**Week 3**

**Chicken Meatball’s in tomato sauce( Recipe Book)-** Green Gourmet Red Tractor Raw Chicken Meatballs 12g Chicken (70%); Water; Rusk [**WHEAT** flour (with calcium carbonate, iron, niacin and thiamin), salt]; Chicken Fat; Seasoning (potato starch, **WHEAT** starch, salt, spices, onion powder, sugar, yeast extract, spice extracts) Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Brakes Garlic Purée Water, Garlic Powder ;(22%), Acidity Regulator (Citric Acid). Brakes Basil Dried Basil Tomato Puree Tomatoes. . Onions Vegetable Paste Bouillon Salt, Vegetable Oil (Palm, Sunflower), Potato Starch, Sugar, Maltodextrin, Yeast Extract, Flavourings (contain **CELERY**), Carrots (2.4%), Onion Powder (2%), Spices (**CELERY** Seeds, Turmeric, Pepper), Parsley. **Allergens: Celery, Cereals, Gluten, Wheat.**

**Pasta 132586-** Fusilli Pasta Whole **WHEAT** Flour, Water. **Allergens: Cereals, Gluten, Wheat.**

**Green Beans 4758-** Green Beans

**Quorn Hot Dog 56832-** Quorn Frankfurters Mycoprotein (49%), Rehydrated Free Range **EGG** White, Rapeseed Oil, Pea Protein, Flavourings (contains Smoke Flavouring, Colour: Iron Oxide.) Smoked Water, Gelling Agent: Pectin. **Allergens: Eggs**.

**Hot Dog Roll 31299-** Brakes Essentials 6.5" Hot Dog Rolls **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), ;Preservative(Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). **Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.**

**Roast Chicken(53228) in Gravy-** Green Gourmet Red Tractor Raw Chicken Breast Fillet Portion 50g Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates). Maggi Gluten Free Vegetarian Gravy Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic. Brakes Chicken Flavour Bouillon Paste Potato Starch, Salt, Maltodextrin, Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Chicken Fat, Sugar, Yeast Extract, Flavouring, Herbs (Sage, Rosemary), Chicken Powder(Chicken, Antioxidant(Rosemary Extract)), Carrot Powder, Black Pepper, Antioxidant(Rosemary Extract), Colour(Curcumin). **May Contain: Celery, Eggs, Milk, Mustard, Soya.**

**Macaroni Cheese (Roux) (Recipe Book)** - Brakes Italian Short Cut Macaroni Durum **Wheat** Semolina (100%). Fresh Semi Skimmed Milk Plain Flour 1**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin) Sunflower Light Spread Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D. Cheese Reduced Fat Cheese(**Milk**), Anti-caking Agent(Potato Starch). **Allergens: Cereals, Gluten, Milk, Wheat**.

**Week 3 Cont:**

**Macaroni cheese (Cornflour& Dried Milk (Recipe Book) -** Brakes Cornflour Maize Starch. Millac Classic Milk Powder 2kg Skimmed **MILK** Powder (53%), Vegetable Oils (Coconut, Palm), Whey Powder\* (**MILK**), Dried Glucose Syrup, Sugar, **MILK** Protein, Acidity Regulator E340(b) Emulsifier E471, Vitamin D *contains no animal rennet. Cheese Reduced Fat Cheese(Milk*\*), Anti-caking Agent(Potato Starch). Italian Short Cut Macaroni Durum **Wheat** Semolina (100%).**Allergens: Cereals, Gluten, Milk, Wheat.**

**Broccoli 4748-**Florets Broccoli

**Yorkshire Pudding 3090-** Brakes 3" Fully Baked Yorkshire Puddings Wheat Flour(**Wheat** Flour, Calcium Carbonates, Iron, Niacin, Thiamin), **Egg** White, Water, **Egg**, Rapeseed Oil, Skimmed **Milk** Powder, Salt. **Allergens: Cereals, Eggs, Gluten, Milk, Wheat.**

**Steak Pie with Gravy Recipe Book-** British Diced Beef Water. Onions. Leeks (100%) carrots Maggi Gluten Free Vegetarian Gravy Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic. Brakes Beef Flavour Bouillon Paste Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour(Plain Caramel), Beef Extract, Caramelised Sugar Syrup. **May Contain: Celery, Eggs, Milk, Mustard, Soya.**

**Pastry Square 4301-** Brakes Puff Pastry Squares **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate). **Allergens: Cereals, Gluten, Wheat**.

