Steamed Rice

Ingredients: Basmati Rice (100%).

Contains : None of the 14 Food Allergens

Korma Sauce

Ingredients:

Water, sugar, desiccated coconut (4.5%), single cream (**MILK**) (4%), creamed coconut (4%), rapeseed oil, modified starch, concentrated tomato puree, double cream (**MILK**) (1.5%), spices (1%), ginger puree, garlic puree, dried onions, salt, acid (lactic acid), lemon juice concentrate, dried coriander leaf.

Contains: Milk

Sweetcorn

Contains : None of the 14 Food Allergens

Roasted Cauliflower, Chickpea and Spinach Curry

Ingredients: Cauliflower, chickpeas, spinach, onions, tandoori paste (water, ginger puree, tamarind, coriander powder, salt, cumin powder, paprika powder, acetic acid, garlic powder, spices); Vegetable Stock (Vegetable oil (palm, sunflower), flavourings, salt, potato starch, yeast extract, smoked yeast, maltodextrin, sugar, **CELERY,** carrot powder, onion powder, CELERY seeds, tumeric, pepper, parsley) tomatoes.

- Yeo Valley Strawberry, Raspberry or Mango and Vanilla Yoghurt 80g

Ingredients: Organic Whole **MILK** Yogurt, Organic Strawberry Purée (5%), Organic Sugar (5%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice. or Organic Whole **MILK** Yogurt, Organic Raspberry Purée (5%), Organic Sugar (5%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice. or Organic Whole **MILK** Yogurt, Organic Mango Purée (5%), Organic Sugar (5%), Organic Maize Starch, Organic Vanilla Extract, Natural Flavouring, Organic Concentrated Lemon Juice.

Contains: **Milk**

- Alpro Vanilla, plant based and Soya Dessert 125g

Ingredients: **Soya** base (84.8%) (Water, Hulled **Soya** beans (8.6%)), sugar, modified starch, Maltodextrin, Calcium (Tri-Calcium phosphate), Carrot concentrate, Flavouring, thickeners (Pectins, Carrageenan), Sea Salt, Vitamins (B2, B12, D2)

Contains: **Soya**



Meal Planner



Week 1 Friday

Hot Meal Option Instructions and requirements:

Homemade Pizza, Salad, Fruit and yoghurt

50-70g Pizza base per child, place a homemade gastro sized pizza base onto a lightly oiled gastro tray this will give you 8 portions, cover with the tomato pizza sauce and top with mozzerella and triple cheese. bake in 180oC oven for 10-12 minutes.

Gluten Free- use a GF Flatbread and customise based on individual requirements,

Dairy Free- cover with tomato sauce only and ensure DF violife cheese available to top when ready

40-60g Salad per child, slice lettuce, baton carrots and cucumbers, Mangetout, red and yellow peppers

OR

1x 200-280g Jacket Potato with 20-30g Grated Cheese (see Jacket sheet for dietary information)

1 x Artic Roll or Smoothie Pot (DIETARY ONLY)

1 x Portion Cut and Prepared Fresh Fruit Per Person 50-100g

Dietary Information:

- Pizza base

Flour Ingredients: Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Wheat Gluten.

Contains : Gluten and Wheat

Yeast Ingredients: Yeast, Water, emulsifier sorbitan mono-stearate E491

Contains : None of the 14 Food Allergens

Olive Oil Ingredients: extra Virgin olive oil

Contains : None of the 14 Food Allergens

Sugar Contains : None of the 14 Food Allergens

Salt Contains : None of the 14 Food Allergens

- Pizza Sauce Ingredients: Tomatoes (96.5%), onion (1%), sugar, salt, basil (0.5%), rehydrated oregano (0.3%), acidity regulator: citric acid.

Contains : None of the 14 Food Allergens

- Cheese Ingredients: Skimmed MILK, Certified Sustainable Palm Oil, Salt, Lactic Acid Culture, Microbial Rennet.

Allergens are shown in Bold

Contains : Milk

- GF Flatbread Ingredients: Water, rice flour, tapioca starch, potato starch, rapeseed oil, stabilisers: hydroxypropyl methylcellulose, xanthan gum; yeast, vegetable fibres (psyllium, bamboo), maize flour, potato flakes, humectant: sorbitol; sugar, salt, raising agents: diphosphates, sodium carbonates; fermented rice flour, acids: tartaric acid, citric acid.
- DF Cheese Ingredients: Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12.
- Rasberry Ice Cream Roll Ingredients: Ice Cream Water, Sugar, Palm Oil, Whey Solids (MILK), Whey Powder (MILK), Skimmed MILK Powder, BUTTERMILK Powder, Emulsifier Mono and Di-Glycerides of Fatty Acids, Stabilisers Guar Gum, Xanthan Gum, Locust Bean Gum, Flavouring, Colour Beta-Carotene. Sponge 23% WHEAT Flour, Water, Sugar, Dextrose, Egg Blend (EGG, EGG white), SOYA Flour, Raising Agents (Disodium Disophate, Sodium Carbonate), Skimmed Milk Powder, Emulsifiers Mono & Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids. Raspberry Sauce Water, Sugar, Glucose,

Colour Beetroot Red, Stabiliser Carboxy Methyl Cellulose, Citric Acid, Flavouring, Potassium Sorbate, Pectin

Allergens are shown in Bold

Contains : Gluten, Egg, Milk, Soya and Wheat

- Raspberry Smoothie Pot (Dietary Only)Ingredients: Water, Raspberry Pulp (30%), Invert Sugar Syrup, Sugar, Emulsifiers(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Colour(Beetroot Red), Flavouring, Dextrose.

