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Week 1		Lunch	Ingredients	Side Dish	Dessert	
Monday	Reg	**Chicken Pasta in a Blended Tomato & Mixed Bell Pepper Sauce (G)** *(T)*	Chicken, Pasta **(WHEAT)**, Bell Peppers, Green Beans, Sweetcorn, Peas, *TOMATO* , Carrot, Onions, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices, Herbs		**Raspberry Fromage Frais (D)**	Fromage Frais **(MILK),** Raspberry
	Veg	**Butter Bean Pasta in a Blended Tomato & Mixed Bell Pepper Sauce (G)** *(T)*	Butter Beans, Pasta **(WHEAT)**, Bell Peppers, Green Beans, Sweetcorn, Peas, *TOMATO* , Carrot, Onions, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices, Herbs			
Tuesday (V)	Veg	**Butternut Squash and Mango Curry** *(T)*	Lentils, Butternut Squash, Pea, *TOMATO* , Carrot, Onions, Garlic, Cumin, Coriander, Mango Chutney (Mangoes, Sugar, Salt, Acetic Acid (naturally produced), Whole Garlic Cloves, Cumin Seeds, Mixed Spices, Fenugreek Seeds, Nigella Seeds, Black Peppercorns, Cardamom Pods, Whole Cloves, Herb.), Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Herbs, Spices	**White Rice Mint Raita (D)** Natural Yoghurt **(MILK),** Mint	**Seasonal Melon**	
Wednesday (V)	Veg	**Cheese & Beans (D)** *(T)*	Cheese (**MILK**), Haricot Beans, *TOMATO,* Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring.	**Jacket Potato**	**Peach Yoghurt (D)**	Natural Yoghurt **(MILK)**, Peach
Thursday	Reg	**Italian Lamb Ragu w/ Penne Pasta (G)** *(T)* **(C)**	Lamb Mince, Pasta **(WHEAT)**, Sweetcorn, **CELERY**, Carrot, *TOMATO* , Onions, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices, Herbs		**Lemon, Carrot and Cream Cheese Mini Slice (G) (E) (D)**	Self Raising Flour **(WHEAT)**, **EGG**, Butter **(MILK)**, Banana, Lemon, Carrot, Cream Cheese **(MILK)**
	Veg	**Italian Mixed Vegetable Ragu w/ Penne Pasta (G)** *(T)* **(C)**	Chickpeas, Kidney Beans, Buter Beans, Pasta **(WHEAT)**, Sweetcorn, **CELERY**, **TOMATO**, Carrot, Onions, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices, Herbs			
Friday	Reg	**Butchers Pork Sausage w/ Onion Gravy (SD)**	Pork, Water, Gluten Free Rice Crumb (Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose), (Sea Salt, Sugar, Spices, Emulsifier (Diphosphate), Herbs, Preservative (Sodium **METABISULPHITE**), Yeast Extract, Rice Flour, Natural Flavouring, Antioxidants (Ascorbic Acid, Sodium Ascorbate), Dehydrated Onion), Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic.)	**Peas Sweet Potato & Potato Mash (D)** Potato, Sweet Potato, **MILK**, Butter **(MILK)**	**Fruit Salsa**	
	Veg	**Vegetarian Sausage w/ Onion Gravy (G) (S)** *(T)* **(SD)**	Vegetarian Sausage (Rehydrated Textured **SOYA** Protein, Water, Rapeseed Oil, **SOYA** Protein Concentrate, Seasoning **(SULPHITES)** (Dextrose, Salt, Flavouring, Onion Powder, Yeast Extract, Colour (red iron oxide)), Fortified **WHEAT** flour **(WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Stabiliser (Methyl Cellulose), *TOMATO* Purée, Salt, Raising Agent (ammonium carbonates.), Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic.)			

