



**Autumn/Winter 2025/2026**

**Week 1**

**01.09.25 – 13.02.26**

### **Chinese Chicken Curry**

Contains: Mustard, Soya

| Item                             | Allergens        |
|----------------------------------|------------------|
| Cornflour                        | -                |
| Cooked Frozen Chicken - Perdigao | May contain Soya |
| Diced Frozen Onion               | -                |
| Garlic Puree                     | -                |
| Soy Sauce                        | Soya             |
| Frozen Peas                      | -                |
| Curry Powder - Madras            | Mustard          |
| Turmeric                         | -                |
| Ground Ginger                    | -                |
| Sugar 5kg                        | -                |
| Chicken Bouillon                 | -                |

### **Macaroni Cheese**

Contains: Cereals containing Gluten, Milk (Lactose), Mustard, May contain Soya

| Item                         | Allergens                        |
|------------------------------|----------------------------------|
| Macaroni pasta               | Wheat (Gluten)                   |
| Plain Flour 16kg             | Wheat (Gluten), May contain Soya |
| Milk (Semi Skimmed) x1<br>x4 | Milk (lactose)                   |
| Margarine                    | Milk (Lactose)<br>-              |
| Vegetable Bouillon           | -                                |
| Mild White Cheddar Block 5kg | Milk (Lactose)                   |
| Mustard                      | Mustard                          |

### **Lemon Drizzle Cake**

Contains: Cereals (Gluten), Wheat (Gluten), Eggs, Sulphites, Milk, May contain Soya

| Item        | Allergens                                               |
|-------------|---------------------------------------------------------|
| Sponge mix  | Cereals (Wheat), Milk (Lactose), Eggs, May contain Soya |
| Lemon juice | Sulphites                                               |
| Sugar 5kg   | -                                                       |
| Icing Sugar | -                                                       |
| Lemons      | -                                                       |

### **Pork Sausages with Onion Gravy**

Contains: Wheat (Gluten), Soya, Sulphites

| Item                              | Allergens                       |
|-----------------------------------|---------------------------------|
| Pork Sausages x 1 Bag<br>X 1 case | Wheat (Gluten), Soya, Sulphites |
| Diced Frozen Onions               | -                               |
| Gravy Granules                    | -                               |

### **Veggie Sausages (With Onion Gravy)**

Contains: Wheat (Gluten), Soya

| Item                             | Allergens            |
|----------------------------------|----------------------|
| Veggie Sausages x1<br>x 2 (case) | Wheat (Gluten), Soya |
| Diced Frozen Onions              | -                    |
| Gravy Granules                   | -                    |

### **American Style Buttermilk Pancakes with Berry Compote**

Contains: Cereals (Gluten), Eggs, Milk

| Item                | Allergens                    |
|---------------------|------------------------------|
| Buttermilk Pancakes | Cereals (Gluten), Eggs, Milk |
| Frozen Berry mix    | -                            |
| Sugar 5kg           | -                            |

### **Roast Chicken & Stuffing**

Contains: Cereals (Gluten), May contain Soya

| Item                             | Allergens                          |
|----------------------------------|------------------------------------|
| Cooked Frozen Chicken - Perdigao | May contain Soy                    |
| Stuffing Mix                     | Cereals (Gluten), May Contain Soya |

### **Quorn Roast**

Contains: Egg, Milk (Lactose)

| Item        | Allergens           |
|-------------|---------------------|
| Quorn Roast | Egg, Milk (lactose) |

### **Strawberry Mousse**

Contains: Milk (Lactose)

| Item              | Allergens      |
|-------------------|----------------|
| Strawberry Mousse | Milk (Lactose) |
| UHT Double Cream  | Milk (Lactose) |

### **Minced Beef & Onion Pie**

Contains: Gluten

| <b>Item</b>         | <b>Allergens</b> |
|---------------------|------------------|
| Beef Mince          | (NOT HALAL)      |
| Diced Frozen Onions | -                |
| Frozen Peas         | -                |
| Carrot – Grated 5kg | -                |
| Gravy Granules      | -                |
| Pea Protein - Mince | -                |
| Beef Bouillon       | -                |
| Puff Pastry Sheets  | Gluten           |

