

**Week
1**

Lunch

Dessert

Monday

**VEGETABLE AND BEAN CURRY
SERVED RICE**

INGREDIENTS:
VEGETABLE AND BEAN 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.

RICE - Long Grain Rice.
ALLERGENS: NONE

JAM SPONGE

INGREDIENTS: Strawberry Jam~ (Sugar, Strawberries, Water, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate)), Gluten Free Sponge Mix- (Rice Flour, Caster Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents, (Sodium Hydrogen Carbonate, Monocalcium Phosphates), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum), Vegetable Margarine, 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.

ALLERGENS: NONE

Tuesday

**VEG MEATBALL RAGU SERVED
WITH RICE**

INGREDIENTS:
VEG MEATBALL RAGU - Vegetable Meat Balls - (Water, Pea Protein, Vegetable Oils (Rapeseed, Shea, Coconut), Thickener (E461, E415), Dried Onion, Cornflour, Salt, Natural Flavouring, Fruit and Vegetable Concentrates (Caramelised Carrot, Carrot, Beetroot), Vegetable Fibres (Bamboo, Pea), Yeast Extract, Stabiliser (E425), Garlic, Spices, Black Pepper Extract, Onion Oil), Courgette, Onion, Yellow Pepper, Green Pepper, Red Pepper, 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).

RICE - Long Grain Rice.
ALLERGENS: NONE

CRANBERRY FLAPJACK

INGREDIENTS: Cranberries (Sugar, Cranberries (44%), Sunflower Oil., Gluten Free OAT Flakes (50%), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Glucose, Dextrose, Natural Flavouring, Salt, Flavouring.

ALLERGENS: NONE

Wednesday

**BEAN CHILLI SERVED WITH HALF
JACKET POTATO**

INGREDIENTS:
BEAN CHILLI - Five bean Salad (Mixed beans: Borlotti Beans, Red Kidney Beans, Butter Beans, Cannellini 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, Thyme), Chilli Powder(Paprika, Chilli Powder), Onion.

JACKET POTATO - Jacket Potato.
ALLERGENS: NONE

MIXED FRUIT SPONGE

INGREDIENTS: Gluten Free Sponge Mix ((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Veg 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), Mixed Fruits (Sultanas, Cranberries, Raisins, Sunflower Oil, Sugar), Sparkling Water.

ALLERGENS: NONE

Thursday

**VEGGIE SAUSAGE, POTATO WEDGES
AND MUSHY PEAS**

INGREDIENTS:
VEGGIE SAUSAGE - Water, Pea Protein, Rapeseed Oil, Thickener (E461), Vegetable Fibres (Pea, Bamboo), Yeast Extract, Dried Onion, Salt, Spices, Natural Flavouring, Dextrose, Sage, Vegetable Concentrates (Beetroot, Caramelised Carrot, Carrot). Sausages Filled Into Plant-Based Casings.

POTATO WEDGES - Potato, Sunflower Oil.

MUSHY PEAS - Rehydrated Processed Peas (95%), Water, Sugar, Salt, Colours (Carotenes, Copper complexes of Chlorophyllins).

ALLERGENS: NONE

STRAWBERRY SMOOTHIE

INGREDIENTS: Water, Strawberry 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), Dextrose, flavouring.

ALLERGENS: NONE

Friday

**VEGETABLE AND BEAN HOTPOT
SERVED WITH MASHED POTATO**

INGREDIENTS:
VEGETABLE AND BEAN HOTPOT - Mixed Vegetables – (Carrot, Peas, Green Beans, Sweetcorn, Broad Beans), Borlotti Beans (Borlotti Beans, Water, Antioxidant (Ascorbic Acid)), Cannellini Beans (Cannellini Beans, Water, Antioxidant (Ascorbic Acid)), Butter Beans (Butter Beans, Water, Firming Agent (Calcium Chloride)), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Gravy – (Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder).

MASHED POTATO - Mashed Potato – (Potato, Rapeseed oil, Palm oil, Salt, Emulsifier: E471, White Pepper, Flavour).

ALLERGENS: NONE

CHOC CHIP MUFFIN

INGREDIENTS: Gluten Free Sponge Mix - (Rice Flour, Caster Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents, (Sodium Hydrogen Carbonate, Monocalcium Phosphates), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum), Vegetable Margarine, 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), Free From Chocolate Chips (Sugar, Cocoa Butter, Cocoa Liqueur, Rice Syrup, Rice Starch, Inulin, Rice Flour, Emulsifier: Sunflower Lecithin), Sparkling Water.

ALLERGENS: NONE



Winter Vegetarian Lunch Menu - ALLERGEN AND TOMATO FREE - 2024/25 - Ver 1.4

Week
2

Lunch

Dessert

Monday

SWEET AND SOUR VEG AND BEAN SERVED WITH RICE

INGREDIENTS:
SWEET AND SOUR VEG - Mixed Beans – (Borlotti, Kidney, Butter, Cannellini, Chickpea, 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, Thyme), Mixed Vegetables (Carrot, Peas, Green Beans, Sweetcorn, Broad Beans), Pineapple (Water, Sugar, Acidity Regulator (Citric Acid)), Paprika, Fresh Lemon Juice.

Rice - Long Grain Rice.
ALLERGENS: NONE

Tuesday

RED LENTIL COTTAGE PIE

INGREDIENTS: Red Lentils, Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Mash Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Carrot, Vegetable Gravy (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract), Swede, Onion, Garlic Paste (Garlic, Acidity Regulator: Citric Acid)).

