Nutribom
Nutritious and delicious

WEEK 1 Winter Menu TEA

Monday – Chicken Wraps (Vegan Alternative - Peas)
Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Palm Oil, Humectant (Glycerine), Raising Agents (Diphosphates, Sodium Bicarbonate), Rapeseed Oil, Acidity Regulators (Citric Acid, Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Stabiliser (Sodium Carboxymethylcellulose), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Chicken, Onions, Carrots, Peppers, Tomato, Thyme, Garlic, Oregano, Sweetcorn, Rapeseed Oil And Salt.

Tuesday – Tuna Pomodoro (Vegan Alternative - Broccoli)
Tuna (Fish), Pasta (Durum **Wheat**, Semolina), Tomato, Garlic, Basil, Onions, Carrots, **Celery**, Green Beans, Rapeseed Oil And Salt.

Wednesday – Primavera Rice (Cold) (Vegan Alternative – Green Beans)
Rice, Pork Leg, Salt, Stabilisers (Triphosphates; Diphosphates), Sugar, Yeast Extract, Dextrose, Antioxidants (Sodium Ascorbate, Sodium Citratate), Preservative (Sodium Nitrite), Natural Flavouring, Made with 100g of Pork per 100g finished product 100% Meat, Peas, Sweetcorn, Carrot, And Salt.

Thursday – Vegetable Pizza
Peppers, Sweetcorn, **Wheat** Flour (Wheat Flour, Calcium Carbonate, Iron, Vitamin B3, Vitamin B1), Flour Treatment Agent: Ascorbic Acid, Yeast, Sugar, Oregano, Tomato, Garlic, Cheese (**Milk**), Potato Starch, Rapeseed Oil And Salt.

Friday – Vegetable Curry
Madras Curry Powder (Coriander Powder, Turmeric, Cumin, Chickpea Flour, Fenugreek, Fennel, Salt, **Mustard** Powder, Chilli Powder, Cardamom, Garlic Powder, Black Pepper, Clove), Potatoes, Pepper, Onions, Garlic, Carrots, Tomato, Peas, Broccoli, Rapeseed Oil And Salt.

Nutribom
Nutritious and delicious

WEEK 2 Winter Menu TEA

Monday – Baked White Fish With Potatoes (Vegan Alternative - Broccoli)
Potatoes, Pepper, White **Fish**, Tomato, Peas, Peppers And Salt.

Tuesday – Vegetable Pasta
Pasta (100% Durum **Wheat** Semolina), Onion, Carrot, Garlic, Peppers, Tomato, Peas, Spinach, Rapeseed Oil And Salt.

Wednesday – Topped Focaccia (Cold) (Vegan Alternative - Peppers)
Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Vitamin B3, Vitamin B1), Flour Treatment Agent: Ascorbic Acid, Yeast, Sugar, Tomato, Chicken, Sweetcorn, Garlic, Oregano, Rapeseed Oil And Salt.

Thursday – Roast Chicken With Potatoes (Vegan Alternative – Broccoli)
Chicken, Potato, Pepper, Carrots, Onions, Garlic, Cauliflower, Gravy - Maize Starch, Potato Starch, Maltodextrin, Salt, Sugar, Caramelized Sugar Powder, Rice Flour, Flavoring, Stabilizer (Guar Gum), Sunflower Oil, Yeast Extract Powder, Acid (Citric Acid), Onion Powder, Sage, Tomato Powder, Rapeseed Oil And Salt.

Friday – Beef And Vegetable Rice Bowl (Vegan Alternative - Peas)
Rice, Beef, Broccoli, Mushrooms, Carrots, Onions, Garlic, Celery, Tomato, Oregano, Paprika, Rapeseed Oil And Salt.