

# WINTER Menu 2023

## Vegetarian



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	<p><b>VEGETABLE GOULASH SERVED (100G) WITH JACKET POTATO (100G)</b></p> <p><b>INGREDIENTS:</b> <i>Onion, Mixed Peppers, Broccoli, Carrot, Garlic Paste, Sweet Smoked Paprika, Tomato Puree, Chopped, Tomatoes, Vegetable Stock, Apple Juice, Dried Thyme, Worcestershire Sauce, Double Cream, Soy Sauce (Water, Soybean, Salt, Wheat Flour, Sugar, Colour - Plain Caramel, Acidity Regulators - Lactic Acid, Citric Acid, Preservative - Potassium Sorbate, Flavour Enhancers - E631 and E627), Mango Chutney, Green Lentils.</i></p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, BARLEY, MILK, SOYA</i></p>	<p><b>VEGETABLE PIE (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Potato, Cheddar Cheese, Carrot, Milk, Water, Bechamel Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Cornflour, Skimmed Milk Powder, Palm Oil, Sugar, Flavourings, Onion Powder, Salt, Ground White Pepper, Ground Bay, Ground Nutmeg), Onion, Dijon Mustard, Dill, Parsnip, Leek, Peas, Sweetcorn, Broccoli, Green Lentils.</i></p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, BARLEY, MILK, SOYA, SULPHITES</i></p>	<p><b>CHICKEN STYLE CURRY WITH VEGGIES (150G) SERVED WITH NAAN BREAD (40G)</b></p> <p><b>INGREDIENTS:</b> <i>Katsu Sauce (Onion, Carrot, Red Lentils, Sweet Potato, Cauliflower, Chicken Style Strips, Korma Paste, Mango Chutney, Vegetable Stock, Naan Bread.</i></p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, SOYA, MILK</i></p>	<p><b>HIDDEN VEGETABLE MEAT FREE MINCE BOLOGNAISE (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Onion, Mixed Peppers, Carrot, Apple, Garlic Powder, Tomato And Basil Sauce, Minced Meat Free Mince, Tomato Puree, Tomato Ketchup, Vegetable Stock (Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel)), Dried Oregano, Pasta.</i></p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, SOYA</i></p>	<p><b>ROAST QUORN IN GRAVY SERVED WITH ROAST POTATOES, PEAS AND CARROTS (180G)</b></p> <p><b>INGREDIENTS:</b> <i>Quorn, Potato, Carrot, Peas, Gravy (Maltodextrin, Potato Starch, Flavourings, Cornflour, Salt, Colour (Ammonia Caramel), Onion Powder, Acidity Regulator (Citric Acid)).</i></p> <p><b>ALLERGENS:</b> <i>NONE</i></p>
<b>Dessert</b>	<p><b>RICE PUDDING WITH FRUIT (100G)</b></p> <p><b>INGREDIENTS:</b> <i>Pudding Rice, Milk, Fruit.</i></p> <p><b>ALLERGENS:</b> <i>MILK, SULPHITES</i></p>	<p><b>STRAWBERRY AND VANILLA MOUSSE (90G)</b></p> <p><b>INGREDIENTS:</b> <i>Whey, Milk, Strawberry Flavouring, Vanilla flavouring.</i></p> <p><b>ALLERGENS:</b> <i>MILK</i></p>	<p><b>BANANA AND CARROT TRAY BAKE (80G)</b></p> <p><b>INGREDIENTS:</b> <i>Margarine, Egg, Banana, Carrot, Sultanas, Brown Sugar, Self-Raising Flour, Ground Cinnamon, Ground Mixed Spice, Ground Ginger, Sunflower Seeds, Pumpkin Seeds.</i></p> <p><b>ALLERGENS:</b> <i>EGG</i></p>	<p><b>VANILLA ICE CREAM POT (80G)</b></p> <p><b>INGREDIENTS:</b> <i>Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring.</i></p> <p><b>ALLERGENS:</b> <i>MILK</i></p>	<p><b>APPLE AND BLACKBERRY CRUMBLE (65G) SERVED WITH CUSTARD (60G)</b></p> <p><b>INGREDIENTS:</b> <i>Apple And Blackberry Pie Filling (Water, Apple (22%), Sugar, Blackberries (12%), Modified Maize Starch, Acidity Regulator (Citric Acid), Elderberry Concentrate, Apple Concentrate, Natural Flavouring, Preservative (Potassium Sorbate, Elderberry, Crumble Mix (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil), Wholemeal Wheat Flour, Demerara Sugar, Breadcrumbs, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Dextrose), Dextrose), Ready To Pour Custard.</i></p> <p><b>ALLERGENS:</b> <i>GLUTEN: WHEAT, MILK, EGG, SOYA</i></p>