Contains : None of the 14 Food Allergens



Meal Planner



Week 2 Friday

Hot Meal Option Instructions and requirements:

Homemade Pizza, Sweetcorn, Fruit and yoghurt

50-70g Pizza base per child, place a homemade gastro sized pizza base onto a lightly oiled gastro tray this will give you 8 portions, cover with the tomato pizza sauce and top with mozzerella and triple cheese. bake in 180oC oven for 10-12 minutes.

Gluten Free- use a GF Flatbread and customise based on individual requirements,

Dairy Free- cover with tomato sauce only and ensure DF violife cheese available to top when ready

40-60g Sweetcorn, place in boiling water for 15-20 minutes ensure above 75oC

OR

1x 200-280g Jacket Potato with 20-30g Grated Cheese (see Jacket sheet for dietary information)

1 x Vanilla Ice Cream Pot or Smoothie Pot (DIETARY ONLY)

1 x Portion Cut and Prepared Fresh Fruit Per Person 50-100g

Dietary Information:

- Pizza base

Flour Ingredients: Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Wheat Gluten.

Contains : Gluten and Wheat

- Yeast Ingredients: Yeast, Water, emulsifier sorbitan mono-stearate E491

Contains : None of the 14 Food Allergens

- Olive Oil Ingredients: extra Virgin olive oil

Contains : None of the 14 Food Allergens

- Sugar Contains : None of the 14 Food Allergens
- Salt Contains : None of the 14 Food Allergens
- Pizza Sauce Ingredients: Tomatoes (96.5%), onion (1%), sugar, salt, basil (0.5%), rehydrated oregano (0.3%), acidity regulator: citric acid.

Contains : None of the 14 Food Allergens

- Cheese Ingredients: Skimmed MILK, Certified Sustainable Palm Oil, Salt, Lactic Acid Culture, Microbial Rennet.

Contains : Milk

- GF Flatbread Ingredients: Water, rice flour, tapioca starch, potato starch, rapeseed oil, stabilisers: hydroxypropyl methylcellulose, xanthan gum; yeast, vegetable fibres (psyllium, bamboo), maize flour, potato flakes, humectant: sorbitol; sugar, salt, raising agents: diphosphates, sodium carbonates; fermented rice flour, acids: tartaric acid, citric acid.
- DF Cheese Ingredients: Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12.

Contains : None of the 14 Food Allergens

- Sweetcorn

Contains : None of the 14 Food Allergens

- Vanilla Ice Cream Pot

Water, Sugar, **MILK** solids (7%), Vegetable Oil (Sustainable palm), Whey Powder (**MILK**), Emulsifier: Mono- and Diglycerides of Fatty Acids, Stabilisers: Guar Gum, Carrageenan, Locust Bean Gum, Humectant: Vegetable Glycerine, Flavouring, Colours: Curcumin, Annatto Norbixin

- Raspberry Smoothie Pot (Dietary Only)Ingredients: Water, Raspberry Pulp (30%), Invert Sugar Syrup, Sugar, Emulsifiers(Mono- and Di-Glycerides of Fatty

Acids), Stabilisers(Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Colour(Beetroot Red), Flavouring, Dextrose.

Contains : None of the 14 Food Allergens



Meal Planner



Week 3 Friday

Hot Meal Option Instructions and requirements:

Fish Fingers, Chips and peas, yoghurt and fruit.

2/3 x 25g Fish/Vegetables Fingers per person, place on a lined gastronorm tray, cook in fan assisted oven at 200 *C for 12 minutes. Ensure product is cooked to a minimum temperature of 75*C for 30 Seconds.

OR 2 x Gluten Free chicken goujons per person (DIETARY REQUIREMENT ONLY)

70-100g Fries per person approximately 30 portions per 2.5kg bag. Pre heat oven to 220*C. Lightly grease a baking sheet and spread fries in an even layer. Bake for approximately 22 minutes, Turn halfway through baking time. Deep fry: preheat oil to 175*C. Deep fry for approximately 3mins and 15 seconds. - If Deep frying place in oven to keep warm until ready for service.

40-60g Garden Peas per person- boil pan of water, place peas in boiling water, ensure peas are piping hot before serving.

OR

1x 200-280g Jacket Potato with 20-30g Grated Cheese (see Jacket sheet for dietary information)

1 x 80g Yeo Valley Yoghurt various flavours Per Person or 1x 125g Alpro Vanilla Plant Based Soya Dessert (DIETARY ONLY)

1 x Portion Cut and Prepared Fresh Fruit Per Person 50-100g

Dietary Information:

- Fish Fingers

Ingredients: Minced whitefish (fish) (58%), **wheat** flour(**wheat** flour, calcium carbonate, iron, niacin, thiamin),rapeseed oil, water, yeast, salt, colours (paprika extract, curcumin), turmeric.

