

Thursday Week 2 - Ingredients subject to change Checked 16/03/2026

Battered Nuggets Chicken Breast, Water, Wheat Flour, Maize/Corn Starch, Wheat Starch, Rice Flour. Disodium diphosphate, Sodium Bicarbonate, Sodium Aluminum phosphate. Salt, Garlic Powder, Onion powder, Yeast Extract, Black Pepper, Natural Flavours

Contains: Cereals containing Gluten

Quorn Nuggets Mycoprotein (61%), Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Pea Fibre, Natural Flavouring, Durum WHEAT Semolina, Potato Protein, Pea Protein, WHEAT Gluten, Maize Flour, WHEAT Starch, Dextrose, Raising Agents: Disodium Bicarbonate, Sodium Bicarbonate, Salt, Turmeric Extract.

Contains: Cereals containing Gluten

Sweet & Sour Sauce Water, Sugar (17%), Tomato Paste (10%), Onion, Pineapple Juice (5%), Thickener: Modified Maize Starch; Acidity Regulator: Acetic Acid; Paprika, Salt, Ginger Powder, Paprika Extract, Black Pepper.

Rice

Stir Fry Veg Tauge (30%), Red sliced peppers (15%), Cut leeks (15%), Bamboo shoots (10%), Black fungus (10%), Carrots 'julienne' (10%), Sliced onions (5%), Sugar snaps (5%)

Carrot Cake Mix WHEAT Flour (WHEAT, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Whole EGG Powder, Malted BARLEY, Maize Starch, Raising Agents (E500(ii), E450(i)), Palm Oil, SOYA Flour, Modified Maize Starch, Whey Powder (MILK), Acid Casein (MILK), Sodium Carbonate, Disodium Phosphate, Salt, Emulsifier (Rice Starch, E475, E471), Colour (Caramel Powder), Flavourings, Thickener (Xanthan Gum), Ground Cinnamon.

Contains: Cereals containing Gluten, Soybeans, Milk, Eggs

Carrots

Icing Sugar Icing Sugar (97%), Maize Starch

Cinnamon