

Regen Kitchen (Band A)

Week 3

Menu Item	Ingredient list	ALLERGENS
Monday		
Meatballs	Meatballs D.Prime	CEREAL GLUTEN MILK
Tomato Pasta Bake	Pasta Penne Knorr Tomato & Basil Sauce Grated Cheese	CEREAL GLUTEN, WHEAT MILK
Broccoli Carrots	Broccoli Florets 40/60 Sliced Carrot Rings	
Salad Bar	Iceburg lettuce Carrots Cucumber Tomatoes	
Mash Potatoes	Maggi Mash	Gluten content is less than 20ppm. SULPHUR_DIOXIDE,MILK
Gravy	Instant Maggi Gravy	CEREAL, GLUTEN, EGG, MILK, MUSTARD, CELERY, SOYA
Chocolate Mable Sponge	MCD plain sponge mix Cocoa Powder	CEREAL, GLUTEN, MILK, EGGS, SOYA
Fresh Fruit	Selection fruit	
White Bread	Fletchers White Bread	CEREAL, GLUTEN, SOYA
Brown Bread	Fletchers Brown Bread	CEREAL, GLUTEN, SOYA
Halal Meatballs		
GF DF Meatballs	GF DF MEATBALLS	SOYA SULPHUR DIOXIDE
Tuesday		
Chicken Curry	Tikka Masala sauce Diced Chicken Thigh	MILK, Gluten content is less than 20ppm.
Rice	Frozen Rice	Gluten content is less than 20ppm.
Pasta Napolitana	Pasta Penne Knorr Tomato & Basil Sauce Grated Cheese	CEREAL GLUTEN, WHEAT MILK
Sweetcorn	Frozen Sweetcorn	

Peas	Peas Frozen	
Individual Fruit Yoghurt Pot	G.Acre Mix Yoghurt	milk
Halal Chicken Curry	Tikka Masala sauce Halal Diced Chicken	MILK, Gluten content is less than 20ppm.
DF GF Chicken Curry	Bens Balti Curry Sauce Fresh onions Diced Chicken Thigh	
Wednesday		
Breaded Chicken Steak Cheese & Tomato Calzone	Breaded Chicken Steak 7" Calzone Pizza Spiced Pizza Sauce Grated White Cheese	CELERY SOYA CEREAL GLUTEN MILK WHEAT MUSTARD GLUTEN CEREAL MILK EGG MILK
Potato Croquette	Lutosa Potato Croquettes	SULPHUR DIOXIDE, CEREAL, GLUTEN, WHEAT, MILK
Peas Carrots	Peas Frozen Sliced Carrot Rings	
Jelly Mandarins	MCDougals Raspberry Jelly Tinned Mandarins veggie jelly	
Halal Chicken Steak GF DF Chicken Steak	Breaded Chicken Steak Flat Cooked Chicken Breast	CELERY, SOYA, WHEAT, CEREAL, GLUTEN, MUSTARD, MILK
Thursday		
RoastTurkey	Frozen sliced Turkey	
Margherita Pizza	Wholemeal Pizza Crust Spiced Pizza Sauce Grated White Cheese	WHEAT, CEREAL/GLUTEN MILK
Roast Potatoes	Fresh Potatoes Frozen Potatoes	
Broccoli Sweetcorn	Frozen Broccoli Frozen Sweetcorn	
Instant Gravy	Instant Maggi Gravy	CEREAL, GLUTEN, EGG, MILK, MUSTARD, CELERY, SOYA
Halal Pizza as above		

GF DF Margherita Pizza	DF GF Pizza Crust Spiced Pizza Sauce DF Cheese	Gluten content is less than 20ppm.
Jam Split & Fruit Wedge	Jam Welsh Cake Orange	CEREAL / GLUTEN, WHEAT, MILK, EGG
Friday		
Baked Fish Fillet	Pollock 3 Ocean	FISH CEREAL GLUTEN WHEAT
Cheese Wrap	Wraps Tortilla 10" Mild Cheddar Block	GLUTEN / CEREAL, WHEAT MILK
Chipped Potatoes Pasta	Chips/Frites Pasta Shells	CEREAL GLUTEN WHEAT
Baked Beans Carrots	RED sug/salt Baked Beans Sliced Carrot Rings	
Chocolate Cookie	Cocoa Cookie Mix	CEREAL GLUTEN SULPHUR DIOXIDE MILK EGG NUTS SOYA
Halal GF & DF Fish Fingers	Pollock 3 Ocean GF & DF Fish Fingers	FISH CEREAL GLUTEN WHEAT FISH
Baked Beans Carrots	RED sug/salt Baked Beans Sliced Carrot Rings	
Cookie	Plain Cookie Mix McDougals	CEREAL GLUTEN MILK EGGS SOYA
Halal GF & DF Fish Fingers	Pollock 3 Ocean GF & DF Fish Fingers	FISH CEREAL GLUTEN WHEAT FISH