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**Spring/Summer 2023**

**Week 1**

**20.02.23 – 21.07.23**

**Beef Bolognese**

Contains: Celery, Lactose, Soya, Gluten

Ingredients

* Beef mince\*
* Yellow Pea Protein – Mince.
* Tinned chopped tomatoes.
* Tomato paste/Puree
* Frozen diced onions
* Garlic Puree
* Frozen mixed peppers
* Mixed herbs
* Beef bouillon

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| **Item** | **Source** | **Code**  | **Allergens** |
| Beef Mince | Booker | 175179 | - |
| Yellow Pea Protein | Novofarina | Purchased by head office and distributed (Allergy Free) |
| Frozen Mixed Peppers | Waterdene | 2125 | - |
| Tinned Tomatoes | Waterdene  | 9895 | - |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Garlic Puree | Waterdene | 9670 | - |
| Mixed Herbs | Waterdene | 2279 | May Contain Celery |
| Beef Bouillon | Waterdene | 9373 | Celery, Lactose, Soya |
| Tomato Paste | Waterdene | 9914 | - |

**Vegetarian BBQ Melts**
Contains: Gluten, Milk (Lactose)

Ingredients

* Yellow Pea Protein – Flakes
* White floured bap 4”
* BBQ sauce
* Mild White Cheddar

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| **Item** | **Source** | **Code**  | **Allergens** |
| White floured bap  | Booker | 490310 | Gluten |
| Yellow Pea Protein | Novofarina | Purchased by Head Office and distributed (Allergy Free) |
| BBQ sauce | Waterdene | 1679 | - |
| Mild White Cheddar | Booker  | 152679 | Lactose |

**Raspberry Ripple Cake**

Contains: Milk (Lactose), Gluten, Eggs, Soya.

Ingredients

* Sponge Mix
* Raspberry Jam

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| **Item** | **Source** | **Code**  | **Allergens** |
| Sponge Mix  | Waterdene | 9460 | Gluten, Eggs, Milk, Soya  |
| Raspberry Jam  | Booker | 272097 | - |
| Custard Powder (complete mix) | Waterdene | 9444 | Milk, May contain Soya, Eggs, Gluten  |

**Cheesy Chicken Wrap (Enchiladas)**

Contains: Wheat, Milk (Lactose), Celery

Ingredients

* (Frozen) Cooked Chicken
* Yellow Pea Protein - Flake
* Frozen Mixed Peppers
* Frozen Diced Onions
* Chicken Bouillon
* Tinned Tomatoes
* Fajita Seasoning
* Mixed Herbs
* Garlic
* Paprika
* 10” Wrap
* Passata

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| **Item** | **Source** | **Code**  | **Allergens** |
| Frozen cooked chicken | Booker | 203974 | - |
| Yellow Pea Protein | Novofarina | Purchased by Head Office and distributed (Allergy Free) |
| Frozen Mixed Peppers | Waterdene | 2125 | - |
| Tinned Tomatoes | Waterdene  | 9895 | - |
| Passata | Booker | 112349 | - |
| Chicken Bouillon | Waterdene | 9372 | Celery |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Garlic Puree | Waterdene | 9670 | - |
| Mixed Herbs | Waterdene | 2279 | May Contain Celery |
| Fajita Seasoning  | Booker | 156609 | - |
| Paprika | Booker | 129612 | - |
| 10” Wraps | Booker | 233939 | Wheat |
| Mild White Cheddar | Booker | 152679 | Lactose |

**Mild Thai Red Curry**

Contains: -

Ingredients

* Yellow Pea Protein – Flake
* Thai red curry sauce (RTU)
* Coconut Milk
* Frozen Peppers
* Frozen Onions

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| --- | --- | --- | --- |
| **Item** | **Source** | **Code**  | **Allergens** |
| Yellow Pea Protein | Novofarina | Purchased by Head Office and distributed (Allergy Free) |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Frozen Mixed Peppers | Waterdene | 2125 | - |
| Thai Red Curry RTU sauce | Booker  | 247462 | - |
| Coconut Milk | Waterdene (single) | 9956 | - |
| Coconut Milk | Booker (Case 400ml x 12) | 204527 | - |

