



Summer Regular Lunch Menu 2025 – ALLERGEN AND TOMATO FREE - Ver 1.0

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Lunch	<p>CHICKEN RAGU WITH JACKET POTATO</p> <p>INGREDIENTS: RAGU - Minced Chicken, Red Pepper Sauce - (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Apple Juice - (Water, Apple Juice), Garlic - Garlic, Acidity Regulator: Citric Acid), Carrot, Roasted Red Peppers - (Water, Salt, Citric Acid), 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), Diced Onion, Carrot, Mixed Peppers - (Red, Green, Yellow), Broccoli, Garlic - ((Garlic), Acidity Regulator: Citric Acid), Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Sunflower Oil.</p> <p>JACKET POTATO - Jacket Potato.</p> <p>ALLERGENS: NONE</p>	<p>VEGETABLE AND BEAN COTTAGE PIE</p> <p>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.</p> <p>ALLERGENS: NONE</p>	<p>PORK AND APPLE CASSEROLE WITH RICE</p> <p>INGREDIENTS: PORK CASSEROLE - Minced Pork, Carrot, Leek, Swede, Stuffing Mix - (Rice Flour, Gram Flour, Dried Onion (16%), Maize Starch, Salt, Yeast Extract Powder, Sage (2%), Dried Parsley, Dextrose), 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)).</p> <p>RICE - White Rice.</p> <p>ALLERGENS: NONE</p>	<p>SPINACH AND FALAFEL BAKE WITH SWEET POTATO FRIES AND PEAS</p> <p>INGREDIENTS: BAKE – Spinach And Falafel Bake (Chick-Peas, Spinach, Onions, Gram Flour Blend (Channa Dall Split Chickpeas, Yellow Split Pea), Garlic Powder, Lemon Juice from Concentrate, Ground Cumin, Salt, Coriander, Ground Coriander, Parsley, Stabilisers (Hydroxypropyl Methyl Cellulose, Guar Gum), Chilli Powder, Black Pepper, Ground Turmeric</p> <p>SWEET POTATO FRIES – (Sweet Potato, Sunflower Oil, Modified Potato Starch, Rice Flour, Potato Dextrin, Salt, Raising Agents (E450i, E500ii), Paprika Extract, Stabilizer (E415)).</p> <p>PEAS – Peas.</p> <p>ALLERGENS: NONE</p>	<p>CHICKEN PASTA BAKE</p> <p>INGREDIENTS: Chicken, Free From Pasta - (Yellow Cornflour, Rice Flour, White Cornflour, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Sweetcorn, Oregano, Black Pepper, Mixed Peppers - (Red, Green, Yellow), Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic - (Garlic, Acidity Regulator: Citric Acid), Carrot, Roasted Red Peppers -(Water, Salt, Citric Acid), 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), Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Violife Cheese – (Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12).</p> <p>ALLERGENS: NONE</p>
Dessert	<p>STRAWBERRY SMOOTHIE</p> <p>INGREDIENTS: Water, Strawberry Puree, Invert Sugar Syrup, Sugar, Emulsifier - (Mono- and Di-Glycerides of Fatty Acids), Stabilisers - (Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Dextrose, Flavouring.</p> <p>ALLERGENS: NONE</p>	<p>LEMON SPONGE</p> <p>INGREDIENTS: Lemon Essence - (Water, Monopropylene Glycol & Flavouring), Sponge Mix - ((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Vegetable Margarine - 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), Sparkling Water, Sunflower Oil.</p> <p>ALLERGENS: NONE</p>	<p>POACHED PEARS</p> <p>INGREDIENTS: POACHED PEARS - Pear Halves, Water, Pear Juice from Concentrate, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Cinnamon, Orange Juice.</p> <p>ALLERGENS: NONE</p>	<p>CRANBERRY FLAPJACK</p> <p>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).</p> <p>ALLERGENS: NONE</p>	<p>CARROT CAKE</p> <p>INGREDIENTS: Sponge Mix - ((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Vegetable Margarine - 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), Sparkling Water, Sunflower Oil. Cinnamon, Carrot, Lemon Essence - (Water, Monopropylene Glycol & Flavouring).</p> <p>ALLERGENS: NONE</p>



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Week
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Lunch

Dessert

Monday

SPINACH AND FALAFEL BAKE, MASHED POTATO AND MUSHY PEAS

INGREDIENTS:

BAKE – Spinach And Falafel Bake (Chick-Peas, Spinach, Onions, Gram Flour Blend (Channa Dall Split Chickpeas, Yellow Split Pea), Garlic Powder, Lemon Juice from Concentrate, Ground Cumin, Salt, Coriander, Ground Coriander, Parsley, Stabilisers (Hydroxypropyl Methyl Cellulose, Guar Gum

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: NONE

RICE PUDDING WITH APPLE

INGREDIENTS: Rice Pudding - (Short Grain Rice), Apple - (Apple, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Rice Milk - (Water, Organic Rice (16%), Rice Oil, Salt), Vanilla Essence – (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings).

ALLERGENS: NONE

Tuesday

CHICKEN FAJITA WITH RICE

INGREDIENTS:

FAJITA - Chicken, 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, Coriander, Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic - (Garlic, Acidity Regulator: Citric Acid), Carrot, Roasted Red Peppers -(Water, Salt, Citric Acid), 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).

ALLERGENS: NONE

RICE – White Rice

ALLERGENS: NONE

RASPBERRY SMOOTHIE

Water, Raspberry Pulp, Invert Sugar Syrup, Sugar, Emulsifiers(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Colour(Beetroot Red), Flavouring, Dextrose.

