

# WINTER Menu 2022/2023

## Allergen Free



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Week 1</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, Red Pepper Sauce (Onion, Dessert Apple, Carrot, Garlic Paste, Roasted Red Peppers, Vegetable Stock, Apple Juice, Thyme), 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), Apple Juice, Dried Thyme, Flora Professional Plant Based Cream, Mango Chutney, Green Lentils.</i></p> <p><b>ALLERGENS:</b> NONE</p>	<p><b>VEGETABLE PIE (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Potato, Violife Cheese (Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12), Cornflour, 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, Carrot, Dill, Parsnip, Leek, Peas, Sweetcorn, Broccoli, Green Lentils.</i></p> <p><b>ALLERGENS:</b> NONE</p>	<p><b>CHICKEN CURRY SERVED (150G) WITH RICE (40G)</b></p> <p><b>INGREDIENTS:</b> <i>Red Pepper Sauce (Onion, Dessert Apple, Carrot, Garlic Paste, Roasted Red Peppers, Vegetable Stock, Apple Juice, Thyme), Onion, Carrot, Red Lentils, Sweet Potato, Cauliflower, Chicken, Mango Chutney, 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), Garam Masala, Coriander, Turmeric, Cumin, Rice.</i></p> <p><b>ALLERGENS:</b> NONE</p>	<p><b>HIDDEN VEGETABLE BEEF BOLOGNAISE (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Onion, Mixed Peppers, Carrot, Apple, Garlic Powder, Red Pepper Sauce (Onion, Dessert Apple, Carrot, Garlic Paste, Roasted Red Peppers, Vegetable Stock, Apple Juice, Thyme), Mince Beef, Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Dried Oregano, Dried Basil, Free From Penne Pasta, Mango Chutney.</i></p> <p><b>ALLERGENS:</b> NONE</p>	<p><b>ROAST CHICKEN BREAST IN GRAVY, ROAST POTATOES, PEAS AND CARROTS (180G)</b></p> <p><b>INGREDIENTS:</b> <i>Chicken, 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> NONE</p>
<b>Lunch Week 2</b>	<p><b>VEGETABLE, SWEETCORN AND BROCCOLI BAKE (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Free From Penne Pasta, Broccoli, Sweetcorn, Mixed Peppers, Cornflour, 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), Violife Cheese (Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12).</i></p> <p><b>ALLERGENS:</b> NONE</p>	<p><b>CHICKEN AND POTATO PIE (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Potato, Violife Cheese (Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12), Cornflour, 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) Leek, Carrot, Spinach, Thyme, Chicken, Oregano.</i></p> <p><b>ALLERGENS:</b> NONE</p>	<p><b>MINTED LAMB HOTPOT (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Minced Lamb, 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.</i></p> <p><b>ALLERGENS:</b> NONE</p>	<p><b>PAELLA (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Onion, Mixed Peppers, Garlic, Chicken, Sweet Smoked Paprika, Turmeric, Long Grain Rice, Red Pepper Sauce (Onion, Dessert Apple, Carrot, Garlic Paste, Roasted Red Peppers, Vegetable Stock, Apple Juice, Thyme), Vegetable Stock (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Sweetcorn, Lemon, Sage, Thyme.</i></p> <p><b>ALLERGENS:</b> NONE</p>	<p><b>SPINACH AND FALAFEL BURGER (50G), PEAS (55G) AND MASHED POTATO (70G)</b></p> <p><b>INGREDIENTS:</b> <i>Spinach and Falafel Burger, Peas, Garlic, Chickpeas, Cumin, Coriander, Lemon, Vegetable Margarine, Potato.</i></p> <p><b>ALLERGENS:</b> NONE</p>
<b>Lunch Week 3</b>	<p><b>SWEET &amp; SOUR CHICKEN (110G) WITH RICE (90G)</b></p> <p><b>INGREDIENTS:</b> <i>Chicken, Pineapple, Vinegar, Lemon, Garlic, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, Red Pepper Sauce (Onion, Dessert Apple, Carrot, Garlic Paste, Roasted Red Peppers, Vegetable Stock, Apple Juice, Thyme), 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), White Rice.</i></p> <p><b>ALLERGENS:</b> NONE</p>	<p><b>CHEESY BEAN AND POTATO PIE (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Potato, Violife Cheese (Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12), Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Chives, Onion, Paprika, Red Pepper Sauce (Onion, Dessert Apple, Carrot, Garlic Paste, Roasted Red Peppers, Vegetable Stock, Apple Juice, Thyme), 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).</i></p> <p><b>ALLERGENS:</b> NONE</p>	<p><b>PERUVIAN RICE (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Long Grain Rice, Onion, Carrot, Mixed Peppers, Minced Beef, Cannellini Beans, Garlic, Red Pepper Sauce (Onion, Dessert Apple, Carrot, Garlic Paste, Roasted Red Peppers, Vegetable Stock, Apple Juice, Thyme), 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), Mango Chutney, 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), Dried Oregano, Sultanas, Peas, Mild Curry Powder.</i></p> <p><b>ALLERGENS:</b> NONE</p>	<p><b>VEGETABLE AND BEAN BURGER (50G), JACKET POTATO (100G), PEAS AND SWEETCORN (60G)</b></p> <p><b>INGREDIENTS:</b> <i>Vegetables (23%) (In varying proportions: Onion, Peas, Carrots), Water, Beans (13%) (In varying proportions: Cooked Red Kidney Beans, Cooked Haricot Beans), Cooked White Rice, Gluten Free Breadcrumbs (10%) (Rice Flour, Gram Flour, Maize Starch, Salt, Rapeseed Oil, Dextrose), Sunflower Oil, Dehydrated Potato, Maize Starch, Rapeseed Oil, Maize Flour, Rice Flour, Salt, Garlic Puree, Tomato Powder, Spices, Oregano, Thickener (Xanthan Gum), Potatoes, Peas, Sweetcorn, Lemon, Sage, Thyme.</i></p> <p><b>ALLERGENS:</b> NONE</p>	<p><b>CHICKEN PASTA BAKE (200G)</b></p> <p><b>INGREDIENTS:</b> <i>Free From Penne Pasta, Carrot, Onion, Mixed Peppers, Garlic, Red Pepper Sauce (Onion, Dessert Apple, Carrot, Garlic Paste, Roasted Red Peppers, Vegetable Stock, Apple Juice, Thyme), 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, Spinach, Basil, Violife Cheese (Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12), Chicken.</i></p> <p><b>ALLERGENS:</b> NONE</p>