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**WEEK COMMENCING - 22<sup>th</sup> APRIL**

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*Cottage Pie*  
*Teriyaki Steak*  
*Herb Roasted Chicken*  
*Chicken Burrito*  
*Veggie Bolognese*  
*Katsu Curry*

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**WEEK COMMENCING - 28<sup>th</sup> APRIL**

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*Chilli Con Carne*  
*Hoisin Beef*  
*BBQ Chicken*  
*Chicken in Blackbean*  
*Veggie Chicken*  
*Sweet Chilli Salmon*

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**WEEK COMMENCING - 06<sup>th</sup> MAY**

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*Salmon Tikka*  
*Mustard and Bread Crumb Cod*  
*Sweet Chilli Chicken*  
*Cajun Chicken*  
*Satay Chicken*  
*Steak and Cheese Burrito*

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**WEEK COMMENCING - 13<sup>th</sup> MAY**

*Blackned Cod*  
*Mexican Chicken*  
*Jerk Chicken*  
*Chicken Fajitas*  
*Butter Chicken*  
*Braised Beef*

**WEEKLY  
MENU  
2024  
MAY**

# NUTRITION SPREADSHEET

		ALLERGENS	PROTEINS	CARB	FAT	CALORIES
<b>BBQ CHICKEN</b>	Boneless Chicken Thigh, Pure Basmati Rice, Corn on the Cob, Vegetable Oil, Water, Tomato Paste, Sugar, Glucose Syrup, Spirit Vinegar, Molasses, Salt, Modified Maize Starch, Colour: Plain Caramel, Mustard Flour, Spices, Smoked Water, Smoke Flavouring, Onion Powder, Preservative: Potassium Sorbate, Garlic Puree (Garlic, Acidity Regulator: Citric Acid), Celery, Herbs, Olive Oil, Corn, Salt, Acidity Regulator: Citric Acid.	- MUSTARD - CELERY	32.8	84.4	14.7	601.1
<b>PESTO CHICKEN</b>	Chicken Breast, Durum Wheat Semolina (100%), Basil (46%), Olive Oil (23%), Sunflower Oil, Cashew Nuts (2.5%), Salt, Spinach, Tomatoes Pine Nuts, Whey Protein (Milk), Full Fat Hard Cheese (Milk, Salt), Garlic, Maize Starch, White Wine Vinegar, Fructose, Acidity Regulators (Lactic Acid, Citric Acid).	- MILK - CASHEW NUTS - WHEAT	47.6	55.6	21.5	605
<b>BUTTER CHICKEN</b>	Chicken Breast, Rice, Tomato, Onion, Cashew Nuts, Butter (Milk), Coconut, Cumin, Chilli, Turmeric, Garlic, Ginger, Butter, Oil, Garam Masala.	- MILK - CASHEW NUTS	47.4	50.2	21.3	581.3
<b>CAJUN SALMON</b>	Salmon Fillet, Basmati Rice, Broccoli, Red Pepper, Salt, Paprika, Chilli Powder, Onion Powder, Cumin, Garlic Powder, Black Pepper, White Pepper, Oregano, Thyme, Acid (Citric Acid).		31.94	50.22	24.69	558.85
<b>MASSALA COD</b>	Cod Fillet, Garlic Powder, Paprika, Salt, Coriander Powder, Sugar, Cumin, Ginger, Turmeric Powder, Black Pepper, Celery Seed, Clove, Fennel, Ground Nutmeg, Chilli Powder.	- CELERY	30.94	29.2	15.82	382.56
<b>TERIYAKI STEAK</b>	Beef, Edamame Beans , Pak Choi, Water, Sugar, Soy Sauce (8% (Water, Soy Bean (Soya), Salt, Wheat Flour), Fructose Syrup, Tapioca Flour, Sugar Cane Vinegar (2%), Colour: Plain Caramel, Dextrose, Acidity Regulator: Lactic Acid, Stabiliser: Xanthan Gum; Yeast Extract, Salt, Preservative: Potassium Sorbate, Cooked Egg Noodles (Water, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Nicotin, Thiamin), Pasteurised Whole Egg, Salt, Firming Agents: Potassium Carbonate, Sodium Carbonate, Colour: Beta-carotene; Acidity Regulator: Citric Acid), Rapeseed Oil.	- SOYA - WHEAT - EGG	51.85	49.95	15.48	546.52
