



LUNCHES - SPRING/SUMMER VEGETARIAN MENU 2024 – ALLERGEN AND TOMATO FREE

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WEEK 1	LUNCH	INGREDIENTS
MON	Vegetable Ragu And Jacket Potato (200G)	Red Pepper Sauce, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato ALLERGENS: NONE
TUE	Vegetable And Bean Cottage Pie (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Carrot, Peas, Onion, Garlic, Vegetable Gravy, Mixed Herbs, Potato, Broccoli, Vegetable Margarine ALLERGENS: NONE
WED	Somerset Vegetable, Mixed Beans And Apple (110G) With Rice (90G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Carrot, Mixed Herbs, Leek, Swede, Courgette, Free From Stuffing Mix, Apple Sauce, White And Brown Rice, Gravy, Sage, Parsley ALLERGENS: NONE
THU	Vegetable And Bean Burger, Mashed Potato, Peas And Sweetcorn (175G)	Vegetable and Bean Burger (Onion, Peas, Carrots, Kidney Beans, Haricot Beans, White Rice, Gluten Free Breadcrumbs, Rapeseed Oil, Maize Flour, Rice Flour, Garlic Puree), Potatoes, Peas, Sweetcorn ALLERGENS: NONE
FRI	Red Pepper And Basil Vegetables Served With Broccoli (200G)	Cauliflower, Red Pepper Sauce, Basil, Broccoli, Mixed Peppers, Carrots, Peas, Green Beans, Sweetcorn, Broad Beans. ALLERGENS: NONE

WEEK 2	LUNCH	INGREDIENTS
MON	Spinach and Falafel Pattie, Mashed Potato And Peas (190G)	Spinach and Falafel Pattie (Chick Peas, Spinach, Onion, Rapeseed Oil, Parsley, Cumin, Coriander, Lemon, Black Pepper, Garlic, Chilli Powder) Potato, Vegetable Margarine, Peas ALLERGENS: NONE
TUE	BBQ Mixed Bean And Med Vegetables With Rice (195G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Red Pepper Sauce, Paprika, Courgette, Mixed Peppers, Long Grain Rice ALLERGENS: NONE
WED	Cheesy Mixed Bean And Potato Pie (200G)	Potato, Violife Cheese (Coconut), White Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Chives, Onion ALLERGENS: NONE
THU	Mixed Bean Bolognaise Bake (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Red Pepper Sauce, Free From Pasta, Violife Cheese (Coconut) ALLERGENS: NONE
FRI	Vegetable Curry (150g) With Rice (90g)	Broccoli, Cauliflower, Carrots, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Ginger, Potatoes, White Rice ALLERGENS: NONE

WEEK 3	LUNCH	INGREDIENTS
MON	Five Bean Chilli Con Carne With Rice (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Red Pepper Sauce, Chilli Powder, Long Grain Rice ALLERGENS: NONE
TUE	Slow Cooked Vegetables And Beans Served With Mashed Potato (200G)	Cannellini Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic ALLERGENS: NONE
WED	Sweet And Sour Vegetable With Rice (190g)	Mixed Vegetables, Rice, Red Pepper Sauce, Paprika, Lemon Juice, Cauliflower, Broccoli, Carrots, Peas ALLERGENS: NONE
THU	Vegan Burger, Peas With Mashed Potato (200G)	Vegan Burger, Potatoes, Peas ALLERGENS: NONE
FRI	Mixed Bean Pasta Bake (200G)	Free From Pasta. Cannellini Beans, Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans, Red Pepper Sauce, Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Violife Cheese (Coconut) ALLERGENS: NONE