

## Thursday week 1 - Ingredients are subject to change Checked 16/03/2026

### Nacho Chicken

#### Chicken Fillet

**Rich n Rustic** Sun ripened tomatoes (48.8%), puree of sun ripened tomatoes (41.5%), onion 5%, sunflower oil, sugar, salt, herbs and spices (black pepper, basil, oregano), garlic, firming agent (calcium chloride).

**Chopped Tomatoes** Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)

**Herbs** Parsley, basil, thyme, marjoram, oregano

**Garlic**

**Paprika**

**Tortilla Chips** Maize Flour, Sunflower Oil, Salt

**Cheese**

**Contains: Milk**

### Quorn Nacho

**Quorn Pieces** Mycoprotein (93%), Rapeseed Protein, Natural Flavouring, Potato Protein, Mushroom Extract (Maltodextrin, Mushroom Extract). Ingredient Statements Regulatory labelling statement required: Rapeseed protein may cause allergic reactions to consumers who are allergic to mustard and products thereof.

**May Contain: Mustard**

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**Chopped Tomatoes** Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)

**Herbs** Parsley, basil, thyme, marjoram, oregano

**Garlic**

**Paprika**

**Tortilla Chips** Maize Flour, Sunflower Oil, Salt

**Cheese**

**Contains: Milk**

### Rice

### Runner Beans

### Chocolate Oat Cake

**Coco** Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum

**Oats**

**Sugar**

**Plain Flour**

**Margarine** vegetable oils (rapeseed oil, palm oil, sunflower oil), water, salt, emulsifier (mono- and diglycerides of fatty acids), acid (citric acid), natural flavour, vitamins (A, D), colour (beta carotene).

**Baking Powder**

**Icing Sugar**