



**Autumn/Winter**

**2024/2025**

**Week 1**

**02.09.24 – 14.02.25**

### **BBQ Chicken Melts**

Contains: Gluten, Milk

<b>Item</b>	<b>Allergens</b>
Steamed Frozen Chicken	-
White floured bap	Wheat
BBQ sauce	-
Mild White Cheddar 5kg	Lactose

### **Broccoli & Cheese Pasta**

Contains: Cereals containing Gluten, Lactose, Celery, Mustard, May contain Soya

<b>Item</b>	<b>Allergens</b>
Macaroni pasta	Gluten
Plain Flour	Wheat (Gluten) – May contain Soya
Milk (Semi Skimmed)	Milk (lactose)
Margarine	Lactose -
Vegetable Bouillon	-
Mild White Cheddar Block 5kg	Milk (Lactose)
Mustard	Mustard
Broccoli	-

### **Iced Sprinkly Sponge**

Contains: Cereals, Lactose, Eggs, Soya

<b>Item</b>	<b>Allergens</b>
Sponge mix	Cereals, Lactose, Eggs, Soya
Icing Sugar	-
Sprinkles	-
Custard Powder (complete mix)	Milk. May contain Gluten, Eggs, Soya

### **Beef Bolognese Pasta Bake**

Contains: Lactose

<b>Item</b>	<b>Allergens</b>
Pea Protein - Mince	-
Beef Mince	-
Beef Bouillon	-
Diced Frozen Onions	-
Frozen Mixed Peppers	-
Tinned Tomatoes	-
Passata	-
Garlic Puree	-
Tomato Puree	-
Mixed Herbs	-
Mild White Cheddar Block 5kg	Milk (Lactose)

### **Potato, Cheese & Onion Puff Pie**

Contains: Lactose, Gluten

<b>Item</b>	<b>Allergens</b>
Washed White Potatoes	-
Diced Frozen Onion	-
Mild White Cheddar Block 5kg	Milk (Lactose)
Chives	-
Milk (Semi Skimmed)	Milk (lactose)
Pastry Sheets	Gluten

### **Apple Cake & Custard**

Contains: Cereals, Lactose, Eggs, Soya

<b>Item</b>	<b>Allergens</b>
Sponge mix	Cereals, Lactose, Eggs, Soya
Solid Pack apples	-
Custard Powder (complete mix)	Milk. May contain Gluten, Eggs, Soya

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

Contains:

<b>Item</b>	<b>Allergens</b>
Pork Leg	-
Solid Pack apples	-

### **Quorn Roast**

Contains: Egg, Milk (Lactose)

<b>Item</b>	<b>Allergens</b>
Quorn Roast	Egg, Milk (Lactose)

### **Shortbread Fingers**

Makes a minimum of 96 portions

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

<b>Item</b>	<b>Allergens</b>
Margarine	Lactose -
Caster Sugar	-
Plain Flour	Wheat (Gluten), May contain Soya

### **Toad in the Hole**

Contains: Sulphites, Soya, Milk, Wheat, Egg

<b>Item</b>	<b>Allergens</b>
Pork Sausages	Sulphites, Wheat, Soya
Yorkshire Puddings	Wheat, Egg, Milk
Gravy Granules	-

### **Veg Hotpot**

Contains: Celery

<b>Item</b>	<b>Allergens</b>
Pea Protein Chunk	-
Gravy Granules	-
Stew Pack	Celery
Diced Onions	-
Carrots	-
Peas	-
Sauté Potatoes	-

### **Cocoa & Beetroot Brownie**

Contains: Wheat, Egg. May Contain Soya, Milk

<b>Item</b>	<b>Allergens</b>
Brownie Mix	Wheat, Egg. May Contain Soya, Milk
Icing Sugar	-
Beetroot (250g)	-

### **Breaded Fish Fingers**

Contains: Cereals containing Gluten, Fish

<b>Item</b>	<b>Allergens</b>
Breaded Fish Fingers	Cereals containing Gluten, Fish
Lemon	-

### **Cheese & Tomato Pizza**

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

<b>Item</b>	<b>Allergens</b>
Plain Flour	Wheat (Gluten) – May contain Soya
Margarine	Lactose -
Yeast	-
Granulated Sugar	-
Mozzarella cheese	Milk (Lactose)
Diced Frozen Onions	-
Diced Frozen Peppers	-
Vegetable Bouillon	-
Garlic Puree	-
Vegetable Oil (KTC)	-
Mixed Herbs	-