**Jelly Squares**

Contains: Raspberry may contain sulphur dioxide

Ingredients

* Jelly Crystals

|  |  |  |  |
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| **Item** | **Source** | **Code**  | **Allergens** |
| Orange Jelly (Vegetarian & Vegan) | Waterdene | 8400 | - |
| Raspberry jelly **(Non – Vegetarian)** | Waterdene | 8398 | May contain Sulphur Dioxide  |

**Sliced Gammon**

Contains:

Ingredients

* Gammon Joint

Method

1. Tray up the gammon (without the wrapper) and place it in the steamer. Please do not boil or roast as you will need to cut it into smaller pieces, and this will cause too much shrinkage.

Ordering

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| **Item** | **Source** | **Code**  | **Allergens** |
| Gammon Joint | Booker | Call Butchery |

**Cheese & Tomato Pasta Bake**

Contains: Cereals, Gluten, Lactose, Celery

Ingredients

* Pasta
* Tinned tomatoes
* Garlic puree
* Frozen peppers
* Frozen onions
* Mixed herbs
* Tomato Puree
* Vegetable bouillon

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| --- | --- | --- | --- |
| **Item** | **Source** | **Code**  | **Allergens** |
| Pasta | Waterdene | - | Gluten  |
| Tinned Tomatoes | Waterdene | 9895 | - |
| Tomato Puree | Waterdene | 9914 | - |
| Garlic Puree | Waterdene | 9670 | - |
| Frozen Peppers  | Waterdene | 2125 | - |
| Frozen Onions | Waterdene | 2133 | - |
| Mixed Herbs | Waterdene | 2279 | May contain Celery |
| Vegetable Bouillon | Waterdene | 9371 | Celery, Cereals  |
| Mild White Cheddar Block 5kg | Booker | 152679 | Lactose |

**Pineapple Upside Down Cake**

Contains: Cereals, Milk (Lactose), Eggs, Soya, glace cherries contain sulphur dioxide

Ingredients

* Sponge Mix
* Syrup
* Tinned Pineapple
* Glace Cherries

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| **Item** | **Source** | **Code**  | **Allergens** |
| Sponge mix  | Waterdene | 9460 | Cereals, Lactose, Eggs, Soya  |
| Syrup | Waterdene | 9263 | - |
| Pineapple Rings - Tinned | Booker  | 602243 (3kg) | - |
| Glace Cherries | Booker | 424080 | Sulphur Dioxide |
| Custard Powder (complete mix) | Watedene | 9444 | Milk. May contain Gluten, Eggs, Soya  |

**Sausage Plait**

Contains: Gluten, Egg, Wheat, Sulphites

Ingredients

* Blakeman’s Sausage meat
* Onions
* Breadcrumbs
* Eggs
* Puff Pastry sheets

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| **Item** | **Source** | **Code**  | **Allergens** |
| Blakeman’s Sausage Meat | Booker | 938630 | Wheat, Gluten, Sulphites  |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Breadcrumbs | Booker | 141905 | Wheat |
| Eggs | Booker | 273853 | Egg |
| Pastry Sheets - Frozen  | Waterdene | 5017 | Gluten |

**Cheese, Red Onion & Courgette Frittata**

Contains: Milk (Lactose), Egg

Ingredients

* Eggs
* Mild White Cheddar
* Red Onion
* Courgette (Grated)

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| **Item** | **Source** | **Code**  | **Allergens** |
| Eggs | Booker | 273853 | Egg |
| Mild White Cheddar Block 5kg | Booker | 152679 | Milk (Lactose) |
| Red Onion (5kg) | Booker | 106290 | - |
| Courgette | Booker  | 103256 | - |