Contains : **Gluten, Fish and Wheat**

- Chips

Ingredients:Potato (89%) (Origin: EU), Vegetable oils (Rapeseed, Sunflower) in varying proportions, Coating (5%) (Modified Potato Starch, Rice Flour, Salt, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Potato Starch, Dextrose, Thickener (Xanthan Gum), Tumeric Extract)

Contains : None of the 14 Food Allergens

- Oil

Ingredients: Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).

Contains : None of the 14 Food Allergens

- Peas

Contains : None of the 14 Food Allergens

- Vegetable Sticks - Suitable for Vegan/Vegetarian

Ingredients: Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (**WHEAT** Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, **WHEAT** Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.

Contains **: Gluten and Wheat**

- Gluten Free Breaded Chicken Goujons - Suitable for Diary Free/ Gluten Free

Ingredients: Chicken Breast Fillet (66%),Water, Rapeseed Oil, Rice Flour, Yellow Pea Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose.

Contains: None of the 14 Food Allergens

- Yeo Valley Strawberry, Raspberry or Mango and Vanilla Yoghurt 80g

Ingredients: Organic Whole **MILK** Yogurt, Organic Strawberry Purée (5%), Organic Sugar (5%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice. or Organic Whole **MILK** Yogurt, Organic Raspberry Purée (5%), Organic Sugar (5%), Organic Maize Starch, Natural Flavouring, Organic Concentrated

Elderberry Juice, Organic Concentrated Lemon Juice. or Organic Whole **MILK** Yogurt, Organic Mango Purée (5%), Organic Sugar (5%), Organic Maize Starch, Organic Vanilla Extract, Natural Flavouring, Organic Concentrated Lemon Juice.

Contains: **Milk**

- Alpro Vanilla, plant based and Soya Dessert 125g

Ingredients: **Soya** base (84.8%) (Water, Hulled **Soya** beans (8.6%)), sugar, modified starch, Maltodextrin, Calcium (Tri-Calcium phosphate), Carrot concentrate, Flavouring, thickeners (Pectins, Carrageenan), Sea Salt, Vitamins (B2, B12, D2)

Contains: **Soya**



Meal Planner



Sandwich Lunches

Packed Lunch Option:

Ham, Jam, Tuna, Cheese Sandwich on 50/50 Bread.

Butter using the diary free spread the ham and cheese sandwiches only.

Ensure dietary requirements are labelled ie no butter.

Serve with carrot and cucumber sticks

Dessert of the day

Fruit of the day.

(School trips will recieve Seabrooks 18g plain crisp, Gingerbread men, apple juice carton and piece of fruit or raisins)

Dietary Information:

Bread Ingredients:

Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Wholemeal **Wheat** Flour, Water, Salt, Palm Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Yeast, Preservative (Calcium Propionate), **Soya** Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid).

Allergens are shown in **Bold**

Contains : Gluten, Soya and Wheat

May contain : Barley and Sesame

Flora Buttery

Ingredients:

Plant oils (rapeseed, sunflower 19%, palm), water, salt (1.4%), plant based emulsifier (lecithin), natural flavouring, vinegar, vitamin A.

Contains : None of the 14 Food Allergens

Ham

Ingredients:

Pork (70%), Water, Salt, Potato Starch, Stabilisers (Carrageenan, Diphosphates, Triphosphates), Dextrose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).

Contains : None of the 14 Food Allergens

Cheese

Ingredients:

Cheddar Cheese(**Milk**).

Contains : Milk

Tuna

Ingredients:

Tuna (**Fish**), Water, Salt.

Contains : Fish

Mayonnaise

Ingredients:

Rapeseed Oil, Water, Spirit Vinegar, Sugar, **Egg** Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).

Contains : Egg

Jam

Ingredients:

Glucose-Fructose Syrup, Mixed Fruit [Apple, Plum, Rhubarb, Raspberries], Sugar, Gelling Agent (Pectins), Acidity Regulator (Sodium Citrates), Acid (Citric Acid), Colour (Anthocyanins), Preservative (**SULPHUR DIOXIDE**). Prepared with 35g of Fruit per 100g. Total sugar content 64g per 100g.

Contains : Sulphites >10ppm



Meal Planner



Jacket Potato Lunches

Jacket Potato Lunch option

200g- 280g Jacket Potato

served with either

50-70g Baked Beans 1-2 tablespoon

20-30g Grated Cheese

55-80g Tuna

Served with carrot and cucumber sticks

Dessert of the day

Fruit of the day.

Dietary Information:

Baked Beans

Cheese

Ingredients:

Cheddar Cheese(**Milk**).

Contains : Milk

Tuna

Ingredients:

Tuna (**Fish**), Water, Salt.

Contains : Fish

Mayonnaise

Ingredients:

Rapeseed Oil, Water, Spirit Vinegar, Sugar, **Egg** Yolk Powder (1%), Stabiliser(Xanthan Gum), Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).

Contains : Egg