

## Autumn Term 2026 Menu Week 3

### Vegetable Lattice

#### Ingredients:

Puff Pastry (Wheat Flour(**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Vegetable Margarine (Palm Oil, Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Water, Salt) Filling (Water, Broccoli (8%), Cauliflower (8%), Potato (4%), Whole **Milk** Powder, Cheddar Cheese (3%)(**Milk**, Salt), Onion, Cream (**Milk**), Dried Potato, Modified Maize Starch, Salt, Vegetable Bouillon(Salt, Dried Glucose Syrup, Potato Starch, Yeast Extract, Onion Powder, Sugar, Carrot Powder, Leek Powder, Rapeseed Oil, Turmeric Powder, Flavouring), Black Pepper. Topping: Rusk (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin)), **Oats**, Medium Fat Hard Cheese Crumb (**Milk**), Vegetable Bouillon (Salt, Dried Glucose Syrup, Potato Starch, Yeast Extract, Onion Powder, Sugar, Carrot Powder, Black Pepper, Calcium Phosphates, Leek Powder, Rapeseed Oil, Turmeric Powder, Flavouring), Parsley. Glaze: Water, Dextrin, Dextrose. (Potassium Carbonate)  
Allergens are shown in **Red**  
Contains: **Gluten, Wheat, Oats, Milk**

### Three Cheese and Vegetable Pasta Bake

#### Ingredients:

Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), **Wholewheat** Pasta (Durum **Wholewheat** Semolina (100%)), Mozzarella Cheese (**Milk**) (98%), Anti-caking Agent (Potato Starch)), Cheddar Cheese (**Milk**), Anti-caking Agent (Potato Starch)), Grated Coloured Cheese (Cheddar Cheese (**Milk**) (98%), contains Colour (beta-carotene), Anti-caking Agent (Potato Starch)), Diced Onions, Mushroom, Courgette, Tomato Paste (Tomatoes), Garlic Puree (Garlic (98%), Acidity Regulator: Citric Acid)), Balsamic Vinegar (White Wine Vinegar (Sulphites), Concentrated Grape Must, Colour (Caramel E150d)), Rapeseed Oil (Anti-foaming Agent), Basil.  
Allergens are shown in **Red**  
Contains: **Gluten, Wheat, Milk**  
May contain: **Soya, Mustard**

### **Tuna and Sweetcorn Mayonnaise Jacket Potato**

#### **Ingredients:**

Potato, Tuna ((**Fish**), Water, Salt), Mayonnaise (Rapeseed Oil (50%), Water, Spirit Vinegar, Pasteurised **Egg** Yolk (3.4%), Modified Starch, Sugar, Salt, Thickener (Xanthan Gum), Lemon Juice Concentrate, Preservative (Potassium Sorbate), Flavourings, Antioxidant (Calcium Disodium EDTA), Paprika Extract)  
Allergens are shown in **Red**  
Contains: **Fish and Egg**

### **Cheese and Beans Jacket Potato**

#### **Ingredients:**

Potato, Baked Beans in Tomato Sauce (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring), Cheddar Cheese ((**Milk**), Anti-caking Agent (Potato Starch)).  
Allergens are shown in **Red**  
Contains: **Milk**

### **Mixed Side Salad**

#### **Ingredients:**

Cucumber, Cherry Tomatoes, Sweetcorn, Cos Lettuce.  
Allergens are shown in **Red**  
**No declarable UK food allergens as ingredients**

### **Mixed Fruit Salad**

#### **Ingredients:**

Peach Slices in Fruit Juice (Peach, Grape Juice from concentrate, Acidity Regulator (Citric Acid)), Pineapple Pieces in Juice (Pineapple Pieces, Pineapple Juice, Acidity Regulator (Citric Acid)), Orange Juice from Concentrate (100%), Pink Lady Apple  
Allergens are shown in **Red**  
**No declarable UK food allergens as ingredients**

### Gravy

#### Ingredients:

Water, Bisto Reduced Salt Gravy Granules (Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya** Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil

Allergens are shown in **Red**

Contains: **Soya**

### Homemade Jelly

#### Ingredients:

Orange Juice From Concentrate (100%),  
Leaf Gelatine (Pork)

Allergens are shown in **Red**

**No declarable UK food allergens as ingredients**

### Roast Potatoes

#### Ingredients:

Potatoes, Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)

Allergens are shown in **Red**

**No declarable UK food allergens as ingredients**

### Chips (Sysco Premium Coated Medium Skin on Fries)

#### Ingredients:

Potato (87%) (origin: EU/ non-EU),  
Vegetable Oils (Sunflower Oil, Rapeseed Oil), Modified Potato Starch, Rice Flour, Potato Starch, Salt, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Thickener (Xanthan Gum), Turmeric Extract.