**Summer Fruits Crumble with Custard**

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

Ingredients

* Margarine
* Plain flour
* Sugar
* Solid pack apples
* Frozen Summer Fruits Mix

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| **Item** | **Source** | **Code**  | **Allergens** |
| Margarine  | Waterdene | 6871 | Lactose |
| Granulated Sugar  | Booker | 274527 | - |
| Plain Flour | Waterdene  | 8640 | Wheat (Gluten) – May contain Soya |
| Solid Pack apples | Booker | 601500 | - |
| Frozen Summer mixed fruits | Waterdene | 2527 | - |
| Custard Powder (complete mix) | Watedene | 9444 | Milk. May contain Gluten, Eggs, Soya  |

**Cheese & Tomato Pizza**

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

Ingredients

* Plain flour
* Margarine
* Yeast
* Caster sugar
* Mozzarella cheese
* Onions
* Garlic
* Sunflower oil
* Tinned chopped tomatoes
* Mixed herbs

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Source** | **Code**  | **Allergens** |
| Plain Flour | Waterdene  | 8640 | Wheat (Gluten) – May contain Soya |
| Margarine | Waterdene | 6871 | Milk (Lactose) |
| Yeast  | Booker | 90334 | - |
| Granulated Sugar  | Booker | 274527 | - |
| Mozzarella cheese | Booker  | 227569 | Milk (Lactose) |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Diced Frozen Peppers | Waterdene | 2125 | - |
| Vegetable Bouillon | Waterdene | 9371 | Celery, Gluten  |
| Garlic Puree  | Waterdene | 9670 | - |
| Vegetable Oil | Booker | 181801 | - |

**Breaded Fish Fingers**

Contains: Cereals (Gluten), Fish

Ingredients

* Breaded Fish Fingers
* Lemons

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| **Item** | **Source** | **Code**  | **Allergens** |
| Breaded Fish Fingers  | Waterdene  | 3098 | Cereals (Gluten), Fish |
| Lemon | Booker  | 97149 | - |

**Cocoa Brownie**

Contains: Cereals, Eggs, Milk (Lactose), May Contain Soya

Ingredients

* Brownie Mix

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| **Item** | **Source** | **Code**  | **Allergens** |
| Brownie Mix  | Waterdene  | 9358 | Cereals, Eggs, Milk, May contain Soya |
| Icing Sugar | Booker | 69558 | - |

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**Spring/Summer 2023**

**Week 2**

**20.02.23 – 21.07.23**

**Creamy Cajun Chicken Penne**

Contains: Lactose, Celery, Gluten

Ingredients

* (Frozen) Cooked Chicken Breast
* Yellow Pea Protein – Flake
* Frozen Diced Onions
* Frozen Diced Peppers
* Garlic Puree
* Cream Cheese
* Tinned Tomatoes
* Cajun Spice
* Chicken Bouillon
* Penne Pasta

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| **Item** | **Source** | **Code**  | **Allergens** |
| Frozen Cooked Chicken Breast | Booker | 203974 | - |
| Yellow Pea Protein | Novofarina | Purchased by Head Office and distributed (Allergy Free) |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Frozen Mixed Peppers | Waterdene | 2125 | - |
| Garlic Puree | Waterdene | 9670 | - |
| Cream Cheese  | Booker | 187642 | Lactose |
| Tinned Tomatoes | Waterdene  | 9895 | - |
| Cajun Spice | Waterdene | 2348 | - |
| Chicken Bouillon | Waterdene | 9372 | Celery |
| Penne Pasta | Waterdene | 9678 | Gluten |

**Veggie Hot dogs**

Contains: Soy, Wheat

Ingredients

* Veggie Sausages
* Hotdog rolls

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| **Item** | **Source** | **Code**  | **Allergens** |
| Vegetarian Sausages  | Booker | 280799 | Soy, Wheat |
| Hot dog rolls 6.5” | Waterdene | 4566 | Wheat |