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Week 2		Lunch	Ingredients	Side Dish	Dessert	
Monday	Reg	**Mexican Beef Stew** *(T)*	Beef, Haricot Beans, Sweetcorn, Swede, Bell Peppers, *TOMATO* , Carrot, Onion, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper)	**Coriander & Lime Rice**	**Pineapple & Mango Fromage Frais (D)**	Fromage Frais **(MILK)**, Pineapple, Mango
	Veg	**Mexican Bean Stew** *(T)*	Black Bean, Kidney Beans, Haricot Beans, Sweetcorn, Swede, Bell Peppers, *TOMATO* , Carrot, Onion, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper)			
Tuesday	Reg	**Lightly Seasoned Chicken in Gravy**	Chicken Breast, Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic)	**Carrots, Sweetcorn, Peas, Broad Beans, Green Beans & Baby Potato,**	**Banana Custard (D)**	Banana, **MILK**, Maize Starch, Salt, Colour (Annatto Norbixin) Flavouring
	Veg	**Country Bean Hot Pot** *(T)*	Black Bean, Cannellini Beans, Chickpea , *Tomato* , Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic)			
Wednesday (V)	Veg	**Coriander Spiced-Lentil Pasta Shells (G)** *(T)*	Lentils, Pasta **(WHEAT),** Butternut Squash, *TOMATO,* Carrot, Onion, Garlic, Coriander, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices, Herbs		**Rice Pudding with Mixed Berries (D)**	Rice, Water, **MILK**, Mixed Berries
Thursday	Reg	**Fish Chowder (F) (G) (D)**	**POLLOCK (FISH)**, **SALMON (FISH)**, Potato, Carrots, Peas, Broad Bean, Green Bean, Sweetcorn, Peppers, Flour **(WHEAT),** Butter **(MILK),** Water, **MILK**, Parsley, Garlic, Onions	**Wholemeal Bread (G)(S)** (Wholemeal **WHEAT** Flour, Water, Yeast, **WHEAT GLUTEN, SOYA** Flour, Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono-and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)	**Orange Smiles**	
	Veg	**3-Bean Chowder (G) (D)**	Kidney Beans, Cannellini Beans, Butter Beans, Potato, Carrots, Peas, Broad Bean, Green Bean, Sweetcorn, Peppers, Flour (**WHEAT**), Butter (**MILK**), Water, **MILK**, Parsley, Garlic, Onions			
Friday	Reg	**Chicken Tikka Masala** *(T)*	Chicken, Peas, Green Beans, Potato, *TOMATO,* Carrot, Onion, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.),Tikka Paste (Water, Ground Spices [Turmeric, Paprika, Cumin , Coriander, Rapeseed Oil, Salt, Maize Flour, Acids (Acetic Acid, Citric Acid), Tamarind, Garlic Powder, Cumin Seed, Paprika Extract, Dried Fenugreek Leaf, Dried Coriander Leaf. Onion, Spices, Herbs	**White Rice**	**Blueberry, Sweet Potato and Cream Cheese Mini Slice (G) (E) (D)**	Self Raising Flour **(WHEAT)**, Butter **(MILK)**, **EGG,** Banana, Blueberry, Sweet Potato, Cream Cheese **(MILK)**
	Veg	**Cauliflower & Lentil Tikka Masala** *(T)*	Lentils, Cauliflower, Peas, Green Beans, Potato, *TOMATO,* Carrot, Onion, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Tikka Paste (Water, Ground Spices [Turmeric, Paprika, Cumin , Coriander, Rapeseed Oil, Salt, Maize Flour, Acids (Acetic Acid, Citric Acid), Tamarind, Garlic Powder, Cumin Seed, Paprika Extract, Dried Fenugreek Leaf, Dried Coriander Leaf. Onion, Spices, Herbs			

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Week 3		Lunch	Ingredients	Side Dish	Dessert	
Monday	Reg	**Fish Paella (F)** *(T)* **(SD)**	**Pollock (FISH)**, Rice, Mixed Pepper, Swede, Butternut Squash, Peas, TOMATO, Lemon Juice **(POTASSIUM METABISULPHITE)**, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices		**Vanilla & Cherry Yoghurt (D)**	Yoghurt **(MILK),** Vanilla, Cherry
	Veg	**Cannellini Bean Paella (SD)** *(T)*	Cannellini Bean, Rice, Mixed Pepper, Swede, Butternut Squash, Peas, TOMATO, Lemon Juice **(POTASSIUM METABISULPHITE**), Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Onion, Herbs, Spices			
Tuesday (V)	Veg	**Chickpea Curry** *(T)*	Chickpea, Potato, *TOMATO* , Courgette, Carrot, Onions, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Spices, Herbs	**Wholemeal Chapati (G)** Water, **WHEAT** Flour(**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Wholemeal **WHEAT** Flour (**WHEAT** Flour, **WHEAT GLUTEN**), Rapeseed Oil, Salt	**Pears in Custard (D)**	Pear, **MILK**, Maize Starch, Salt, Colour (Annatto Norbixin) Flavouring
Wednesday	Reg	**Pork Meatballs & Peas in Gravy (G) (E)**	Pork Meatball (Pork, **Breadcrumbs** (**WHEAT** Flour, Water, Salt, Yeast), Onion, **EGG**, Salt, Dried Onion, Rapeseed Oil, White Pepper, Nutmeg), Peas, Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic)	**Root Vegetable Mash (D)** Carrot, Swede, Potato, **MILK**, Butter **(MILK)**	**Berry Delight (D)**	Natural Yoghurt **(MILK)**, Fromage Frais **(MILK),** Mixed Berries
	Veg	**Vegetarian Balls & Peas in Gravy (G) (S)**	Vegetarian Ball (Rehydrated textured **SOYA** protein, onion, rapeseed oil, water, **SOYA** protein isolate, flavourings, chickpea flour, stabiliser: methyl cellulose; onion powder, WHEAT gluten, dextrose, sugar, **SOYA,** malted **BARLEY** extract, maize, garlic powder, fortified **WHEAT** flour **(WHEAT** flour, calcium carbonate, iron, niacin, thiamine), white pepper, pimento, nutmeg, black pepper, paprika, parsley, dill, acid: citric acid; colour: sulphite ammonia caramel; salt, raising agent: ammonium carbonates, Peas, Gravy (Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic)			
Thursday	Reg	**Beef Bolognese (C)** *(T)*	Mince Beef, Bell Peppers, *TOMATO* , Courgette, Carrot, **CELERY**, Onions, Garlic, Herbs, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.)	**Jacket Potato Chive Dip (D)** Natural Yoghurt **(MILK),** Chive	**Pineapple, Courgette and Cream Cheese Mini Slice (G) (E) (D)**	Self Raising Flour (**WHEAT**), Butter (**MILK**), **EGG**, Banana, Pineapple, Courgette, Cream Cheese **(MILK)**
	Veg	**Vegan Bolognese (C)** *(T)*	Kidney Beans, Cannellini Beans, Bell Peppers, *TOMATO* , Courgette, Carrot, **CELERY**, Onions, Garlic, Herbs, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant t(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.)			
