



Summer Vegetarian Lunch Menu 2025 – Ver 1.0

Week
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Monday

Tuesday

Wednesday

Thursday

Friday

Lunch

VEGGIE RAGU WITH JACKET POTATO

INGREDIENTS:
RAGU - Borlotti beans, Red Kidney Beans, Butter Beans, Cannellini Beans, Chick Peas, Chopped Tomatoes - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree - (Tomato), 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), Diced Onion, Carrot, Mixed Peppers - (Red, Green, Yellow), Broccoli, Garlic - (Garlic (98%), Acidity Regulator: Citric Acid), Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Sunflower Oil.

JACKET POTATO - Jacket Potato.

ALLERGENS: NONE

VEGETABLE AND BEAN COTTAGE PIE

INGREDIENTS: Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Carrot, Peas, Onion, Black Pepper, Garlic, Vegetable Gravy – (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Sunflower, Palm), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract), Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Mashed Potato – (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Broccoli.

ALLERGENS: NONE

VEGETABLE AND APPLE CASSEROLE WITH RICE

INGREDIENTS:
CASSEROLE – Meat Free Mince –(Rehydrated Textured **Soya** Protein, Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper), Carrot, Leek, Swede, Stuffing Mix – ((**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Vegetable Oil - (Palm Oil, Sunflower Oil), Dried Onion (2.5%), Sage (1.0%), Parsley, Ammonium Hydrogen Carbonate, Yeast, Sage Extract)), Apple Sauce – (Water, Apple, Sugar, Thickener (Modified Maize Starch), Antioxidant (Ascorbic Acid), Preservative(Potassium Sorbate), Black Pepper, Vegetable Gravy – ((Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Sunflower, Palm), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract)).

RICE - White Rice.

ALLERGENS: SOYA, GLUTEN: WHEAT

VEGGIE FINGERS WITH SWEET POTATO FRIES AND BAKED BEANS

INGREDIENTS:
VEGGIE FINGERS – Vegetables - (Sweetcorn, Carrot, Peas), Breadcrumbs (**Wheat** Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, **Wheat** Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.

SWEET POTATO FRIES – (Sweet Potato, Sunflower Oil, Modified Potato Starch, Rice Flour, Potato Dextrin, Salt, Raising Agents (E450i, E500ii), Paprika Extract, Stabilizer (E415)).

BAKED BEANS - (Haricot Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

ALLERGENS: GLUTEN: WHEAT

QUORN PASTA BAKE

INGREDIENTS:
Diced Quorn - (Mycoprotein, Rehydrated Free Range **Egg** White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate), Tri Colour Pasta - (Durum **Wheat** Semolina, Tomato Powder, Spinach Powder), Sweetcorn, Oregano, Black Pepper, Mixed Peppers - (Red, Green, Yellow), Garlic - (Garlic, Acidity Regulator: Citric Acid), Tomato Paste, Chopped Tomato - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Veg Bouillon - (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), Cheese - (**Milk**, Water, Palm Oil, Potato Starch, **Milk** Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch)).

ALLERGENS: EGG, MILK, GLUTEN: WHEAT

STRAWBERRY FROZEN YOGHURT

INGREDIENTS: Water, Sugar, Palm Oil, **Whey** Solids, **Whey** Powder, **Yogurt** Powder, Dextrose, Skimmed **Milk** Powder, **Buttermilk** Powder, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum), Flavouring, Colour (Beetroot Red).

ALLERGENS: MILK

LEMON SPONGE

INGREDIENTS: Lemon Essence - (Water, Monopropylene Glycol & Flavouring), Sponge Mix - (**Wheat** Flour (**Wheat**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dextrose, Raising Agents (E500(ii), E450(i)), Dried Whole **Egg** Powder, **Buttermilk** Powder, **Whey** Powder, Emulsifier (Glucose Syrup, E472b, E477, **Soya** Flour), Leavening Agent (E450(vii), E341(i)), **Milk** Protein (**Whey** Powder, Acid Casein), Dried **Egg** White Powder, Flavouring, Thickener (Xanthan Gum), Sunflower Oil.

ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT

POACHED PEARS WITH CUSTARD

INGREDIENTS:
POACHED PEARS - Pear Halves, Water, Pear Juice from Concentrate, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Cinnamon.

CUSTARD - Skimmed **Milk**, Rehydrated **Buttermilk** Powder, Sugar, Modified Maize Starch, Palm Oil, Rehydrated **Whey** Powder, Flavouring, Colours: Curcumin, Annatto Norbixin.

ALLERGENS: MILK

CRANBERRY FLAPJACK

INGREDIENTS: Gluten Free Oat Flakes (50%), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Glucose, Dextrose, Natural Flavouring, Salt, Flavouring, Cranberries – (Sugar, Cranberries, Sunflower Oil).

ALLERGENS: NONE

CARROT CAKE

INGREDIENTS: **Wheat** Flour (**Wheat**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Whole **Egg** Powder, Malted **Barley**, Maize Starch, Raising Agents (E500(ii), E450), Palm Oil, **Soya** Flour, Modified Maize Starch, **Whey** Powder, Acid Casein (**Milk**), Sodium Carbonate, Disodium Phosphate, Salt, Emulsifier (Rice Starch, E475, E471), Colour (Caramel Powder), Flavourings, Thickener (Xanthan Gum), Ground Cinnamon, Sunflower Oil.

ALLERGENS: MILK, SOYA, EGG, GLUTEN: WHEAT, BARLEY

Dessert

Week
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Lunch

Dessert

Monday

VEGAN FISHLESS FINGERS, MASHED POTATO AND MUSHY PEAS

INGREDIENTS:

FISHLESS FINGERS - Textured Rice Flake,
Wheat Flour, Water, Rapeseed Oil, **Wheat** Gluten,
Potato Starch, Natural Flavouring, Salt, **Wheat** Fibre,
Spices, Yeast.

MASHED POTATO - Potato, Rapeseed Oil, Palm Oil,
Salt, Emulsifier: E471, White Pepper, Flavour.

MUSHY PEAS - Rehydrated Processed Peas, Water,
Sugar, Salt, Colours (Carotenes, Copper complexes
of Chlorophyllins).

ALLERGENS: GLUTEN: WHEAT

Tuesday

CHICKEN STYLE FAJITA WITH PITTA BREAD

INGREDIENTS:

FAJITA – Chicken Style Strips - (Water, **Soy**
Textured Protein, **Wheat**, Sunflower Oil,
Seasoning - (Maize Starch, Salt, Yeast Extract,
Flavourings, Maltodextrin, Acid (Citric Acid)), **Soy**
Protein Isolate 3%, **Wheat** Flour, Potato Starch,
Modified Starch, Thickener (Methyl Cellulose,
Microcrystalline Cellulose), Flavouring, Salt, Garlic
Powder, Raising Agent (Ammonium Carbonates),
Sunflower Oil, Onion, Mixed Peppers, Veg Bouillon
(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), Garlic –
(Garlic, Acidity Regulator: Citric acid), Paprika,
Cumin (May contain **Gluten/Wheat**), Chopped
Tomatoes – (Tomatoes, Tomato Juice, Acidity
Regulator (Citric Acid), Tomato Paste.Coriander.

**ALLERGENS: SOYA,
GLUTEN: WHEAT**

PITTA BREAD - Wholemeal **Wheat** Flour, Water,
Yeast, Salt. (**May Contain: Milk, Soya**)

**ALLERGENS: GLUTEN: WHEAT,
MILK, SOYA**

Wednesday

CHEESY BEAN, CARROT AND POTATO PIE

INGREDIENTS: Mash Potato (Potato (95%)), Rapeseed
Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper,
Flavour), Cheese (**Milk**, Water, Palm Oil, Potato
Starch, **Milk** Protein, Trisodium Citrate, Salt,
Tricalcium Phosphate, Citric Acid, Beta Carotene,
Starter Culture, Microbial Rennet, Anti-Caking Agent
(Potato Starch)) Baked Beans (Haricot Beans,
Tomatoes, Water, Sugar, Modified Maize Starch,
Glucose - Fructose Syrup, Salt, Onion Powder,
Paprika, Flavourings), Chives, Grated Carrot.