Allergens are shown in **Red**

**No declarable UK food allergens as ingredients**

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| <p style="text-align: center;"><b>Green Beans</b></p> <p style="text-align: center;">Ingredients:<br/>Green Beans</p> <p style="text-align: center;">Allergens are shown in <b>Red</b><br/><b>No declarable UK food allergens as ingredients</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p style="text-align: center;"><b>Cabbage</b></p> <p style="text-align: center;">Ingredients:<br/>Cabbage</p> <p style="text-align: center;">Allergens are shown in <b>Red</b><br/><b>No declarable UK food allergens as ingredients</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p style="text-align: center;"><b>Cheese Sandwich</b></p> <p style="text-align: center;">Ingredients:</p> <p>Malted <b>Wheat</b> Bloomer (<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted <b>Wheat</b> Flakes (4.0%), Malted <b>Barley</b> Flour (1.5%), Salt, Yeast, Palm Oil, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids),&amp;nbsp;<b>Wheat</b> Bran, <b>Wheat Gluten</b>,&amp;nbsp; Spirit Vinegar, <b>Barley</b> Flour, Preservative (Calcium Propionate),&amp;nbsp;<b>Soya</b> Flour, Flour Treatment Agent (Ascorbic Acid)), Cheddar Cheese (<b>Milk</b>), Margerine (Vegetable Oils (Rapeseed, Palm, Sunflower in varying proportions), Water, Salt (1.4%), Preservative (Potassium Sorbate), Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A and D), Colour (Carotenes))</p> <p style="text-align: center;">Allergens are shown in <b>Red</b><br/>Contains: <b>Gluten, Wheat, Barley, Soya, Milk</b></p> | <p style="text-align: center;"><b>Ham Sandwich</b></p> <p style="text-align: center;">Ingredients:</p> <p>Malted <b>Wheat</b> Bloomer (<b>Wheat</b> Flour (<b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted <b>Wheat</b> Flakes (4.0%), Malted <b>Barley</b> Flour (1.5%), Salt, Yeast, Palm Oil, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids),&amp;nbsp;<b>Wheat</b> Bran, <b>Wheat Gluten</b>,&amp;nbsp; Spirit Vinegar, <b>Barley</b> Flour, Preservative (Calcium Propionate),&amp;nbsp;<b>Soya</b> Flour, Flour Treatment Agent (Ascorbic Acid)), Sliced Ham (Pork (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers (Diphosphates, Triphosphates), Antioxidant (sodium Ascorbate), Preservative (Sodium Nitrate)), Margerine (Vegetable Oils (Rapeseed, Palm, Sunflower in varying proportions), Water, Salt (1.4%), Preservative (Potassium Sorbate), Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A and D), Colour (Carotenes))</p> <p style="text-align: center;">Allergens are shown in <b>Red</b><br/>Contains: <b>Gluten, Wheat, Barley, Soya</b></p> |