**Lemon Drizzle Cake**

Contains: Cereals, Wheat, Eggs, Soya, Sulphites

Ingredients

* Sponge Mix
* Lemon Juice
* Icing sugar
* Fresh lemon juice and rind

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| **Item** | **Source** | **Code**  | **Allergens** |
| Sponge mix  | Waterdene | 9460 | Cereals, Milk, Eggs, Soya  |
| Lemon juice  | Booker | 88843 | Sulphites |
| Granulated Sugar | Waterdene | 9281 | - |
| Icing sugar – 1kg  | Booker | 928861 | - |
| Lemons (fresh) | Booker  | 97149 | - |

**Beef Chilli & Nachos**

Contains: Celery, Cereals, Lactose

Ingredients

* Beef Mince
* Yellow Pea Protein – Mince
* Beef bouillon
* Kidney beans
* Baked beans
* Diced frozen onion
* Frozen mixed peppers
* Tinned chopped tomatoes
* Chilli powder (Mild)
* Garlic puree
* Tomato Puree
* Nachos

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| **Item** | **Source** | **Code**  | **Allergens** |
| Beef Mince – 2kg | Booker | 175179 | - |
| Yellow Pea Protein | Novofarina | Purchased by head office and distributed (Allergy Free) |
| Beef Bouillon  | Waterdene | 9373 | Celery, Cereals, Lactose |
| Kidney Beans | Waterdene | 9834 | Sulphites |
| Baked Beans | Waterdene | 9911 | - |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Frozen Mixed Peppers | Waterdene | 2125 | - |
| Tinned Tomatoes | Waterdene  | 9895 | - |
| Chilli Powder | Waterdene | 8478 | - |
| Garlic Puree | Waterdene | 9670 | - |
| Tomato Puree | Waterdene | 9914 | - |
| Nachos | Booker | 248207 | May contain Lactose |

**Tomato, Basil & Cheese Quiche**

Contains: Milk (Lactose), Wheat Gluten, Egg

Ingredients

* Margarine
* Plain Flour
* Salt
* Eggs
* Milk
* Cheese
* Cherry tomatoes
* Basil

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Source** | **Code**  | **Allergens** |
| Margarine | Waterdene | 6871 | Milk (Lactose) |
| Plain Flour | Waterdene  | 8623 | Wheat (Gluten) – May contain Soya |
| Mild White Cheddar Block 5kg | Booker | 152679 | Lactose |
| Eggs | Booker | 273853 | Egg |
| Milk (Semi Skimmed) | Booker | 212321 - case212311 - single | Milk (lactose) |
| Cherry Tomatoes  | Booker | 127325 | - |
| Basil | Booker | 138092 | - |

**Cocoa & Beetroot Cake**

Contains: Cereals, Milk (Lactose), Eggs, Soya

Ingredients

* Sponge Mix
* Cocoa Powder
* Beetroot (use a blender to puree this)

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| **Item** | **Source** | **Code**  | **Allergens** |
| Sponge mix  | Waterdene | 9460 | Cereals, Milk (Lactose), Eggs, Soya  |
| Cocoa Powder  | Waterdene | 9454 | - |
| Beetroot (250g) | Booker | 97222 | - |

**Roast Chicken & Stuffing**

Contains: Barley, Wheat

Ingredients

* (Frozen) Cooked Chicken Breast – Sliced on-site.
* Stuffing Mix

|  |  |  |  |
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| **Item** | **Source** | **Code**  | **Allergens** |
| Cooked Frozen Chicken Breast | Booker | 203974 | - |
| Stuffing Mix  | Booker | 194109 | Barley, Wheat |

**Veggie Tikka Masala**

Contains: Cereals containing gluten, Milk (Lactose), Wheat (Gluten), Mustard

Ingredients

* Frozen Peppers
* Frozen Onions
* Yellow Pea Protein - Flakes
* RTU Sauce
* Coriander (Roughly chopped)
* Long grain rice
* Turmeric

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| **Item** | **Source** | **Code**  | **Allergens** |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Diced Frozen Peppers | Waterdene | 2125 | - |
| Yellow Pea Protein | Novofarina | Purchased by head office and distributed (Allergy Free) |
| Tikka Masala Sauce | Booker | 247459 | Milk (Lactose), Wheat (Gluten), Mustard |
| Coriander | Booker | 138078 | - |
| Turmeric | Booker | 105443 | - |
| Long grain rice | Booker | 144183 | - |