ALLERGENS: MILK

Thursday

MEAT FREE MINCE BOLOGNAISE BAKE

INGREDIENTS: Meat Free Mince - (Rehydrated
Textured **Soya** Protein, Seasoning [Colour (Plain Caramel),
Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt,
Maltodextrin, Acidity Regulator (Citric Acid), White Pepper,
Carrot, Onion, Mixed Peppers, Vegetable Bouillon (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), Garlic (Garlic, Acidity Regulator:
Citric acid), Basil, Oregano, Tomato Puree, Sweetcorn, Penne
Pasta (Durum **Wheat**, Semolina), Cheese (**Milk**, Palm Oil,
Potato Starch, **Milk** Protein, Trisodium Citrate, Salt, Tricalcium
Phosphate, Citric Acid, Beta Carotene, Starter Culture,
Microbial Rennet, Anti-Caking Agent (Potato Starch),
Sunflower Oil.

**ALLERGENS: SOYA, MILK, GLUTEN:
WHEAT**

Friday

CHICKPEA AND VEGETABLE CREAMY COCONUT CURRY WITH RICE

INGREDIENTS:

Curry - Tikka Paste (Tomatoes, Concentrated Tomato Puree,
Coriander, Ground Cumin, Ground Coriander, Ginger Puree,
Garlic Puree, Sugar, Rapeseed Oil, Modified Maize Starch,
Salt, Chilli Powder, Ground Cardamom, Acidity Regulator
(Citric Acid), Ground Turmeric, Dried Fenugreek, Ground
Nutmeg, Ground Fenugreek, Ground Black Pepper, Colour
(Paprika Extract)), Chickpeas, Chopped Tomatoes
(Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)),
Carrot, Coconut Milk (Coconut Extract, Water,
Thickener(Carboxymethyl Cellulose), Emulsifier(Polysorbate
60)), Potato, Cornflour (Maize Starch), Peas.

RICE – White Rice

ALLERGENS: NONE

RICE PUDDING WITH APPLE

INGREDIENTS: Rice Pudding (Skimmed **Milk**, Rice,
Sugar, Acidity Regulator (Sodium Bicarbonates)),
Apple (Apple, Acidity Regulator (Citric Acid),
Antioxidant (Ascorbic Acid)).

ALLERGENS: MILK

RASPBERRY MOUSSE CAKE

Sugar, Palm Kernel Oil, PalmOil, **Wheat** Flour,
Egg, **Milk** Proteins, Raspberries, Emulsifiers (Lactic
Acid Esters of Mono- and Di-Glycerides of Fatty
Acids, Mono- and Di-Acetyl Tartaric Acid Esters of
Mono- and Di-Glycerides of Fatty
Acids, **Soya** Lecithin, Polyglycerol Esters of Fatty
Acids, Mono- and Di-Glycerides of Fatty Acids),
Glucose Syrup, Gelling Agents (Pectin, Sodium
Alginate), Potato Starch, Acidity Regulators (Citric
Acid, Trisodium Citrate, Potassium Phosphates),
Flavouring, Colour (Beetroot Red), Elderberry
Juice, Skimmed Milk Powder, Whole **Milk** Powder,
Stabiliser (Hydroxyl Propyl Cellulose), Thickeners
(Acetylated Distarch Adipate, Xanthan Gum,
Carrageenan), Dextrose, Salt, **Wheat** Starch.

**ALLERGENS: EGG, MILK, SOYA,
GLUTEN: WHEAT**

FUDGE BROWNIE

INGREDIENTS: **Wheat** Flour (Wheat, Calcium, Iron,
Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm &
Rapeseed Oil), Reduced Fat Cocoa Powder, Dried
Whole **Egg** Powder, Dried Glucose, Salt, Emulsifier
(Rice Starch, E475, E471), Chocolate Flavouring,
Flavouring, Natural Flavouring, May Contain **Milk** and
Soya, Sunflower Oil.