### **Tomato & Mascarpone Pasta Bake**

Contains: Wheat (Gluten), Milk (Lactose)

| <b>Item</b>                  | <b>Allergens</b> |
|------------------------------|------------------|
| Vegetable Bouillon           | -                |
| Tinned Tomatoes              | -                |
| Passata                      | -                |
| Diced Frozen Onions          | -                |
| Diced Frozen Peppers         | -                |
| Tomato Puree                 | -                |
| Garlic Puree                 | -                |
| Mixed Herbs                  | -                |
| Full Fat Soft Cheese         | Milk (Lactose)   |
| Mild White Cheddar Block 5kg | Milk (Lactose)   |
| Pasta                        | Wheat (Gluten)   |

### **Apple Crumble & Custard**

Contains: Milk (Lactose), Wheat (Gluten), May contain Soya

| <b>Item</b>       | <b>Allergens</b>                  |
|-------------------|-----------------------------------|
| Solid Pack apples | -                                 |
| Margarine         | Lactose<br>-                      |
| Plain Flour 16kg  | Wheat (Gluten) – May contain Soya |
| Sugar 5kg         | -                                 |
| Cinnamon          | -                                 |
| Custard Powder    | Contains Milk when made           |

### **Breaded Fish**

Contains: Cereals containing Gluten, Fish

| Item         | Allergens                       |
|--------------|---------------------------------|
| Breaded Fish | Cereals containing Gluten, Fish |
| Lemon        | -                               |

### **Cheese & Tomato Pizza**

Contains: Wheat (Gluten), Milk (Lactose), May contain Soya

| Item                 | Allergens                        |
|----------------------|----------------------------------|
| Plain Flour 16kg     | Wheat (Gluten), May contain Soya |
| Margarine            | Lactose                          |
|                      | -                                |
| Yeast                | -                                |
| Sugar 5kg            | -                                |
| Mozzarella cheese    | Milk (lactose)                   |
| Diced Frozen Onions  | -                                |
| Diced Frozen Peppers | -                                |
| Vegetable Bouillon   | -                                |
| Garlic Puree         | -                                |
| Vegetable Oil (KTC)  | Soya                             |
| Sunflower Oil        | -                                |
| Mixed Herbs          | -                                |

### **Ice Cream**

Contains: Milk (lactose)

| Item       | Allergens      |
|------------|----------------|
| Strawberry | Milk (Lactose) |
| Vanilla    | Milk (Lactose) |



**Autumn/Winter 2025/2026**

**Week 2**

**01.09.25 – 13.02.26**

### **Hot Dogs**

Contains: Soya, Celery, Wheat, may contain Milk, Mustard and Sesame

| <b>Item</b>  | <b>Allergens</b>          |
|--------------|---------------------------|
| Hotdogs      | Soya, Celery              |
| Hotdog rolls | Wheat, May Contain Sesame |

### **Veggie 'Hot Dogs'**

Contains: Soya, Wheat, May contain Sesame

| <b>Item</b>                     | <b>Allergens</b>          |
|---------------------------------|---------------------------|
| Veggie Sausages x1<br>X2 (case) | Wheat (Gluten), Soya      |
| Hotdog rolls                    | Wheat, may contain Sesame |

### **Cornflake Crunchie**

Contains: Gluten, Sulphites

| <b>Item</b>        | <b>Allergens</b> |
|--------------------|------------------|
| Cornflakes x2 kg   | Gluten           |
| Cocoa Powder       | -                |
| Desiccated coconut | Sulphites        |
| Baking Block       | -                |
| Sugar 5kg          | -                |
| Golden Syrup       | -                |