**Shortbread**

Makes a minimum of 96 portions

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

Ingredients

* Caster sugar
* Margarine
* Plain flour

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| **Item** | **Source** | **Code**  | **Allergens** |
| Margarine  | Waterdene | 6871 | Lactose |
| Granulated Sugar  | Booker | 274527 | - |
| Plain Flour | Waterdene  | 8640 | Wheat (Gluten) – May contain Soya |

**Cheese & Pepperoni Pasta Bake**

Contains: Celery, Lactose, may contain traces of Egg and Milk.

Ingredients

* Pepperoni
* Tinned diced tomatoes
* Tomato Puree
* Passata
* Diced onions
* Garlic Puree
* Chicken Bouillon
* Mixed Herbs
* Mild White Cheddar

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Source** | **Code**  | **Allergens** |
| Pepperoni | Booker | 202048 | May contain traces of Egg & Milk |
| Chicken Bouillon | Waterdene | 9372 | Celery |
| Tinned Tomatoes | Waterdene  | 9895 | - |
| Passata | Booker | 112349 | - |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Tomato Puree | Watedene | 9914 | - |
| Garlic Puree | Waterdene | 9670 | - |
| Mixed Herbs | Waterdene | 2279 | May Contain Celery |
| Mild White Cheddar | Booker | 95276 | Lactose  |

**Haloumi & Mixed Salad Wraps**

Contains: Wheat, Lactose, Eggs, May Contain Celery

Ingredients

* Tortilla wraps
* Garlic Mayonnaise
* Haloumi cheese (Oumi)
* Mixed Herbs
* Salad leaves
* Tomato

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| **Item** | **Source** | **Code**  | **Allergens** |
| Tortilla Wraps 10” | Booker | 233939 | Wheat |
| Haloumi Cheese  | Booker | 252113 | Lactose |
| Garlic Mayo | Waterdene | 1677 | Eggs |
| Mixed Herbs | Waterdene  | 2279 | May contain celery |
| Salad Leaves | Booker | 629300 | - |
| Tomatoes  | Booker | 111554 | - |
| Cous cous | Waterdene | 6999 | - |
| Ratatouille Mix | Waterdene | 2145 | - |

**Cherry Muffin/Sponge\***

Makes Approx. 80 Muffins

Contains: Egg, Milk (Lactose), Cereals containing Gluten, Sulphur Dioxide

Ingredients

* Eggs
* Oil
* Semi Skimmed Milk
* Sugar
* Self-Raising Flour
* Salt
* Chopped Glace Cherries

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| **Item** | **Source** | **Code**  | **Allergens** |
| Eggs | Booker | 168774 | Egg |
| Vegetable Oil | Booker | 181801 | - |
| Milk (Semi Skimmed) | Booker | 212321 - case212311 - single | Milk (lactose) |
| Granulated Sugar  | Booker | 274527 | - |
| Self-Raising Flour | Waterdene | 8641 | Cereals containing Gluten |
| Salt | Booker | 172552 | - |
| Glace Cherries | Booker | 424080 | Sulphur Dioxide |

Ordering

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| **Item** | **Source** | **Code**  | **Allergens** |
| Sponge mix  | Waterdene | 9460 | Cereals, Milk (Lactose), Eggs, Soya  |
| Glace Cherries | Booker | 424080 | Sulphur Dioxide |

**Cheese & Tomato Pizza**

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

Ingredients

* Plain flour
* Margarine
* Yeast
* Granulated sugar
* Mozzarella cheese
* Onions
* Garlic
* Sunflower oil
* Tinned chopped tomatoes
* Mixed herbs