# WINTER Menu 2023

## Vegetarian



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	<p><b>VEGETABLE, BEAN, SWEET-CORN AND BROCCOLI BAKE (200G)</b></p> <p><b>INGREDIENTS:</b> Penne Pasta, Broccoli, <b>Bechamel Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Cornflour, Skimmed Milk Powder, Palm Oil, Sugar, Flavourings, Onion Powder, Salt, Ground White Pepper, Ground Bay, Ground Nutmeg), Milk, Dijon Mustard, Cheddar Cheese, Sweetcorn, Edamame and Soya Beans.</b></p> <p><b>ALLERGENS:</b> <b>GLUTEN: WHEAT, MILK, SOYA, MUSTARD, SULPHITES</b></p>	<p><b>CHICKEN STYLE AND POTATO PIE (200G)</b></p> <p><b>INGREDIENTS:</b> Potato, <b>Cheddar Cheese, Carrot, Milk, Bechamel Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Cornflour, Skimmed Milk Powder, Palm Oil, Sugar, Flavourings, Onion Powder, Salt, Ground White Pepper, Ground Bay, Ground Nutmeg), Onion, Dijon Mustard (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Skimmed Milk Powder, Yeast, Salt, Kalonji Seeds (0.5%)), Chicken Style Strips, Leek, Thyme.</b></p> <p><b>ALLERGENS:</b> <b>GLUTEN: WHEAT, SOYA, MILK, MUSTARD, SULPHITES</b></p>	<p><b>MINTED MEAT FREE MINCE HOTPOT (200G)</b></p> <p><b>INGREDIENTS:</b> <b>Meat Free Mince, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy (Maltodextrin, Potato Starch, Flavourings, Cornflour, Salt, Colour (Ammonia Caramel), Onion Powder, Acidity Regulator (Citric Acid), Mint Sauce.</b></p> <p><b>ALLERGENS:</b> <b>SOYA</b></p>	<p><b>VEGETARIAN PAELLA (200G)</b></p> <p><b>INGREDIENTS:</b> Onion, Mixed Peppers, Garlic, <b>Chicken Style Strips, Sweet Smoked Paprika, Turmeric, Long Grain Rice, Tomatoes, Tomato Paste, Vegetable Stock (Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel)), Peas, Lemon, Thyme, Soy Sauce (Water, Soybean, Salt, Wheat Flour, Sugar, Colour - Plain Caramel, Acidity Regulators - Lactic Acid, Citric Acid, Preservative - Potassium Sorbate, Flavour Enhancers - E631 and E627)ate, Flavour Enhancers - E631 and E627).</b></p> <p><b>ALLERGENS:</b> <b>GLUTEN: WHEAT, SOYA</b></p>	<p><b>BREADED QUORN FINGERS (50G) SERVED WITH MASHED POTATO (70G) AND BAKED BEANS (55G)</b></p> <p><b>INGREDIENTS:</b> <b>Breaded Quorn Fingers, Baked Beans In Tomato Sauce, Potato, Vegetable Margarine.</b></p> <p><b>ALLERGENS:</b> <b>GLUTEN, WHEAT</b></p>
<b>Dessert</b>	<p><b>BLUEBERRY MUFFIN (50G)</b></p> <p><b>INGREDIENTS:</b> Sugar, <b>Wheat Flour, Rapeseed Oil, Egg, Blueberries, Humectant (Glycerine), Cornflour, Egg White, Whey Powder (Milk), Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Emulsifier (Sodium Stearoyl-2-Lactylate), Flavouring.</b></p> <p><b>ALLERGENS:</b> <b>GLUTEN: WHEAT, EGG, SOYA, MILK, SESAME</b></p>	<p><b>ORANGE AND MANGO SMOOTHIE (80G)</b></p> <p><b>INGREDIENTS:</b> Water, Mango Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier, Stabilisers (Tara Gum, Gaur Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Acidity Regulator (Citric Acid), Dextrose, Flavouring.</p> <p><b>ALLERGENS:</b> <b>NONE</b></p>	<p><b>BEETROOT BROWNIE (50G)</b></p> <p><b>INGREDIENTS:</b> <b>Plain Chocolate (Sugar, vegetable oil (palm), WHEAT flour (with calcium, iron, thiamin (B1), niacin (B3)), fat reduced cocoa powder (15%), whey powder (Milk), emulsifiers (Soya lecithin, polyglycerol polyricinoleate), flavouring), Butter, Caster Sugar, Egg, Vanilla Extract, Self-Raising Flour, Cocoa Powder, Beetroot .</b></p> <p><b>ALLERGENS:</b> <b>GLUTEN: WHEAT, SOYA, MILK, EGG</b></p>	<p><b>ICE CREAM ROLL (57G)</b></p> <p><b>INGREDIENTS:</b> Water, Plain Sponge (23%)(<b>Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Dextrose, Egg, Soya Flour, Egg White, Raising Agents(Disodium Diphosphate, Sodium Carbonate), Skimmed Milk Powder, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids)), Sugar, Palm Oil, Whey Solids (Milk), Whey Powder (Milk), Skimmed Milk Powder, Buttermilk Powder, Glucose, Stabilisers(Guar Gum, Xanthan Gum, Locust Bean Gum, Carboxymethyl Cellulose, Pectin), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Colours(Beetroot Red, Carotenes), Flavouring, Acidity Regulator(Citric Acid), Preservative(Potassium Sorbate).</b></p> <p><b>ALLERGENS:</b> <b>GLUTEN: WHEAT, MILK, EGG, SOYA</b></p>	<p><b>CARROT AND RAISIN FLAPJACK (50G)</b></p> <p><b>INGREDIENTS:</b> <b>Porridge Oats, Carrot, Raisins, Ground Cinnamon, Ground Ginger, Mixed Spice, Butter, Sunflower Oil, Golden Syrup, Light Brown Sugar, Vanilla Extract, Egg.</b></p> <p><b>ALLERGENS:</b> <b>GLUTEN: OATS, MILK, EGG</b></p>

