

## Thursday week 3 - Ingredients Subject to change Checked 22.10.25

### Chicken Tikka Masala

#### Chicken

**Tikka Sauce** Water, Tomato (15%), Tomato Paste (15%), Onion, Sugar, Rapeseed Oil, Double Cream (MILK) (3.5%), Modified Maize Starch, Lemon Juice Concentrate, Onion Powder, Paprika, Garlic Powder, Cinnamon, Salt, Ginger Powder, Acidity Regulator: Citric Acid; Cumin Powder, Coriander Leaf (0.2%), Coriander Powder (0.2%), Turmeric, Fenugreek Leaf, Fennel, Chilli Powder, Black Pepper, Paprika Extract, Cardamom, Clove, Cumin Seeds, Black Onion Seeds.

**Contains: Milk**

#### Onion

### Spinach lentil Dahl

#### Lentils

#### Garlic

#### Garam Masala

#### Cumin

#### Ginger

#### Chilli

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

**Veg Stock** Salt, Potato Starch, WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Dried Glucose Syrup, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Onion Extract, Flavourings, Palm Oil, Yeast Extract (contains BARLEY), Tomato Powder, Dried Herbs (Parsley, Thyme), Sugar, Black Pepper Extract.

**Contains: Cereals containing Gluten**

#### Spinach

#### Red Onion

### Fruit of the Week

**Ice Cream** Water, Sugar, Palm Oil, Buttermilk Powder (MILK), Whey Powder (MILK), Dextrose, Skimmed Milk Powder (MILK), Emulsifier (Mono & Di Glycerides of Fatty Acids), Stabilisers (Cellulose Gum, Guar Gum, Locust Bean Gum), Flavourings, Colours (Annatto Norbixin, Curcumin.)

**Contains: Milk**