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Source** | **Code**  | **Allergens** |
| Plain Flour | Waterdene  | 8640 | Wheat (Gluten) – May contain Soya |
| Margarine | Waterdene | 6871 | Milk (Lactose) |
| Yeast  | Booker | 90334 | - |
| Granulated Sugar  | Booker | 274527 | - |
| Mozzarella cheese | Booker  | 227569 | Milk (Lactose) |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Diced Frozen Peppers | Waterdene | 2125 | - |
| Vegetable Bouillon | Waterdene | 9371 | Celery, Gluten  |
| Garlic Puree  | Waterdene | 9670 | - |
| Vegetable Oil | Booker | 181801 | - |

**Breaded Fish**

Contains: Cereals containing Gluten, Fish

Ingredients

* Breaded Fish
* Lemons

|  |  |  |  |
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| **Item** | **Source** | **Code**  | **Allergens** |
| Breaded Fish  | Waterdene  | 3093 | Cereals containing Gluten, Fish |
| Lemon | Booker  | 97149 | - |

**Ice Cream**

Contains: lactose

Ingredients

* Individual ice cream tubs

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| **Item** | **Source** | **Code**  | **Allergens** |
| Strawberry  | Waterdene  | 8932 | Lactose |
| Vanilla | Waterdene  | 8930 | Lactose |

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**Spring/Summer 2023**

**Week 3**

**20.02.23 – 21.07.23**

**Sweet Caribbean Chicken**

Contains: Gluten, Celery, Sulphites, May contain Mustard

Ingredients

* Frozen Cooked Chicken
* Yellow pea protein - Flakes
* Levi Roots marinade
* Brown sugar
* Lime Juice
* Frozen Onions
* Frozen Peppers
* Chicken stock
* Rice
* Kidney beans
* Mixed Spice
* Coconut Milk
* Spring onion

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| **Item** | **Source** | **Code**  | **Allergens** |
| Cooked Frozen Chicken Breast | Booker | 203974 | - |
| Yellow Pea Protein | Novofarina | Purchased by head office and distributed (Allergy Free) |
| Levi Roots Marinade  | Booker | 97633 | Gluten  |
| Brown Sugar | Waterdene | 9294 | - |
| Lime Juice | Booker | 88804 | - |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Diced Frozen Peppers | Waterdene | 2125 | - |
| Chicken Bouillon | Waterdene | 9372 | Celery |
| Rice  | Waterdene | 9680 | - |
| Kidney Beans  | Waterdene | 9934 | Sulphites |
| Mixed spice | Booker | 213622 | May contain Mustard |
| Coconut Milk | Booker (Case 400ml x 12) | 204527 | - |
| Spring onions | Booker | 275035 | - |

**Macaroni Cheese**

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

Ingredients

* Macaroni pasta
* Plain Flour
* Milk
* Mild White Cheddar
* Margarine
* Vegetable bouillon
* Mustard

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| --- | --- | --- | --- |
| **Item** | **Source** | **Code**  | **Allergens** |
| Macaroni pasta | Waterdene | 9669 | Gluten |
| Plain Flour | Waterdene  | 8640 | Wheat (Gluten) – May contain Soya |
| Milk (Semi Skimmed) | Booker | 212321 - case212311 - single | Milk (lactose) |
| Mild White Cheddar Block 5kg | Booker | 152679 | Lactose |
| Margarine | Waterdene | 6871 | Milk (Lactose) |
| Vegetable bouillon  | Waterdene | 9371 | Celery/Cereals |
| Mustard  | Booker | 129839 | Mustard |

**Iced Sprinkly Sponge**

Contains: Cereals, Lactose, Eggs, Soya

Ingredients

* Sponge Mix
* Icing Sugar
* Sprinkles
* Custard Powder

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Source** | **Code**  | **Allergens** |
| Sponge mix  | Waterdene | 9460 | Cereals, Lactose, Eggs, Soya  |
| Icing Sugar | Booker | 69558 | - |
| Sprinkles  | Booker | 145848 | - |
| Custard Powder (complete mix) | Watedene | 9444 | Milk. May contain Gluten, Eggs, Soya  |