<b>CAULIFLOWER AND CHICKPEA CURRY</b>	Cauliflower, Chickpeas , Rice, Tomato, Onion, Cashew Nuts, Butter (Milk), Coconut, Cumin, Chilli, Turmeric, Garlic, Ginger, Butter, Oil, Garam Masala.	- MILK - CASHEW NUTS	10.9	58.14	28.86	533.2
<b>COTTAGE PIE</b>	Mince Beef Potatoes, Water, Skimmed Milk, Rapeseed Oil, Salt, (Milk), Celery, Leek, Onion, Thyme, Rosemary, Gravy Powder, Maltodextrin, Starch, Flavourings, Salt, Onion Powder, Sugar, Caramel Syrup, Thickener (Guar Gum), Sage.	- MILK - CELERY	31.95	42	33.44	596.4
<b>STEAK &amp; CHEESE BURRITO</b>	Rump Beef, Cheese (Milk), Red Pepper Anti-Caking Agent (Potato Starch), Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Rapeseed Oil, Humectant (Glycerol), Raising Agents (Diphosphates, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Salt, Wheat Starch.	- MILK - WHEAT	32.9	66.4	13.4	517.8
<b>SWEET CHILLI SALMON</b>	Salmon Fillet, Basmati Rice, Broccoli, Tomato, Chilli, Red Pepper, Red Onion, Vinegar, Sugar, Salt.		30.62	58.92	23.51	569.16
<b>VEGGIE BOLOGNESE</b>	Rehydrated Textured Soya Protein (95%), Rapeseed Oil, Yeast Extract, Malted Barley Extract, Onion Powder, Salt, Dextrose, White Pepper, Natural Flavouring, Garlic Powder, Spaghetti (Wheat) Tinned Tomatoes, Onion, Celery, Leek, Carrots, Thyme, Rosemary, Garlic, Sugar, Salt.	- SOYA - WHEAT - BARLEY - CELERY	27.7	60.1	6.2	406.8
<b>JERK CHICKEN</b>	Chicken Thigh, Basmati Rice, Gravy Powder, Red Pepper, Pepper Mash (West Indian Pepper, Scotch Bonnet Pepper, Salt), Escallion Mash (Escallion, Salt), Cane Vinegar, Salt, Pimento, Onion, Garlic, Brown Sugar, Water, Paprika, Nutmeg, Thyme, Ginger, Black Pepper, Maltodextrin, Starch, Flavourings, Salt, Onion Powder, Sugar, Caramel Syrup, Thickener (Guar Gum), Sage.		31.5	48.9	15.14	457.86
<b>CHICKEN IN BLACKBEAN SAUCE</b>	Chicken Thigh Basmati Rice, Water, Sugar, Red and Green Bell Peppers (6%), Modified Maize Starch, Onion Purée, Onion, Soybeans (2%), Caramelised Sugar Syrup, Rice Wine, Garlic Puree, Salt, Ginger Puree, Acidity Regulators (Lactic Acid, Citric Acid, Acetic Acid), Flavourings (contain Barley), Dextrose, Yeast Extract Powder, Preservative (Potassium Sorbate), Spice Blend, Molasses, Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Spirit Vinegar, Barley Malt Extract.	- SOYA - WHEAT - BARLEY	31.5	57.7	13.64	479.56
<b>HERB ROASTED CHICKEN</b>	Chicken Breast, Rapeseed Oil , Green Beans, Potatoes, Water, Skimmed Milk, Rapeseed Oil, Salt, Modified Potato Starch, Dextrose, Stabiliser: Guar Gum, Natural Flavouring (Milk).	- MILK	43.8	32	15.3	440.9
<b>CHICKEN BURRITO</b>	Chicken Breast, Basmati, Wheat, Peppers, Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Palm Oil, Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rapeseed Oil, Acidity Regulators (Citric Acid, Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Stabiliser (Sodium Carboxymethylcellulose), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Sunflower Oil, Water, Spirit Vinegar, Sriracha Paste 78% (Bell Pepper, Tomato Puree, Water, Sugar, Scotch Bonnet Puree (Scotch Bonnet Pepper, Salt, Acid - Acetic Acid), Garlic, Spirit Vinegar, Salt, Onions), Sugar, Cornflour, Salt, Modified Cornflour, Colour - Carotenes, Paprika Extract, Antioxidant - Calcium Disodium EDTA	- WHEAT	27.7	68.8	13.35	506.15