**Potatoes’ -George Anderson -**Potato

**Carrots 4776-** Baby Carrots

**Tricolour Pasta 123387-** Italian Tricolour Fusilli Pasta Durum **Wheat** Semolina (98%), Spinach Powder, Tomato Powder. ; **Allergens: Cereals, Gluten, Wheat.**

**Cherry Tomato –George Anderson-** Tomato

**Red Pesto 119688-** Cooks & Co Red Pesto Alla Siciliana Sunflower oil, tomato pulp, sun-dried tomatoes (15%), potato flakes, basil, mixed cheese (**MILK**) (4.5%), tomato paste, onion, salt, yeast extract, sugar, garlic, extra virgin olive oil, acidity regulator: lactic acid. antioxidant: ascorbic acid**. Allergens: Milk.**

**Spinach- George Anderson-**Spinach

**Bubble Coated Fish 116114-** Crown Foods MSC Gluten Free bubble crumb fish fillet, 60g MSC Certified Alaska Pollock 52%(Theragra Chalcogramma) (**FISH**), Coating: rice flour, vegetable fiber (bamboo fiber) , dextrose (maize), rapeseed oil, starch (maize, potato),flour (rice, maize), salt, spices (white pepper, paprika), onion powder, thickener (xanthan gum), water, black pepper extract. **Allergens: Fish.**

**Chips 36141-**Oven Chips Potato, Sunflower Oil.

**Peas 114577-** Peas

**Week 3 Cont:**

**Cosmo Wholemeal Pizza 52556-** Wholemeal Cheese & Tomato Pizza Pizza Base: Wholemeal (**WHEAT**) Flour, **WHEAT** Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping: Mozzarella Cheese (**MILK**), (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic]. **Allergens: Cereals, Gluten, Milk, Wheat.**

**Potato Salad (Recipe Book)-** Potato Spring Onions Spring Onions Brakes Light Mayonnaise Water, Rapeseed Oil, Sugar, Spirit Vinegar, Stabilisers(Modified Maize Starch, Xanthan Gum), **Egg** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid ), Preservative(Potassium Sorbate), Colour(Mixed Carotenoids). Half Fat Greek Style Yoghurt Skimmed **milk**, Cream (**milk**), Modified Maize Starch E1422, **milk** Protein, Skimmed **milk** Powder, Culture **Allergens: Eggs, Milk.**

**Strawberry Jelly 110520- & Mixed Berries (Raspberries-4116, Strawberries -33328, Blackcurrants-4115.** Brakes Strawberry Flavour Jellies Water, Sugar, Flavouring, Stabilisers(Carrageenan, Locust Bean Gum), Acidity Regulators(Citric Acid, Potassium Citrate), Colour(Beetroot Red). Brakes Raspberries Greens Fresh Frozen Strawberries 1000g Strawberries Greens Blackcurrants Black currants (100%)

**Seasonal Fruit Salad-Mandarin 85878, Peaches 88599, Pineapple 14342.**

Brakes Whole Mandarin Segments in Grape Juice Mandarins, Water, Grape Concentrate, Acidity Regulator(Citric Acid). Brakes Peach Slices in Fruit Juice Concentrate with Added Water Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid). Brakes 8 Pineapple Slices in Pineapple Juice Pineapple, Pineapple Juice.

**Pineapple Wedges –George Anderson**

**Rowan Glen Strawberry Yog 113942-** Rowan Glen Smoothy Low Fat Strawberry Yogurt (Scotland Only) Low Fat Yogurt (**MILK**), Strawberry Puree from Concentrate (4.2%), Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Concentrated Beetroot Juice, Natural Flavouring, Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), Stabiliser (Locust Bean Gum). **Allergens: Milk.**

**Rowan Glen Apricot Yog 113943-** Rowan Glen Smoothy Low Fat Apricot Yogurt (Scotland Only) Low Fat Yogurt (**MILK**), Apricot Puree from Concentrate (4.2%), Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Citric Acid), Natural Flavouring, Preservative (Potassium Sorbate), Stabiliser (Locust Bean Gum). **Allergens**

**Week 3 Cont:**

**Oat Muffin & Banana Chunks (Recipe Book)-** Sponge Mix **wheat** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Whole **EGG** Powder, Whey (**milk**) Powder (**MILK**), Palm Oil, Dextrose, Raising Agent (E500(ii)), Butter (**milk**) **MILK** Powder, Leavening Agent (E450(vii), E341(i)), Maltodextrin, Dried **EGG** White Powder, Raising Agent (E450(i), E526, E341), Emulsifier (Rice Starch, E475, E471), Whey (**milk**) Powder (**MILK**), Acid Casein (**milk**), Sodium Carbonate, Disodium Phosphate, Thickener (Xanthan Gum) Osprio Flaked Porridge Oats Flaked **OATS** Bananas **Allergens: Cereals, Eggs, Gluten, Milk, Wheat.**

**May Contain: Soya.**