### **Beef Bolognese**

Contains: Wheat (Gluten)

| Item                 | Allergens   |
|----------------------|-------------|
| Beef Mince           | (NOT HALAL) |
| Diced Frozen Peppers | -           |
| Pea Protein Mince    | -           |
| Tinned Tomatoes      | -           |
| Diced Frozen Onions  | -           |
| Garlic Puree         | -           |
| Mixed Herbs          | -           |
| Beef Bouillon        | -           |
| Tomato Puree         | -           |
| Spaghetti            | Gluten      |

### **Spanish Omelette**

Contains: Egg

| Item                  | Allergens |
|-----------------------|-----------|
| Eggs                  | Egg       |
| Washed White Potatoes | -         |
| Diced Frozen Onions   | -         |

### **Beetroot Brownie**

Contains: Cereals (Gluten), Milk (Lactose), Eggs, May contain Soya

| Item        | Allergens                                                |
|-------------|----------------------------------------------------------|
| Brownie Mix | Cereals (Gluten), Milk (Lactose), Eggs, May contain Soya |
| Beetroot    | -                                                        |
| Icing Sugar | -                                                        |

### **Roast Pork with Apple Sauce**

Contains:

| Item              | Allergens |
|-------------------|-----------|
| Pork Leg          | -         |
| Solid Pack apples | -         |

### **Cheese & Onion pinwheels**

Contains: Wheat (Gluten), Milk (Lactose)

| Item                         | Allergens      |
|------------------------------|----------------|
| Puff Pastry Sheets           | Gluten (Wheat) |
| Diced Frozen Onion           | -              |
| Mild White Cheddar Block 5kg | Milk (Lactose) |
| Parsley                      | -              |

### **Mandarin Jelly**

Contains: **NOT VEGETARIAN/HALAL**

| Item                            | Allergens |
|---------------------------------|-----------|
| Orange Jelly                    | -         |
| Mandarin segments x 1<br>x case | -         |

### **Turkey Smashburgers**

Contains: Wheat (Gluten), Egg, May contain Sesame

| Item          | Allergens                  |
|---------------|----------------------------|
| Turkey Mince  | -                          |
| Breadcrumbs   | Gluten                     |
| Eggs          | Egg                        |
| Parsley       | -                          |
| Onion Powder  | -                          |
| Garlic Powder | -                          |
| Mk4 Bun       | Gluten, May contain Sesame |

### **Potato, Cauliflower & Lentil Dahl**

Contains: Gluten

| Item                  | Allergens |
|-----------------------|-----------|
| Washed White Potatoes | -         |
| Cauliflower           | -         |
| Red Lentils           | Gluten    |
| Diced Frozen Onions   | -         |
| Garlic Puree          | -         |
| Coriander             | -         |
| Ground Cumin          | -         |
| Tinned Tomatoes       | -         |
| Ground turmeric       | -         |
| Coconut Milk          | -         |
| Spinach               | -         |

### **Ice sprinkle cake**

Contains: Cereals (Gluten), Milk (Lactose), Eggs, May contain Soya

| Item        | Allergens                                                |
|-------------|----------------------------------------------------------|
| Sponge mix  | Cereals (Gluten), Milk (Lactose), Eggs, May contain Soya |
| Icing Sugar | -                                                        |
| Sprinkles   | -                                                        |

### **Breaded Fish**

Contains: Cereals containing Gluten, Fish

| Item         | Allergens                       |
|--------------|---------------------------------|
| Breaded Fish | Cereals containing Gluten, Fish |
| Lemon        | -                               |

### **Cheese & Tomato Pizza**

Contains: Wheat (Gluten), Milk (Lactose), May contain soya

| Item                 | Allergens                        |
|----------------------|----------------------------------|
| Plain Flour 16kg     | Wheat (Gluten), May contain Soya |
| Margarine            | Lactose                          |
|                      | -                                |
| Yeast                | -                                |
| Sugar 5kg            | -                                |
| Mozzarella cheese    | Milk (lactose)                   |
| Diced Frozen Onions  | -                                |
| Diced Frozen Peppers | -                                |
| Vegetable Bouillon   | -                                |
| Garlic Puree         | -                                |
| Vegetable Oil (KTC)  | Soya                             |
| Sunflower Oil        | -                                |
| Mixed Herbs          | -                                |