<b>MEXICAN CHICKEN</b>	Chicken Breast, Coriander, Peppers, Onion, Garlic, Rapeseed oil, Tomato, Lemon & Lime, Salt, Brown Rice, Courgette, Red Onion		44.2	52.5	9.3	470.5
<b>HOISIN BEEF</b>	Rump Beef, Basmati Rice, Carrots, Peppers, Rapeseed Oil, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Soya Sauce (4%) (Water, Salt, Glucose, Soya Beans, Spirit Vinegar, Barley Malt Extract, Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Spirit Vinegar, Colour (Ammonia Caramel), Flavourings (contain Barley), Garlic Powder, Acidity Regulator (Citric Acid), Spice Blend, Preservative (Potassium Sorbate), Chilli Powder	- SOYA - WHEAT - BARLEY	44.75	70.8	11.78	567.75
<b>SWEET CHILLI CHICKEN</b>	Chicken Breast, Tenderstem, Tomato, Chilli Pepper, Red Pepper, Red Onion, Sugar, Vinegar, Pepper, Jasmine Rice, Rapeseed Oil.		43.8	70.5	7.1	521.1
<b>SATAY CHICKEN</b>	Chicken Breast, Peanut, Lime, Coconut Milk, Soya Sauce, Jasmine Rice, Tenderstem, Rapeseed Oil.	- PEANUT	49.7	57.25	13.4	548.4
<b>VEGGIE PAELLA</b>	Risotto Rice, Tenderstem, Rapeseed Oil, Water, Mushroom (24%), Pea Flour, Sustainable Palm Oil, Onion, Pea Fibre, Yeast Extract, Pea Protein, Sundried Tomato (Sundried Tomato, Salt), Stabiliser: Methyl Cellulose; Pea Starch, Rice Flour, Smoked Paprika, Chilli Purée, White Wine Vinegar, Flavouring, Salt, Garlic Powder, Colour: Anthocyanins; Cracked Black Pepper, Paprika Extract, Rapeseed Oil, Fennel, Preservative: Sodium Metabisulphite	- MILK	20.9	75.6	16.2	531.8
<b>SALMON TIKKA</b>	Salmon Fillet, Basmati Rice, Broccoli, Red Pepper, Salt, Paprika, Chilli Powder, Onion Powder, Cumin, Garlic Powder, Black Pepper, White Pepper, Oregano, Thyme, Acid (Citric Acid).		31.94	50.22	24.69	558.85
<b>CAJUN CHICKEN</b>	Chicken Breast, Basmati Rice, Broccoli, Tomatoes, Salt, Paprika, Chilli Powder, Onion Powder, Cumin, Garlic Powder, Black Pepper, White Pepper, Oregano, Thyme, Acid (Citric Acid)		44.24	52.5	10.12	478.04
<b>CHILLI CON CARNE</b>	Minced Beef, Basmat Rice, Tomatoes, Salt, Dark Chocolate, Cajun, Onion, Coriander, Kidney Beans		30.15	47.2	28	561.4
<b>KATSU CURRY</b>	Chicken Breast, Basmati, Tenderstem, Flour, Wheat, Curry, Soy Sauce, Garlic, Ginger, Coconut Milk, Chicken Stock, Salt, Sugar, Rapeseed Oil.	- WHEAT - SOYA	44.55	51.55	9.8	472.6
<b>CHICKEN TERIYAKI</b>	Chicken Breast, Edamame Beans , Pak Choi, Water, Sugar, Soy Sauce (8% (Water, Soy Bean (Soya), Salt, Wheat Flour), Fructose Syrup, Tapioca Flour, Sugar Cane Vinegar (2%), Colour: Plain Caramel, Dextrose, Acidity Regulator: Lactic Acid, Stabiliser: Xanthan Gum; Yeast Extract, Salt, Preservative: Potassium Sorbate, Cooked Noodles (Water, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Nicotin, Thiamin), Pasteurised Whole Egg, Salt, Firming Agents: Potassium Carbonate, Sodium Carbonate, Colour: Beta-carotene; Acidity Regulator: Citric Acid), Rapeseed Oil.	- WHEAT - SOYA	51.4	53.85	14.05	547.45