

Regen Kitchen (Band A)

Week 2

Menu Item	Ingredient list
Monday	
Beef Burger in a Roll	Beef burgers G/Island 4" white bun
Vegetable Cheese Bake	Veg & Cheese bake
Potato Wedges	Fresh Potatoes Skin on Wedges
Broccoli	Broccoli Florets 40/60
Carrots	Sliced Carrot Rings
Salad Bar	Iceburg lettuce Carrots Cucumber Tomatoes
Fruit Muffin	MCD plain sponge mix Dried Sultana
Halal Burger in a Roll	Halal Chicken Burger 4" white bun
Gluten Free & Dairy Free Beef Burger in a Roll	GF DF Beef Burger GF Bread Roll
Tuesday	
Chicken Curry	Korma Sauce Diced Chicken Thigh
Rice	Frozen Rice
Macaroni Cheese	Pasta Macaroni Knorr Bechamel Sauce Maggi Bechamel Sauce Grated Cheese
Sweetcorn	Frozen Sweetcorn
Peas	Peas Frozen
Jelly	McDougals Jelly Powder veggie Jelly

Homemade biscuit

Plain flour
Granulated Sugar
Sunflower spread

HALAL Chicken Curry

Korma Sauce
Halal Diced Chicken

DF GF Chicken Curry

Bens Balti Curry Sauce
Diced Chicken Thigh

Wednesday

Breaded Chicken Steak

Breaded Chicken Steak

Cheesy Beany Jacket

Jacket Potato
RED sug/salt Baked Beans
Grated White Cheese

Potato Croquette

Lutosa Potato Croquettes

Peas

Peas Frozen

Baked Beans

RED sug/salt Baked Beans

Individual Fruit Yoghurt Pot

G.Acre Mix Yoghurt

Halal Chicken Steak

Breaded Chicken Steak

GF DF Chicken Steak

Flat Cooked Chicken Breast

Thursday

Cottage Pie

Beef Mince
Maggi Mash
Fresh onions
Instant Maggi Gravy

Margherita Pizza

Wholemeal Pizza Crust
Spiced Pizza Sauce
Grated White Cheese

Instant Gravy

Instant Maggi Gravy

Broccoli

Frozen Broccoli

Sweetcorn

Frozen Sweetcorn

Roast Potatoes

Frozen Potatoes

Welsh Cake & Fruit Wedge

Welsh Cake
Orange

Halal Pizza as above
GF DF Margherita Pizza

DF GF Pizza Crust
Spiced Pizza Sauce
DF Cheese

Friday

Welsh Cake & Fruit Wedge

Welsh Cake
Orange

Halal Pizza as above
GF DF Margherita Pizza

DF GF Pizza Crust
Spiced Pizza Sauce
DF Cheese

Friday

Baked Fish Fillet

Pollock 3 Ocean

Cheese Wrap

Wraps Tortilla 10"
Mild Cheddar Block

Chipped Potatoes
Pasta

Chips/Frites
Pasta Shells

Baked Beans
Carrots

RED sug/salt Baked Beans
Sliced Carrot Rings

Cookie

Plain Cookie Mix McDougals

Halal
GF & DF Fish Fingers

Pollock 3 Ocean
GF & DF Fish Fingers

Allergens

CEREAL, GLUTEN, SULPHUR DIOXIDE

CEREAL, GLUTEN, SESAME

GLUTEN, MILK

CEREAL, GLUTEN, MILK, EGGS, SOYA

CEREAL, GLUTEN

CEREAL, GLUTEN, SESAME

MILK EGG SOYA

MILK PEANUTS NUTS MUSTARD

CEREAL GLUTEN

GLUTEN, CEREAL, MILK EGG MUSTARD CELERY, SOYA

GLUTEN, CEREAL, MILK EGG MUSTARD CELERY, SOYA

MILK

CEREAL GLUTEN SOYA

MILK PEANUTS NUTS MUSTARD

2.5kg

2.27kg

2.5kg

CELERY SOYA CEREAL GLUTEN MILK WHEAT MUSTARD

MILK

SULPHUR DIOXIDE, CEREAL, GLUTEN, WHEAT, MILK

MILK

CELERY, SOYA, WHEAT, CEREAL, GLUTEN, MUSTARD,
MILK

2.5kg

MILK SULPHUR DIOXIDE

kg

GLUTEN MILK EGG MUSTARD CELERY SOYA

WHEAT, CEREAL/GLUTEN

MILK

CEREAL, GLUTEN, EGG, MILK, MUSTARD, CELERY,
SOYA

9" x 16

2.55kg

200g

CEREAL GLUTEN MILK EGG

Gluten content is less than 20ppm.

FISH CEREAL GLUTEN WHEAT

GLUTEN / CEREAL, WHEAT

MILK

CEREAL GLUTEN WHEAT

CEREAL GLUTEN MILK EGGS SOYA

FISH CEREAL GLUTEN WHEAT

FISH