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| <p><b>Broccoli</b></p> <p>Ingredients:</p> <p>Broccoli</p> <p>Allergens are shown in <b>Red</b></p> <p><b>No declarable UK food allergens as ingredients</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p><b>Wholegrain Rice</b></p> <p>Ingredients:</p> <p>100% Brown Parboiled Long Grain Rice</p> <p>Allergens are shown in <b>Red</b></p> <p><b>No declarable UK food allergens as ingredients</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p><b>Chicken and Chickpea Curry</b></p> <p>Ingredients:</p> <p>Chicken Breast, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)), Coconut Milk (Coconut Extract (81.82%, Water, Stabiliser (Carboxyl Methyl Cellulose), Emulsifier (Polysorbate 60)), Diced Onions, Curry Powder (Coriander, Turmeric (26%), Cumin Powder, (8%), Salt (Salt Anticaking agent (Sodium Ferrocyanide))), Rice Flour, Fenugreek (8%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Ginger Puree (Ginger (98%) Acidity Regulator (Citric Acid)), Garlic Puree (Garlic (98%), Acidity Regulator (Citric Acid)), Rapeseed Oil (Anti-foaming Agent (Dimethylpolysiloxane).</p> <p>Allergens are shown in <b>Red</b></p> <p><b>No declarable UK food allergens as ingredients</b></p> | <p><b>Vegetable and Chickpea Curry</b></p> <p>Ingredients:</p> <p>Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Coconut Milk (Coconut Extract (81.82%, Water, Stabiliser (Carboxyl Methyl Cellulose), Emulsifier (Polysorbate 60)), Chickpeas (Chickpeas, Water, Antioxidant (Ascorbic Acid)), Bell Pepper, Diced Onions, Ginger Puree (Ginger (98%) Acidity Regulator (Citric Acid)), Garlic Puree (Garlic (98%), Acidity Regulator (Citric Acid)), Curry Powder (Coriander, Turmeric (26%), Cumin Powder, (8%), Salt (Salt Anticaking agent (Sodium Ferrocyanide))), Rice Flour, Fenugreek (8%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Rapeseed Oil (Anti-foaming Agent (Dimethylpolysiloxane).</p> <p>Allergens are shown in <b>Red</b></p> <p><b>No declarable UK food allergens as ingredients</b></p> |

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| <p><b>Peas</b></p> <p>Ingredients:<br/>Peas</p> <p>Allergens are shown in <b>Red</b><br/><b>No declarable UK food allergens as ingredients</b></p>                                                                                                                                                                             | <p><b>Sweetcorn</b></p> <p>Ingredients:<br/>Sweetcorn</p> <p>Allergens are shown in <b>Red</b><br/><b>No declarable UK food allergens as ingredients</b></p>                                                                                                                                                                 |
| <p><b>Baked Beans</b></p> <p>Ingredients:<br/>Haricot Beans (53%) (origin: non-EU/non-UK), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika Powder, Flavouring.</p> <p>Allergens are shown in <b>Red</b><br/><b>No declarable UK food allergens as ingredients</b></p> | <p><b>Breaded Cod</b></p> <p>Ingredients:<br/>Cod (<b>Fish</b>) (50%), Wheat Flour (<b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate).</p> <p>Allergens are shown in <b>Red</b><br/>Contains: <b>Gluten, Wheat, Fish</b></p> |
| <p><b>Salad Bar</b></p> <p>Ingredients:<br/>Lettuce, Tomato, Cucumber, Mixed Peppers, Carrot, Sweetcorn</p> <p>Allergens are shown in <b>Red</b><br/><b>No declarable UK food allergens as ingredients</b></p>                                                                                                                 | <p><b>Carrots</b></p> <p>Ingredients:<br/>Carrots</p> <p>Allergens are shown in <b>Red</b><br/><b>No declarable UK food allergens as ingredients</b></p>                                                                                                                                                                     |

### Naan Bread

#### Ingredients:

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Raising Agent (Monocalcium Phosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt (Salt, Anti-caking Agent (Sodium Ferrocyanide)), Kalonji Seeds.

Allergens are shown in **Red**

Contains: **Gluten, Wheat**

### Vanilla and Raspberry Pudding Pot

#### Ingredients:

Semi-skimmed **Milk**, Raspberries, Cornflour (Maize Starch), Vanilla Essence (Water, Propylene Glycol (E1520), Flavouring Substances and Sugar, Colour; E150a Plain Caramel)

Allergens are shown in **Red**

Contains: **Milk**

### Cottage Pie

#### Ingredients:

Potato, Minced Beef, Carrots, Water, Diced Onion, Semi Skimmed **Milk**, Red Lentils, Baking Block (Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)), Gravy Granules (Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya** Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil), Tomato Paste, Rapeseed Oil, Hendersons Relish (Water, Spirit Vinegar, Sugar, Colour - Caramel E150C, Sugar Syrup, Salt, Tamarinds, Acetic Acid - Acid, Cayenne Pepper, Cloves, Sweetener - Saccharin, Garlic Oil), Rosemary, Thyme.