### **Ice Cream**

Contains: lactose

<b>Item</b>	<b>Allergens</b>
Strawberry	Lactose
Vanilla	Lactose



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**Week 2**

**02.09.24 – 14.02.25**

### **Tuna Pasta Bake (Cheese and Tomato Pasta Bake if preferred)**

Contains: Fish, Lactose

<b>Item</b>	<b>Allergens</b>
Tuna Pouch	Fish
Vegetable Bouillon	-
Tinned Tomatoes	-
Passata	-
Diced Frozen Onions	-
Tomato Puree	-
Garlic Puree	-
Mixed Herbs	-
Mild White Cheddar	Lactose

### **Vegan Sausage Roll**

Contains: Wheat, Soya, Gluten

<b>Item</b>	<b>Allergens</b>
Vegetarian Sausages	Soya, Wheat
Pastry Sheets	Gluten

### **Lemon Drizzle Cake**

Contains: Cereals, Wheat, Eggs, Soya, Sulphites

<b>Item</b>	<b>Allergens</b>
Sponge mix	Cereals, Milk, Eggs, Soya
Lemon juice	Sulphites
Granulated Sugar	-
Icing sugar – 1kg	-
Lemons (fresh)	-



### **Chinese Chicken Curry**

Contains: Soy, Wheat

<b>Item</b>	<b>Allergens</b>
Cornflour	-
Steamed Frozen Chicken	-
Diced Frozen Onion	-
Garlic Puree	-
Soy Sauce	Soya
Frozen Peas	-
Curry Powder	-
Turmeric	-
Ground Ginger	-
Sugar	-
Chicken Bouillon	-
Noodles	Wheat

### **Shepherdess Pie**

Contains:

<b>Item</b>	<b>Allergens</b>
Pea Protein Mince	-
Vegetable Bouillon	-
Diced Onions	-
Carrots	-
Peas	-
Gravy Granules	-
Washed White Potatoes	-

### **Apple Strudel**

Contains: Gluten, Sulphites, Milk, May contain Soya

<b>Item</b>	<b>Allergens</b>
Solid Pack apples	-
Pastry Sheets	Gluten
Raisins	Sulphites
Breadcrumbs	Gluten
Lemons	-
Granulated Sugar	-
Cinnamon	-
Custard Powder (complete mix)	Milk. May contain Gluten, Eggs, Soya

### **Sliced Gammon**

Contains:

<b>Item</b>	<b>Code</b>	<b>Allergens</b>
Gammon Joint	Call Butchery	

### **Pepper and Onion Frittata**

Contains: Milk (Lactose), Egg

<b>Item</b>	<b>Allergens</b>
Eggs	Egg
Mild White Cheddar Block 5kg	Milk (Lactose)
Diced Frozen Peppers	-
Diced Frozen Onion	-

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

Contains: Oats, Gluten, Sulphites, May contain Barley and Soya

<b>Item</b>	<b>Allergens</b>
Plain Flour	Wheat (Gluten) – May contain Soya
Baking Block	-
Granulated Sugar	-
Baking Powder	-
Syrup	-
Oats	Oats, Gluten. May contain Barley
Desiccated Coconut	Sulphites

### **Pork Meatballs & Tomato Sauce with Spaghetti**

Contains: Gluten, Soya, Sulphites. May Contain Celery, Milk, Eggs, Mustard

<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	-

### **Beef Lasagne**

Contains: Milk, Soya, Wheat, Egg, May Contain Mustard

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

### **Sultana Sponge & Custard**

Contains: Cereals, Lactose, Eggs, Soya, Sulphites

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Sponge mix	Waterdene	9460	Cereals, Lactose, Eggs, Soya
Sultanas/Raisins	Waterdene	1657	Sulphites
Custard Powder (complete mix)	Waterdene	9467	Milk. May contain Gluten, Eggs, Soya

### **Breaded Fish**

Contains: Cereals containing Gluten, Fish

<b>Item</b>	<b>Allergens</b>
Breaded Fish	Cereals containing Gluten, Fish
Lemon	-

### **Cheese & Tomato Pizza**

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

<b>Item</b>	<b>Allergens</b>
Plain Flour	Wheat (Gluten) – May contain Soya
Margarine	Lactose -
Yeast	-
Granulated Sugar	-
Mozzarella cheese	Milk (Lactose)
Diced Frozen Onions	-
Diced Frozen Peppers	-
Vegetable Bouillon	-
Garlic Puree	-
Vegetable Oil (KTC)	-
Mixed Herbs	-

### **Ice Cream**

Contains: lactose

<b>Item</b>	<b>Allergens</b>
Strawberry	Lactose
Vanilla	Lactose



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**Week 3**

**02.09.24 – 14.02.25**

### **Chicken Tikka Masala**

Should make a minimum of 75 portions

Contains:

<b>Item</b>	<b>Allergens</b>
Chicken Breast	-
Pea Protein Chunk	-
Diced Frozen Onions	-
Diced Frozen Peppers	-
Garlic Puree	-
Cumin	-
Chilli Powder	-
Coriander	-
Ground Coriander	-
Tinned Tomatoes	-
Turmeric	-
Long grain rice	-

### **Veggie Sausages**

Contains: Soya, Wheat

<b>Item</b>	<b>Allergens</b>
Vegetarian Sausages	Soya, Wheat

### **Jam & Coconut Sponge**

Contains: Cereals, Lactose, Eggs, Soya, Sulphites

<b>Item</b>	<b>Allergens</b>
Sponge mix	Cereals, Lactose, Eggs, Soya
Mixed Fruit Jam	-
Desiccated Coconut	Sulphites
Custard Powder (complete mix)	Milk. May contain Gluten, Eggs, Soya

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

Contains: Milk, Soya, Lactose, Wheat

<b>Item</b>	<b>Allergens</b>
Pepperoni	Milk, Soya
Chicken Bouillon	-
Tinned Tomatoes	-
Passata	-
Diced Frozen Onions	-
Tomato Puree	-
Garlic Puree	-
Mixed Herbs	-
Mild White Cheddar	Lactose

### **Veggie Tortilla Stack**

Contains: Sulphites, Lactose, Wheat

<b>Item</b>	<b>Allergens</b>
Pea Protein Mince	-
Diced Frozen Onion	-
Garlic Puree	-
Cumin	-
Coriander	-
Kidney Beans	Sulphites
Vegetable Bouillon	-
Sweetcorn	-
Tinned Tomatoes	-
Mozzarella Cheese	Lactose
Tortilla Wraps	Wheat

### **Fruit Cocktail Jelly**

Contains: May contain Sulphur Dioxide. **NOT VEGETARIAN**

<b>Item</b>	<b>Allergens</b>
Orange Jelly	May contain Sulphur Dioxide
Raspberry Jelly	May contain Sulphur Dioxide
Fruit Cocktail	-

### **Roast Chicken & Stuffing**

Contains: Barley, Wheat

<b>Item</b>	<b>Allergens</b>
Chicken Breast	-
Stuffing Mix	Barley, Wheat

### **Veggie Cornish Pasty Pie**

Contains: Gluten

<b>Item</b>	<b>Allergens</b>
Plain Flour	Gluten
Margarine	-
Pea Protein - Mince	-
Carrots	-
Swede	-
Washed White Potatoes	-
Gravy Granules	-
Vegetable Bouillon	-

### **Chocolate Mousse**

Contains: Milk

<b>Item</b>	<b>Allergens</b>
Chocolate Mousse (Middletons)	-
UHT Double Cream	Milk



### **Chilli Con Carne**

Contains: Sulphites

<b>Item</b>	<b>Allergens</b>
Beef Mince	-
Pea Protein Mince	-
Beef Bouillon	-
Kidney Beans	Sulphites
Baked Beans	-
Diced Frozen Onions	-
Frozen Mixed Peppers	-
Tinned Tomatoes	-
Chilli Powder	-
Garlic Puree	-

### **Macaroni Cheese**

Contains: Cereals containing Gluten, Lactose, Mustard, May contain Soya

<b>Item</b>	<b>Allergens</b>
Macaroni pasta	Gluten
Plain Flour	Wheat (Gluten) – May contain Soya
Milk (Semi Skimmed)	Milk (lactose)
Margarine	Lactose -
Vegetable Bouillon	-
Mild White Cheddar 5kg	Lactose
Mustard	Mustard

### **Chocolate Crunch Square – makes approx. 140 ptns**

Contains: Barley, Gluten

<b>Item</b>	<b>Allergens</b>
Rice puffs (6x510g)	Barley, Gluten
Golden Syrup	-
Cocoa Powder	-
Baking Block	-

### **Breaded Fish Fingers**

Contains: Cereals containing Gluten, Fish

<b>Item</b>	<b>Allergens</b>
Breaded Fish Fingers	Cereals containing Gluten, Fish
Lemon	-

### **Cheese & Tomato Pizza**

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

<b>Item</b>	<b>Allergens</b>
Plain Flour	Wheat (Gluten) – May contain Soya
Margarine	Lactose -
Yeast	-
Granulated Sugar	-
Mozzarella cheese	Milk (Lactose)
Diced Frozen Onions	-
Diced Frozen Peppers	-
Vegetable Bouillon	-
Garlic Puree	-
Vegetable Oil (KTC)	-
Mixed Herbs	-

### **Ice Cream**

Contains: lactose

<b>Item</b>	<b>Allergens</b>
Strawberry	Lactose
Vanilla	Lactose