**ALLERGENS: EGG, MILK, SOYA,
GLUTEN: WHEAT**

VANILLA ICE CREAM

INGREDIENTS: Water, Sugar, **Buttermilk** Powder, **Whey**
Powder, Palm Oil, Dextrose, Emulsifier (Mono and
diglycerides of fatty acids), Stabilisers (Cellulose Gum, Guar
Gum, Locust Bean Gum), Flavourings, Colours (Annatto
Norixin, Curcumin).

ALLERGENS: MILK

JAM AND COCONUT SPONGE

INGREDIENTS: Sponge Mix - (**Wheat** Flour (Wheat, Calcium,
Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm &
Rapeseed Oil), Dextrose, Raising Agents (E500(ii), E450(i)),
Dried Whole **Egg** Powder, Buttermilk Powder, **Whey**
Powder, Emulsifier (Glucose Syrup, E472b, E477, **Soya**
Flour), Leavening Agent (E450(vii), E341(i)), **Milk** Protein
(**Whey** Powder, Acid Casein), Dried **Egg** White Powder,
Flavouring, Thickener (Xanthan Gum), Jam – (Sugar, Apple,
Raspberries, Rhubarb, Plum, Gelling Agent (Pectin), Colour
(Anthocyanins), Acid (Citric Acid), Acidity Regulator
(Trisodium Citrate), Preservative (**Sulphur Dioxide**), Coconut
(Coconut, Preservative (Sodium **Metabisulphite**)),
Sunflower Oil.

**ALLERGENS: EGG, MILK, SOYA,
SULPHITES, GLUTEN: WHEAT**



Summer Vegetarian Lunch Menu 2025 – Ver 1.0

**Week
3**

Lunch

Dessert

Monday

VEG AND BEAN CHILLI WITH WHOLEMEAL PITTA BREAD

INGREDIENTS:
CHILLI – Kidney Beans - (Red Kidney Beans, Water, Firming Agent (Calcium Chloride)), Cannellini Beans - (Cannellini Beans, Water, Antioxidant(Ascorbic Acid)), Butter Beans - (Butter Beans, Water, Firming Agent (Calcium Chloride)), Chickpeas - (Chick Peas, Water, Antioxidant (Ascorbic Acid), Borlotti Beans – (Borlotti Beans, Water, Antioxidant(Ascorbic Acid)), Tomato Puree, Chopped Tomato - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onion, Red Peppers, Garlic Puree (Garlic, Acidity Regulator: Citric Acid), Cumin (May contain **Gluten/Wheat**), Lemon Juice (Lemon Juice from Concentrate, Lemon Oil, Preservative (Potassium **Metabisulphite**), Sunflower Oil, Paprika, Coriander, Oregano, Chilli Powder (Paprika, Chilli Powder), Black Pepper, Sunflower Oil

ALLERGENS: SULPHITES, GLUTEN: WHEAT

PITTA BREAD - Wholemeal **Wheat** Flour, Water, Yeast, Salt. (**May Contain: Milk, Soya**)

ALLERGENS: GLUTEN: WHEAT, MILK, SOYA

FRUIT SMOOTHIE

INGREDIENTS:
Water, Mango Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Acidity Regulator(Citric Acid), Dextrose, Flavouring.

ALLERGENS: NONE

Tuesday

SLOW COOKED BEANS AND VEG WITH MASHED POTATO

INGREDIENTS:
Stew - Butter Beans - (Firming Agent (Calcium Chloride), Carrot, Swede, Peas, Onion, Gravy-(Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel)), Flavoursings, Vegetable Oils (Rapeseed, Sunflower, Palm), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract)), Mixed Herbs-(Marjoram, Thyme, Parsley, Basil, Savory), Garlic-(Garlic, Acidity Regulator: Citric Acid), Sunflower Oil.

MASHED POTATO - Potato-(Potato (95%), Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour)

ALLERGENS: NONE

PINEAPPLE SPONGE

INGREDIENTS: Pineapple Pieces Pineapple-(Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid, Sponge Mix -(**Wheat** Flour (**Wheat**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dextrose, Raising Agents (E500(ii), E450(i)), Dried Whole **Egg** Powder, **Buttermilk** Powder, **Whey** Powder, Emulsifier (Glucose Syrup, E472b, E477, **Soya** Flour), Leavening Agent (E450(vii), E341(i)), **Milk** Protein (**Whey** Powder, Acid Casein), Dried **Egg** White Powder, Flavouring, Thickener (Xanthan Gum), Sunflower Oil.

ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT

Wednesday

QUORN PASTA BAKE

INGREDIENTS: Diced Quorn - (Mycoprotein, Rehydrated Free Range **Egg** White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate), Penne Pasta (Durum **Wheat** Semolina), Sweetcorn, Oregano, Black Pepper, Broccoli, Garlic (Garlic, Acidity Regulator: Citric Acid.), **Veg Bouillon** (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), **Cheese** (**Milk**, Water, Palm Oil, Potato Starch, **MILK** Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch), Bechamel Powder (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour, **Whey** Powder, Palm Oil, Whole **Milk** Powder, Sugar, Salt, Sunflower Oil, Yeast Extract, Onion Powder, Spices, Herb (Ground Bay Leaf)).

ALLERGENS: EGG, MILK, GLUTEN: WHEAT

WHITE CHOCOLATE AND SULTANA CRISPIE CAKE

INGREDIENTS: White Chocolate -(Sugar, Cocoa Butter, Whole **Milk** Powder, **Whey** Powder, **Lactose**, Emulsifier (**Soya** Lecithin), Vanilla Extract. Sultanas-(Sultanas, Sunflower Oil), Rice Crispies-(Rice, Sugar, Malted **Barley** Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12), Golden Syrup-(Partially Inverted Refiners Syrup), Soft Spread-(Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D).

ALLERGENS: MILK, SOYA, GLUTEN: BARLEY

Thursday

SWEET AND SOUR CHICKEN STYLE WITH RICE

INGREDIENTS:
S&S - Chicken Style Strips - (Water, **Soy** Textured Protein, **Wheat**, Sunflower Oil, Seasoning - (Maize Starch, Salt, Yeast Extract, Flavoursings, Maltodextrin, Acid (Citric Acid)), **Soy** Protein Isolate 3%, **Wheat** Flour, Potato Starch, Modified Starch, Thickener (Methyl Cellulose, Microcrystalline Cellulose), Flavouring, Salt, Garlic Powder, Raising Agent (Ammonium Carbonates), Tomato Purée, Onion, Carrot, Pineapple Juice, Pineapple-(Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Mixed Peppers, Distilled Vinegar, Cornflour (Maize Starch), Ginger Puree - (Ginger, Water, Maltodextrin, Salt, Palm Fat, Spirit Vinegar, Sugar, Citrus Fibre, Thickener (Xanthan Gum), Garlic Puree-(Garlic, (Citric Acid)), Sunflower Oil.

Rice -White Rice.

ALLERGENS: SOYA, GLUTEN: WHEAT

APPLE CRUMBLE

INGREDIENTS: Crumble Topping-(Rice Flour, Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Tapioca Starch, Potato Starch, Maize Starch, Dextrose, Buckwheat Flour, Vegetable Fibre, Salt, Paprika Extract), Apples-(Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)).

ALLERGENS: NONE

Friday

VEGGIE FINGERS WITH POTATO WEDGES AND BAKED BEANS

INGREDIENTS:
FINGERS - Vegetables - (Sweetcorn, Carrot, Peas), Breadcrumbs (**Wheat** Flour, Yeast, Salt), Rapeseed Oil, Dried Potato, **Wheat** Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.

POTATO WEDGES – Potato, Palm Oil.

BAKED BEANS - (Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Flavoursings.

ALLERGENS: GLUTEN: WHEAT

BLUEBERRY MUFFIN

INGREDIENTS: Blueberries, Muffin Mix – (Wheat Flour(**Wheat**, Calcium, Iron, Niacin, Thiamin), Sugar, Dried Whole **Egg** Powder, Palm Oil, Raising Agents (E450(i), (E500(ii)), **Buttermilk** Powder, Flavouring, Thickener (Xanthan Gum). Sunflower Oil, May Contain: **Soya**

ALLERGENS: MILK, EGG, SOYA, GLUTEN: WHEAT