Allergens are shown in **Red**

Contains: **Soya, Milk**

### Vegetable and Lentil Cottage Pie

#### Ingredients:

Potato, Water, Carrots, Red Lentils, Semi Skimmed **Milk**, Baking Block (Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)), Diced Onion, Tomato Paste (Tomatoes), Hendersons Relish (Water, Spirit Vinegar, Sugar, Colour - Caramel E150C, Sugar Syrup, Salt, Tamarinds, Acetic Acid - Acid, Cayenne Pepper, Cloves, Sweetener - Saccharin, Garlic Oil), Gravy Granules (Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya** Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil), Rapeseed Oil, Rosemary, Thyme.

Allergens are shown in **Red**

Contains: **Soya, Milk**

### Roast Gammon

Pork (86%), Water, Salt, Preservatives, (Sodium Nitrate, Potassium Nitrate), Antioxidant (Sodium Ascorbate).

Allergens are shown in **Red**

**No declarable UK food allergens as ingredients**

### Chocolate Mousse

Ingredients:

Skimmed **Milk** Powder, Sugar, Dried Glucose Syrup, Modified Starch, Fat Reduced Cocoa Powder, Palm Oil, Emulsifiers (Lactic Esters of Mono- and Diglycerides of Fatty Acids), **Milk** Proteins, Gelling agents (Sodium Phosphate), Natural Chocolate Flavouring, Stabiliser (Calcium Carbonate), Natural Colour (Caramel).

Allergens are shown in **Red**

Contains: **Milk**

### Cookie

Ingredients:

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Palm Oil, Soft Brown Sugar, Rapeseed Oil, **Egg** Powder, Dextrose, Glucose Syrup, Whey Powder (**Milk**), Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Maize Starch, **Wheat** Fibre, Flavouring, Modified Maize Starch, Salt

Allergens are shown in **Red**

Contains: **Milk, Gluten, Wheat, Egg**

### Stuffing

Ingredients:

Water, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Onion (16%), **Oats**, Rapeseed Oil, Vegetable Suet (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Sage (1.0%), Onion Powder, Parsley, Yeast.

Allergens are shown in **Red**

Contains: **Gluten, Oats, Wheat**

### BBQ Chicken Wrap

#### Ingredients:

Chicken Breast, Tortilla Wrap (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent (Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator (Malic Acid), Salt), BBQ Sauce (Glucose - Fructose Syrup, Water, Spirit Vinegar, Tomato Paste, Rapeseed Oil, Salt, Caramelised Sugar Syrup, Stabiliser (Xanthan Gum), Chilli Blend (Dried Chilli, Cumin, Dried Garlic, Dried Oregano, Salt), Dried Onion, **Mustard** Flour, Dried Garlic, Cayenne Pepper, Black Pepper, Smoke Flavourings), Sweetcorn, Lettuce.

Allergens are shown in **Red**  
Contains: **Mustard, Gluten, Wheat**

### Halloumi and Sweet Chilli Wrap

#### Ingredients:

Cypriot Halloumi PDO Cheese (Pasteurised Cows, Sheep and Goat's **Milk**, Mint), Tortilla Wrap (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent (Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator (Malic Acid), Salt), Sweet Chilli Sauce (Water, Sugar, Red Chilli (14%) (Red Chilli, Salt, Water, Acetic Acid), Garlic (4.0%) (Water, Garlic), Modified Corn Starch, Salt, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate), Cucumber, Lettuce

Allergens are shown in **Red**  
Contains: **Milk, Gluten, Wheat**

### Peach Yogurt

#### Ingredients:

Yogurt (**Milk**), Sugar, Peach Purée (4%), Cornflour, Natural Flavouring, Concentrated Lemon Juice.

Allergens are shown in **Red**  
Contains: **Milk**

### Plain Yogurt

#### Ingredients:

Fat-Free Yogurt (**Milk**) (97%), Modified Maize Starch, Thickener: Pectin.

Allergens are shown in **Red**  
Contains: **Milk**

## **Fresh Fruit**

A selection of fresh fruit every day is available for dessert daily from the following - Satsuma, Apple, Banana, Pear, Grapes, Watermelon

Allergens are shown in **Red**

**No declarable UK food allergens as ingredients**