

Tiny Tasters



Week 1

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	Lunch ingredients	Dessert ingredients
Monday	Pasta (durham wheat and wholewheat semolina), tomatoes, black beans, sweetcorn, olive oil, onions, peppers, garlic, tomato puree, mixed herbs, cheese , sweetcorn, fajita seasoning (salt, sugar, dried onion, paprika, garlic powder, mustard flour, ground coriander, lemon peel powder)	Natural yoghurt , blackberry puree
Tuesday	Broccoli, potatoes, lentils, coconut milk, onions, green beans, tamarind paste (Tamarind Concentrate (44%), Water, Sugar, Cornflour, Salt, Acidity Regulator (Citric Acid), carrots, garlic, vegetable oil, massaman curry paste (shallot, red chilli, garlic, salt, lemongrass, galangal, white pepper, cumin, cinnamon, clove, acidity regulator) basmati rice, gluten free veg 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*)	Bananas, oat milk (Oat base (97.0%) (Water, Oat (8.3%)), Soluble corn fiber, Sunflower oil, Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (B2, B12, D2) Custard powder (maize starch, colour annatto norbixin)
Wednesday	Pasta (durham wheat semolina) tomatoes, cannellini beans, butternut squash, kale, mushrooms, onions, garlic, olive oil	Apples, cinnamon
Thursday	British stewing beef, potatoes, carrots, leeks, mushrooms, beef stock (Maltodextrin, salt, flavourings, yeast extract, beef broth (2,3%), beef fat (1,9%) [beef fat, antioxidant (extracts of rosemary)], sugar, toasted onion*, lovage roots*), tomato puree, onions, bay leaf, garlic, pepper, vegetable oil	Diced seasonal fruit
Friday	British chicken breast and thigh pieces, carrots, butternut squash, basmati rice, onions, sultanas, turmeric, lemon juice, cumin, cinnamon, chicken stock (Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*), olive oil, bay leaf	Plums, plum juice, wheat flour , vegetable spread (Water, Vegetable Oils(Sunflower Oil, Palm Oil), Emulsifier(Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyrinoleate), Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), natural yoghurt .

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