**Pork Meatballs & Tomato Sauce with Spaghetti**

Contains: Cereals, Soya, Milk, May contain Celery, Eggs, Mustard

Ingredients

* Meatballs
* Tinned diced tomatoes
* Tomato Puree
* Diced onions
* Garlic Puree
* Chicken Bouillon
* Mixed Herbs

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Source** | **Code**  | **Allergens** |
| Meatballs – Frozen  | Waterdene | 4245 | Cereals, Soya, may Contain Celery, Milk, Eggs, Mustard  |
| Chicken Bouillon | Waterdene | 9372 | Celery |
| Tinned Tomatoes | Waterdene  | 9895 | - |
| Passata | Booker | 112349 | - |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Tomato Puree | Watedene | 9914 | - |
| Garlic Puree | Waterdene | 9670 | - |
| Mixed Herbs | Booker | 129582 | - |

**Cheese and Onion Pinwheel**

Contains: Milk (Lactose), Gluten, Mustard, Egg

Ingredients

* Puff Pastry
* Diced Onions
* Breadcrumbs
* Cheddar Cheese
* Egg wash
* Chopped Parsley

|  |  |  |  |
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| **Item** | **Source** | **Code**  | **Allergens** |
| Puff pastry | Waterdene | 5017 | Lactose, Gluten |
| Diced Onions | Waterdene | 2133 | - |
| Mild White Cheddar Block 5kg | Booker | 125679 | Lactose |
| English Mustard | Booker | 129839 | Mustard |
| Egg | Booker | 273853 | Egg |
| Breadcrumbs | Waterdene | 141905 | Gluten |
| Fresh Parsley  | Booker | 138076 | - |

**Strawberry Jam Slice**

Contains: Milk (Lactose), Wheat, Eggs, Soya

Ingredients

* Margarine
* Plain Flour
* Sponge Mix
* Strawberry Jam
* Icing Sugar
* Custard

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| **Item** | **Source** | **Code**  | **Allergens** |
| Margarine | Waterdene | 6871 | Milk (Lactose) |
| Plain Flour | Waterdene  | 8623 | Wheat (Gluten) – May contain Soya |
| Sponge mix  | Waterdene | 9460 | Cereals, Milk, Eggs, Soya  |
| Jam  | Booker | 272097 | - |
| Icing Sugar | Booker | 69558 | - |
| Custard Powder (complete mix) | Watedene | 9444 | Milk. May contain Gluten, Eggs, Soya  |

**Roast Pork with Apple Sauce**

Contains:

Ingredients

* Pork Leg
* Tinned Apples

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| **Item** | **Source** | **Code**  | **Allergens** |
| Pork Leg | Waterdene | 236247 |  - |
| Solid Pack apples | Booker | 601500 | - |

**Quorn Roast**

Contains: Eggs, Milk (Lactose)

Ingredients

* Quorn joint

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| **Item** | **Source** | **Code**  | **Allergens** |
| Quorn Roast | Waterdene | 4246 | Eggs, Milk (Lactose) |
| Gravy | Booker | 250045 | - |

**Chocolate Mousse**

Contains: Milk (Lactose)

Ingredients

* Frozen Chocolate & Vanilla Mousse.

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| **Item** | **Source** | **Code**  | **Allergens** |
| Chocolate Mousse  | Waterdene | 8912 | Lactose |

**Beef Goulash**

Contains: Celery, Lactose, Soya, Gluten

Ingredients

* Beef stewing steak
* Pea Protein (Flake)
* Plain Flour
* Diced Frozen Onions
* Garlic Puree
* Frozen Peppers
* Tomato puree
* Paprika
* Tinned tomatoes
* Beef Bouillon
* Parsley

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| **Item** | **Source** | **Code**  | **Allergens** |
| Beef steak | Booker | 172755 | - |
| Yellow Pea Protein | Novofarina | Purchased by head office and distributed (Allergy Free) |
| Frozen Mixed Peppers | Waterdene | 2125 | - |
| Tinned Tomatoes | Waterdene  | 9895 | - |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Garlic Puree | Waterdene | 9670 | - |
| Beef Bouillon | Waterdene | 9373 | Celery, Lactose, Soya |
| Tomato Paste | Waterdene | 9914 | - |
| Plain Flour | Waterdene  | 8640 | Wheat (Gluten) – May contain Soya |
| Paprika | Booker | 129612 | - |
| Parsley | Booker | 138053 | - |