# WINTER Menu 2023

## Vegetarian



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	<p><b>SWEET &amp; SOUR CHICKEN STYLE STRIPS (110G)</b> SERVED WITH RICE (90G)</p> <p>INGREDIENTS: <i>Chicken Style Strips, Tomato, Pineapple, Vinegar, Lemon, Garlic, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White Rice.</i></p> <p>ALLERGENS: <b>GLUTEN, WHEAT, SOYA</b></p>	<p><b>CHEESY BEAN AND POTATO PIE (200G)</b></p> <p>INGREDIENTS: <i>Potato, Cheese, Baked Beans, Chives, Onion, Tomatoes, Paprika.</i></p> <p>ALLERGENS: <b>MILK</b></p>	<p><b>VEGETARIAN PERUVIAN RICE (200G)</b></p> <p>INGREDIENTS: <i>Long Grain Rice, Onion, Carrot, Mixed Peppers, Meat Free Mince, Garlic, Tomatoes, Curry Powder, Vegetable Bouillon (Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel)), Dried Oregano, Tomato Ketchup, Sultanas, Soy Sauce (Water, Soybean, Salt, Wheat Flour, Sugar, Colour - Plain Caramel, Acidity Regulators - Lactic Acid, Citric Acid, Preservative - Potassium Sorbate, Flavour Enhancers - E631 and E627), Peas.</i></p> <p>ALLERGENS: <b>GLUTEN, WHEAT, BARLEY, SOYA</b></p>	<p><b>VEGGIE FINGERS (50G)</b> SERVED WITH <b>MASHED POTATO (70G) AND PEAS &amp; SWEETCORN (80G)</b></p> <p>INGREDIENTS: <i>Veggie Fingers (Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (WHEAT Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, WHEAT Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric), Potato, Peas, Sweetcorn .</i></p> <p>ALLERGENS: <b>GLUTEN: WHEAT, SULPHITES</b></p>	<p><b>CHICKEN STYLE PASTA BAKE (200G)</b></p> <p>INGREDIENTS: <i>Twist Pasta, Carrot, Leek, Garlic, Bechamel Powder (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Cornflour, Skimmed Milk Powder, Palm Oil, Sugar, Flavourings, Onion Powder, Salt, Ground White Pepper, Ground Bay, Ground Nutmeg), Milk, Vegetable Stock (Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel)), Dijon Mustard (Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Skimmed Milk Powder, Yeast, Salt, Kalonji Seeds (0.5%)), Cheddar Cheese, Thyme, Chicken Style Strips.</i></p> <p>ALLERGENS: <b>GLUTEN, WHEAT, MILK, SULPHITES, MUSTARD</b></p>
	<b>Dessert</b>	<p><b>THICK AND CREAMY YOGHURT (80G)</b></p> <p>INGREDIENTS: <i>Yogurt, Sugar, Strawberry Purée (4%), Cornflour, Concentrated Lemon Juice, Concentrated Elderberry.</i></p> <p>ALLERGENS: <b>MILK</b></p>	<p><b>FRUITY, OATY, CRISPIE SQUARES (50G)</b></p> <p>INGREDIENTS: <i>Porridge Oats, Rice Crispies, Dried Apricots, Sunflower Seeds, Butter, Golden Syrup, White Chocolate, Raisins.</i></p> <p>ALLERGENS: <b>GLUTEN, WHEAT, BARLEY, OATS, SOYA, SULPHITES, MILK</b></p>	<p><b>BREAD AND BUTTER PUDDING (100G)</b></p> <p>INGREDIENTS: <i>White Bread, Butter, Apricot Jam, Sultanas, Vanilla Extract, Egg, Double Cream, Milk, Caster Sugar.</i></p> <p>ALLERGENS: <b>GLUTEN: WHEAT, BARLEY, SOYA, SESAME, MILK, EGG</b></p>	<p><b>ICE CREAM POT (80G)</b></p> <p>INGREDIENTS: <i>Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring.</i></p> <p>ALLERGENS: <b>MILK</b></p>