ALLERGENS: NONE

Wednesday

CHEESY BEAN, CARROT AND POTATO PIE

INGREDIENTS: Mash Potato (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Violife Cheese - (Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Rowanberry Extract, Flavourings, Acidity regulator (Citric Acid), Olive Extract, Colour (B-Carotene), Vitamin B12), Haricot Beans - (Haricot Beans, Water, Firming Agent: Calcium Chloride), Chives, Grated Carrot, Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic - (Garlic, Acidity Regulator: Citric Acid), Carrot, Roasted Red Peppers - (Water, Salt, Citric Acid), 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).

ALLERGENS: NONE

FUDGE BROWNIE

INGREDIENTS: Brownie Mix - (Sugar, Rice Flour, Reduced Fat Cocoa Powder, Potato Starch, Tapioca Starch, Maize Starch, Raising Agents, E341, Buckwheat Flour, Chocolate Flavour, Vegetable Margarine - 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), Sparkling Water, Sunflower Oil.

ALLERGENS: NONE

Thursday

BEEF BOLOGNAISE BAKE

INGREDIENTS: Minced Beef, Carrot, Onion, Mixed Peppers, Sweetcorn, 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), Free From Pasta - (Yellow Cornflour, Rice Flour, White Cornflour, Emulsifier (Mono-And Diglycerides of Fatty Acids), Garlic - (Garlic, Acidity Regulator: Citric acid), Basil, Oregano, Violife Cheese - (Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Rowanberry Extract, Flavourings, Acidity regulator (Citric Acid), Olive Extract, Colour (B-Carotene), Vitamin B12), Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic - (Garlic, Acidity Regulator: Citric Acid), Carrot, Roasted Red Peppers -(Water, Salt, Citric Acid), 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).

ALLERGENS: NONE

ORANGE AND MANGO SMOOTHIE

INGREDIENTS: Water, Mango Puree, 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

Friday

VEGETABLE AND BEAN CURRY WITH RICE

INGREDIENTS:

CURRY - Butter Beans (Butter Beans, Water, Firming Agent (Calcium Chloride), Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic, Carrot, Roasted Red Peppers, Water, Salt, Citric Acid), 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, Thyme), Curry Powder (Coriander, Turmeric (26%), Cumin Powder (8%), Salt (Salt, Anticaking Agent (Sodium Ferrocyanide)), Rice Flour, Fenugreek (8%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Broccoli, Carrot, Cauliflower.

ALLERGENS: NONE

RICE – White Rice

ALLERGENS: NONE

JAM SPONGE

INGREDIENTS: Sponge Mix - ((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Vegetable Margarine - 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), Sparkling Water, Sunflower Oil. Strawberry Jam – (Sugar, Strawberries, Water, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate).

ALLERGENS: NONE

**Week
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Lunch

Dessert

Monday

VEG AND BEAN CHILLI WITH RICE

INGREDIENTS:

BEAN CHILLI - Five bean Salad (Mixed beans: Borlotti Beans, Red Kidney Beans, Butter Beans, Cannelini Beans, Chick Peas, Water), Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid)), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic, Carrot, Roasted Red Peppers, Water, Salt, Citric Acid), 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), Chilli Powder (Paprika, Chilli Powder), Onion.

ALLERGENS: NONE

RICE – White Rice

ALLERGENS: NONE

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 LAMB WITH MASHED POTATO

INGREDIENTS:

LAMB - Minced Lamb, Carrot, Swede, Peas, Onion, 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), 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, Sugar, Acidity Regulator: Citric Acid), Sponge Mix - ((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Vegetable Margarine - 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), Sparkling Water, Sunflower Oil

ALLERGENS: NONE

Wednesday

CHICKEN PASTA BAKE

INGREDIENTS: Diced Chicken, Free From Pasta - (Yellow Cornflour, Rice Flour, White Cornflour, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Cornflour, Violife Cheese - (Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12. Violife Creamy Cheese - (Water, Coconut Oil, Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12).

ALLERGENS: NONE

CHOCOLATE AND SULTANA CRISPIE CAKE

INGREDIENTS: Golden Syrup - (Partially Inverted Refiners Syrup), Free From Chocolate – (Sugar, Cocoa Butter, Rice Powder - (Dried Rice Syrup, Rice Starch, Ric Flour), Cocoa Mass, Inulin, Shea Oil, Emulsifier (Lecithins) Sea Salt, Flavourings), 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), Free From Crispies - (Rice, Sugar, Salt, Sugar Syrup (Sugar, Invert Sugar Syrup, Molasses), Iron, Vitamin B3, B5, B9, B6, B2, Sultanas – (Sultanas, Cottonseed Oil)..

ALLERGENS: NONE

Thursday

SWEET AND SOUR CHICKEN WITH RICE

INGREDIENTS: S&S CHICKEN - Diced Chicken, Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid)), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic, Carrot, Roasted Red Peppers, Water, Salt, Citric Acid), 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), Mixed Vegetables (Carrot, Peas, Green Beans, Sweetcorn, Broad Beans), Pineapple (Water, Acidity Regulator (Citric Acid)), Paprika, Fresh Lemon Juice.

ALLERGENS: NONE

Rice - White Rice.

ALLERGENS: NONE

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

CHICKEN GOUJONS WITH POTATO WEDGES AND PEAS

INGREDIENTS:

GOUJON - Chicken Breast Fillet (66%), Water, Rapeseed Oil, Rice Flour, Gram Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose, Acidity Regulator (Sodium Carbonate).

POTATO WEDGES – Potato, Palm Oil.

PEAS – Peas.

ALLERGENS: NONE

BLUEBERRY MUFFIN

INGREDIENTS: Blueberries, Sponge Mix - ((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Vegetable Margarine - 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), Sparkling Water, Sunflower Oil.

ALLERGENS: NONE