### **Ice Cream**

Contains: Milk (lactose)

| Item       | Allergens      |
|------------|----------------|
| Strawberry | Milk (Lactose) |
| Vanilla    | Milk (Lactose) |



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**Week 3**

**01.09.25 – 13.02.26**

### **Cheese & Pepperoni Pasta Bake**

Contains: Milk (Lactose), Soya, Wheat

| Item                | Allergens  |
|---------------------|------------|
| Pepperoni           | Milk, Soya |
| Chicken Bouillon    | -          |
| Tinned Tomatoes     | -          |
| Passata             | -          |
| Diced Frozen Onions | -          |
| Tomato Puree        | -          |
| Garlic Puree        | -          |
| Mixed Herbs         | -          |
| Mild White Cheddar  | Lactose    |
| Pasta               | Gluten     |

### **Veggie (Dahl) Curry Puffs**

Contains: Gluten

| Item                  | Allergens |
|-----------------------|-----------|
| Washed White Potatoes | -         |
| Cauliflower           | -         |
| Red Lentils           | Gluten    |
| Diced Frozen Onions   | -         |
| Garlic Puree          | -         |
| Coriander             | -         |
| Ground Cumin          | -         |
| Tinned Tomatoes       | -         |
| Ground turmeric       | -         |
| Coconut Milk          | -         |
| Spinach               | -         |
| Puff Pastry Sheets    | Gluten    |

### **Oat Cookies – makes approx. 96**

Contains: Oats, Wheat (Gluten), Sulphites, May contain Barley, Rye and Soya

| Item               | Allergens                            |
|--------------------|--------------------------------------|
| Plain Flour 16kg   | Wheat (Gluten) – May contain Soya    |
| Baking Block       | -                                    |
| Sugar 5kg          | -                                    |
| Baking Powder      | -                                    |
| Golden Syrup       | -                                    |
| Oats               | Oats, May contain Barley, Rye, Wheat |
| Desiccated coconut | Sulphites                            |

### **Sweet & Sour Chicken**

Contains: May contain Soya

| Item                                | Allergens        |
|-------------------------------------|------------------|
| Cooked Frozen Chicken -<br>Perdigao | May contain Soya |
| Sweet & Sour Sauce                  | -                |
| Stir fry vegetables                 | -                |
| Long grain rice                     | -                |

### **Veggie Chilli**

Contains: Sulphites, May contain Milk

| Item                       | Allergens              |
|----------------------------|------------------------|
| Pea Protein Mince          | -                      |
| Vegetable Bouillon         | -                      |
| Kidney Beans 800g<br>2.5kg | Sulphites<br>Sulphites |
| Baked Beans                | -                      |
| Diced Frozen Onions        | -                      |
| Diced Frozen Peppers       | -                      |
| Tinned Tomatoes            | -                      |
| Chilli Powder              | -                      |
| Garlic Puree               | -                      |
| Nachos                     | May contain Milk       |

### **Banana Cake**

Contains: Wheat (Gluten), Eggs, Milk, May contain Soya

| Item       | Allergens                                       |
|------------|-------------------------------------------------|
| Sponge mix | Wheat (Gluten), Eggs, Milk, May<br>contain Soya |
| Bananas    | -                                               |

### **Sliced Gammon**

Contains:

| Item         | Allergens |
|--------------|-----------|
| Gammon Joint | -         |

### **Quorn Roast**

Contains: Egg, Milk (Lactose)

| Item        | Allergens           |
|-------------|---------------------|
| Quorn Roast | Egg, Milk (lactose) |

### **Chocolate & Coconut Squares**

Contains: Wheat (Gluten), Sulphites, May contain Soya, Lactose

| Item               | Allergens                        |
|--------------------|----------------------------------|
| Plain Flour 16kg   | Wheat (Gluten), May contain Soya |
| Baking powder      | Gluten                           |
| Cocoa Powder       | -                                |
| Desiccated coconut | Sulphites                        |
| Baking Block       | -                                |
| Sugar 5kg          | -                                |
| Icing Sugar        | -                                |