Friday	Reg	**Tuna Pasta w/ Hidden Vegetable Sauce (F) (G)** *(T)*	Tuna **(FISH)**, Pasta **(WHEAT),** Peas, Broccoli, Sweetcorn, Carrot, *TOMATO* , Onions, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.) Spices, Herbs	**Cheese**	**Seasonal Melon**	
	Veg	**Mushroom & Lentil Pasta w/ Hidden Vegetable Sauce (G)** *(T)*	Red Split Lentil, Pasta **(WHEAT)**, Mushroom, Peas, Broccoli, Sweetcorn, Carrot, *TOMATO* , Onions, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.) Spices, Herbs			

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Week 4		Lunch	Ingredients	Side Dish	Dessert	
Monday	Reg	**Moroccan Apricot Chicken** *(T)*	Chicken, Apricots, Carrots, Peas, *TOMATO,* Onions, Garlic, Carrot, Ginger, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Spices, Herbs	**Couscous (G)** **(WHEAT)**	**Strawberry Yoghurt (D)**	Natural Yoghurt **(MILK),** Strawberry
	Veg	**Moroccan Apricot Chickpea** *(T)*	Chickpea, Apricots, Carrots, Peas, *TOMATO* , Onions, Garlic, Carrot, Ginger, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Spices, Herbs			
Tuesday (V)	Veg	**Tomato & Basil Pomodoro (G)** *(T)*	Butter Beans, Pasta (**WHEAT**), *TOMATO* , Carrot, Onions, Basil, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices, Herbs		**Mango Rice Pudding (D)**	Rice, Water, **MILK,** Mango
Wednesday	Reg	**Creamy Chicken & Leek Pie (D) (G)**	Chicken, Leek, Cauliflower, Broccoli, Peas, Green Beans, Broad Beans, Carrot, Sweetcorn, Onion, Garlic, Coriander**,** Bechamel Sauce **(WHEAT** Flour, Butter (**MILK**), **MILK)**, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices, Herbs	**Baby Potato Pastry Lid (G)** **Puff Pastry (WHEAT** Flour, Margarine (Palm Fat, Water, Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Acidity Regulator: Citric Acid), Water, Ethanol, Sugar, Salt, Acidity Regulator: Citric Acid.)	**Cheese & Apple (D)**	**Cheese (MILK),** Apple
	Veg	**Creamy Bean & Vegetable Pie (D) (G)**	Cannellini Beans, Leek, Cauliflower, Broccoli, Peas, Green Beans, Broad Beans, Carrot, Sweetcorn, Onion, Garlic, Coriander, Bechamel Sauce **(WHEAT** Flour**,** Butter **(MILK), MILK)**, Vegetable Stock, (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices, Herbs			
Thursday	Reg	**Lamb Chilli Con Carne** *(T)*	Lamb Mince, Kidney Bean, Bell Peppers, Carrot, *TOMATO* , Onions, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices, Herbs	**Rice**	**Natural Yoghurt w/ Mandarin Coulis (D)**	Natural Yoghurt (**MILK),** Mandarin
	Veg	**Vegan 3-Bean Chilli** *(T)*	Kidney Bean, Cannellini Bean, Butter Bean, Bell Peppers, Carrot, *TOMATO* , Onions, Garlic, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.), Spices , Herbs			
Friday	Reg	**Tuna & Sweetcorn Mayonnaise (F) (E)**	Tuna **(FISH)**, Sweetcorn, Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Stabiliser (Xanthan Gum), **EGG** yolk powder (**EGG** Yolk Powder, Salt, Maltodextrin), Salt, Preservatives (Acetic Acid, Potassium Sorbate), Acidity Regulator (Lactic Acid, Colour (Mixed Carotenoids)	**Jacket Potato**	**Strawberry, Carrot & Cream Cheese Mini Slice (G) (E) (D)**	Strawberry, Carrot, Banana, Cream Cheese **(MILK)**, Self Raising Flour **(WHEAT), EGG,** Butter **(MILK),**
	Veg	**White Bean, Cheese & Sweetcorn Mayonnaise (D) (E)**	Cannellini Beans, Cheese (**MILK**), Sweetcorn, Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Stabiliser (Xanthan Gum), **EGG** yolk powder (**EGG** Yolk Powder, Salt, Maltodextrin), Salt, Preservatives (Acetic Acid, Potassium Sorbate), Acidity Regulator (Lactic Acid, Colour (Mixed Carotenoids)			

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