

Tuesday Week 3 - Ingredients subject to change Checked 16/03/2026

Chicken Fillet

Breadcrumbs WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Salt, Yeast

Contains: Cereals containing Gluten

Butter 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).

Katsu Sauce Water, Sugar, Rapeseed Oil, Coconut Cream (5%) (Coconut Extract, Water), SOY Sauce (Water, SOYA Beans, WHEAT, Salt), Modified Maize Starch, Curry Powder (Coriander, Turmeric, Garlic, Salt, Fenugreek, Fennel, Cumin, Black Pepper, Bay Leaf, Cinnamon), Turmeric, Garlic Powder, Acidity Regulator: Citric Acid; Red Peppers, Carrot Flake, Ginger Powder (0.6%), Salt, Black Pepper, Chinese Five Spice (Fennel, Cassia, Star Anise, Cloves, Black Pepper), Ground Fenugreek, Onion Powder, Coriander

Contains: Cereals containing Gluten, Soybeans

Sweet Potato Lentil Curry

Sweet Potato

Lentil

Rich & 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).

Garlic

Herbs Parsley, basil, thyme, marjoram, oregano

Chilli Powder

Coconut Milk Coconut Extract (70%), Water, Stabilisers: Guar Gum, Carboxymethyl Cellulose; Emulsifier: Polysorbate 60.

Rice

Broccoli

Lemon Drizzle Cake

Sponge Mix WHEAT Flour (WHEAT, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dextrose, Palm Oil, Butter MILK Powder, Dried Whole EGG Powder, Emulsifier (Glucose Syrup, E472b, E477, SOYA Flour), Raising Agent (E500(ii)), Skimmed MILK Powder, Leavening Agent (E450(vii), E341(i)), MILK Protein (Whey Powder, Acid Casein), Dried EGG White Powder, Raising Agent (E450(i), E526, E341), Flavouring, Thickener (Xanthan Gum).

Contains: Cereals containing Gluten, Soybeans, Milk, Eggs

Lemons

Sugar