

Tiny Tasters



Week 2

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	Lunch ingredients	Dessert ingredients
Monday	British chicken breast pieces, yoghurt , onions, tomatoes, cumin, turmeric, cauliflower, cabbage, garam masala, peas, carrots, basmati rice, vegetable oil, red lentils	Peaches, natural yoghurt
Tuesday	Cod and pollock fish fillets , peas, leeks, potatoes, flora spread (Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A) cheese , white sauce (Maltodextrin, skimmed MILK powder (18%), palm fat, modified starches (corn, potato), WHEAT flour (10%), salt, potato starch, lactose (MILK) , MILK proteins, sugar, onion powder, yeast extract, flavourings (contain MILK))	Bananas, natural yoghurt
Wednesday	Soya mince (SOYA Protein, Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator, White Pepper), tomatoes , tomato puree , pasta (durham wheat and wholemeal wheat semolina), sweetcorn , garlic, onions, lentils, carrots, tomato puree , mixed herbs, olive oil, vegetable stock (Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2.7%), carrot juice concentrate* (2.6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0.4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric)	Mixed melon slices
Thursday	British turkey thigh, new potatoes, carrots, broccoli, vegetable oil, garlic, sage, Quorn (Mycoprotein (85%), Natural Flavouring, Potato Protein, Pea Fibre, WHEAT Gluten, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted BARLEY Malt Extract. Stabiliser: Carrageenan), gluten free gravy (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Palm, Rapeseed, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract)	Strawberry puree, natural yoghurt ,
Friday	Pasta (durham wheat and wholemeal wheat semolina), broccoli, peppers, cannellini beans, mushrooms, red onions, spinach, garlic, tomatoes, tomato puree, peppers, cheese ,	Apples, plums, plain yoghurt

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