**Veggie Chilli & Nachos**

Contains: Celery, Cereals, May contain Lactose

Ingredients

* Yellow Pea Protein – Mince.
* Vegetable bouillon
* Kidney beans
* Baked beans
* Diced frozen onion
* Frozen mixed peppers
* Tinned chopped tomatoes
* Chilli powder (Mild)
* Garlic puree
* Tomato Puree
* Nachos

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| **Item** | **Source** | **Code**  | **Allergens** |
| Yellow Pea Protein | Novofarina | Purchased by head office and distributed (Allergy Free) |
| Vegetable Bouillon  | Waterdene | 9371 | Celery, Cereals |
| Kidney Beans | Waterdene | 9834 | Sulphites |
| Baked Beans | Waterdene | 9911 | - |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Frozen Mixed Peppers | Waterdene | 2125 | - |
| Tinned Tomatoes | Waterdene  | 9895 | - |
| Chilli Powder | Waterdene | 8478 | - |
| Garlic Puree | Waterdene | 9670 | - |
| Tomato Puree | Waterdene | 9914 | - |
| Nachos | Booker | 248207 | May contain Lactose |

**Fruity Flapjack**

Contains: Lactose, Oats, Gluten, Sulphites

Ingredients

* Margarine
* Light Brown Sugar
* Golden Syrup
* Oats
* Sultanas

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| **Item** | **Source** | **Code**  | **Allergens** |
| Margarine  | Waterdene | 6871 | Lactose |
| Light brown sugar 3kg | Waterdene | 9285 | - |
| Golden syrup | Waterdene | 9263 | - |
| Oats 2kg | Booker | 105323 | Oats (May contain cereals containing Gluten) |
| Sultanas | Booker | 192509 | Sulphites |

**Cheese & Tomato Pizza**

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

Ingredients

* Plain flour
* Margarine
* Yeast
* Granulated sugar
* Mozzarella cheese
* Onions
* Garlic
* Sunflower oil
* Tinned chopped tomatoes
* Mixed herbs

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| **Item** | **Source** | **Code**  | **Allergens** |
| Plain Flour | Waterdene  | 8640 | Wheat (Gluten) – May contain Soya |
| Margarine | Waterdene | 6871 | Milk (Lactose) |
| Yeast  | Booker | 90334 | - |
| Granulated Sugar  | Booker | 274527 | - |
| Mozzarella cheese | Booker  | 227569 | Milk (Lactose) |
| Diced Frozen Onions | Waterdene | 2133 | - |
| Diced Frozen Peppers | Waterdene | 2125 | - |
| Vegetable Bouillon | Waterdene | 9371 | Celery, Gluten  |
| Garlic Puree  | Waterdene | 9670 | - |
| Vegetable Oil | Booker | 181801 | - |

**Breaded Fish Fingers**

Contains: Cereals containing Gluten, Fish

Ingredients

* Breaded Fish Fingers
* Lemons

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| **Item** | **Source** | **Code**  | **Allergens** |
| Breaded Fish Fingers  | Waterdene  | 3093 | Cereals containing Gluten, Fish |
| Lemon | Booker  | 97149 | - |

**Homemade Cocoa Cookies**

Contains: Milk (Lactose), Egg, Cereals containing Gluten

Ingredients

* Margarine
* Light Brown Sugar
* Eggs
* Self-Raising Flour
* Cocoa Powder

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| **Item** | **Source** | **Code**  | **Allergens** |
| Margarine | Waterdene | 6871 | Milk (Lactose) |
| Light brown sugar 3kg | Waterdene | 9285 | - |
| Eggs | Booker | 168774 | Egg |
| Self-Raising Flour | Waterdene | 8641 | Cereals containing Gluten |
| Cocoa Powder | Waterdene | 9454 | - |