### **Pork Meatballs in Tomato Sauce with Pasta**

Contains: Wheat (Gluten), Soya, Sulphites. May Contain, Milk, Eggs, Mustard & Sesame

| <b>Item</b>         | <b>Allergens</b>                                                 |
|---------------------|------------------------------------------------------------------|
| Pork Meatballs      | Gluten, Soya, Sulphites. May Contain Celery, Milk, Eggs, Mustard |
| Chicken Bouillon    | -                                                                |
| Tinned Tomatoes     | -                                                                |
| Passata             | -                                                                |
| Diced Frozen Onions | -                                                                |
| Tomato Puree        | -                                                                |
| Garlic Puree        | -                                                                |
| Mixed Herbs         | -                                                                |
| Pasta               | Gluten                                                           |

### **Veggie Lasagne**

Contains: Milk (Lactose), Wheat (Gluten), May contain Soya

| <b>Item</b>                     | <b>Allergens</b>                  |
|---------------------------------|-----------------------------------|
| Diced Frozen Peppers            | -                                 |
| Pea Protein Mince               | -                                 |
| Tinned Tomatoes                 | -                                 |
| Diced Frozen Onions             | -                                 |
| Garlic Puree                    | -                                 |
| Mixed Herbs                     | -                                 |
| vegetable Bouillon              | -                                 |
| Tomato Puree                    | -                                 |
| Plain Flour 16kg                | Wheat (Gluten) – May contain Soya |
| Milk (Semi Skimmed) x1<br>x4    | Milk (Lactose)                    |
| Mild White Cheddar Block<br>5kg | Milk (Lactose)                    |
| Margarine                       | Milk (Lactose)<br>-               |
| Lasagne Sheets                  | Wheat (Gluten)                    |

### **Flapjack**

Contains: Oats, May contain Barley, Rye, Wheat, Sulphites

| <b>Item</b>       | <b>Allergens</b>                     |
|-------------------|--------------------------------------|
| Oats              | Oats, May contain Barley, Rye, Wheat |
| Golden Syrup      | -                                    |
| Baking Block      | -                                    |
| Light Brown Sugar | -                                    |
| Sultanas          | May contain Sulphites                |

### **Breaded Fish**

Contains: Cereals containing Gluten, Fish

| Item         | Allergens                       |
|--------------|---------------------------------|
| Breaded Fish | Cereals containing Gluten, Fish |
| Lemon        | -                               |

### **Cheese & Tomato Pizza**

Contains: Wheat (Gluten), Milk (Lactose), May contain Soya

| Item                 | Allergens                        |
|----------------------|----------------------------------|
| Plain Flour 16kg     | Wheat (Gluten), May contain Soya |
| Margarine            | Lactose                          |
|                      | -                                |
| Yeast                | -                                |
| Sugar 5kg            | -                                |
| Mozzarella cheese    | Milk (lactose)                   |
| Diced Frozen Onions  | -                                |
| Diced Frozen Peppers | -                                |
| Vegetable Bouillon   | -                                |
| Garlic Puree         | -                                |
| Vegetable Oil (KTC)  | soya                             |
| Sunflower Oil        | -                                |
| Mixed Herbs          | -                                |

### **Ice Cream**

Contains: Milk (lactose)

| Item       | Allergens      |
|------------|----------------|
| Strawberry | Milk (Lactose) |
| Vanilla    | Milk (Lactose) |

## **White Bread**

Contains: Wheat (Gluten) – May contain Soya

| <b>Item</b>         | <b>Allergens</b>                  |
|---------------------|-----------------------------------|
| Plain Flour 16kg    | Wheat (Gluten) – May contain Soya |
| Yeast               | -                                 |
| Salt                | -                                 |
| Sugar 5kg           | -                                 |
| Vegetable Oil (KTC) | soya                              |
| Sunflower Oil       | -                                 |