ALLERGENS: NONE

Wednesday

SPINACH AND FALAFEL BAKE, SWEET POTATO FRIES AND PEAS

INGREDIENTS:
SPINACH AND FALAFEL BAKE - Chick Peas (62%), Spinach (15%), 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.

SWEET POTATO FRIES - (Sweet Potato (87%), Sunflower Oil, Modified Potato Starch, Potato Starch, Rice Flour, Dextrin, Salt, Thickener (Xanthan Gum), Spice Extract (Paprika Extract), Raising Agent (Sodium Bicarbonate, Disodium Diphosphate)).

PEAS – Peas.
ALLERGENS: NONE

Thursday

VEGETARIAN LINCOLNSHIRE SAUSAGE SERVED WITH MASHED POTATOES, CARROTS AND PEAS

INGREDIENTS:
SAUSAGE – Water, Pea Protein, Rapeseed Oil, Thickener (E461), Vegetable Fibres (Pea, Bamboo), Yeast Extract, Dried Onion, Salt, Spices, Natural Flavouring, Dextrose, Sage, Vegetable Concentrates (Beetroot, Caramelised Carrot, Carrot). Sausages Filled Into Plant-Based Casings.

MASHED POTATO – (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper).

CARROTS AND PEAS - Carrot, Peas.
ALLERGENS: NONE

Friday

MIXED BEAN PASTA BAKE

INGREDIENTS:
Mixed Beans (Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Borlotti Beans, Water), Mixed Peppers (Red And Green Peppers), Black Pepper, Free From Pasta (Rice Flour (40%), Wholegrain Rice Flour (31%), Maize flour (26%), Quinoa Flour (3%), Emulsifier: Mono- and Diglycerides of Fatty Acids), 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), Sweetcorn, Oregano, Violife Vegan Mature Cheese (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12).

ALLERGENS: NONE

APPLE CRUMBLE

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

ALLERGENS: NONE

CHOCOLATE FUDGE BROWNIE

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), Colour(Beta-Carotene), Vitamin A, Vitamin D), Sparkling Water, Cocoa Powder (Fat Reduced Cocoa Powder, Cocoa Butter).

ALLERGENS: NONE

CARROT CAKE WITH CINNAMON

INGREDIENTS: Grated Carrots, Sponge Mix-((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Veg 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), Cinnamon, , Sparkling Water.

ALLERGENS: NONE

ORANGE AND MANGO SMOOTHIE

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

ALLERGENS: NONE

RICE PUDDING WITH JAM

INGREDIENTS: Pudding Rice (Short Grain Rice), Strawberry jam (Sugar, Strawberries, Water, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate).), Vanilla Essence (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.), Caster Sugar, Rice Milk (Water, Organic Rice, Rice Oil, Salt).

ALLERGENS: NONE



Winter Vegetarian Lunch Menu - ALLERGEN AND TOMATO FREE - 2024/25 - Ver 1.4

Week 3 **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**

Lunch

SPINACH & FALAFEL BAKE, PEAS, MASHED POTATO

INGREDIENTS:
SPINQCH AND FALAFEL - Spinach and Falafel Bake Chick Peas (62%), Spinach (15%), 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).

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

PEAS - Peas.

ALLERGENS: NONE

BBQ MIXED BEAN WITH RICE

INGREDIENTS:
BBQ MIXED BEAN - Mixed Beans (Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Borlotti Beans, Water), Red Pepper Sauce (Apple(Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).), Apple Juice, Garlic Puree (Garlic, Acidity regulator: Citric Acid), Carrot, Roasted Red Peppers (Water, Salt, 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, Thyme), Courgettes, Mixed Peppers (Red and Green Pepper), Paprika.

RICE- Rice.

ALLERGENS: NONE

CHEESY BEAN PIE

INGREDIENTS: Mash Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Haricot Beans, Red Pepper Sauce (Apple(Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).), Apple Juice, Garlic Puree (Garlic, Acidity regulator: Citric Acid), Carrot, Roasted Red Peppers (Water, Salt, 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, Thyme), Violife Vegan Mature Cheese (Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B-Carotene, Olive Extract, Vitamin B12), Grated Carrot, Chives.

ALLERGENS: NONE

VEGETARIAN BOLOGNAISE

INGREDIENTS: Red Lentils, Onion, Garlic Puree (Garlic, Acidity Regulator(Citric Acid), Mixed Peppers (Red And Green Peppers), Carrot, 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), 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), Free From Pasta (Rice Flour (40%), Wholegrain Rice Flour (31%), Maize flour (26%), Quinoa Flour (3%), Emulsifier: Mono- and Diglycerides of Fatty Acids), Dried Thyme, Dried Sage.

ALLERGENS: NONE

MINTED MEAT FREE HOTPOT

INGREDIENTS: Haricot Beans, Diced Onion, Diced Sweet Potato, Broccoli, Diced Carrots, Cauliflower, Diced Potato (Potato, Palm Oil), Bisto Gravy (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract.), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory.), Mint Sauce (Water, Rehydrated Mint (29%), Sugar, Acidity Regulator (Acetic Acid), Modified Potato Starch, Salt, Colour (Water, Polysorbate 80, Copper Complexes of Chlorophyllins, Propylene Glycol, Potassium Hydroxide, Flavouring).

ALLERGENS: NONE

Dessert

FROZEN-RASPBERRY SMOOTHIE

INGREDIENTS: Water, Raspberry Pulp (30%), 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

POACHED PEARS

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

ALLERGENS: NONE

FROZEN STRAWBERRY SMOOTHIE

INGREDIENTS: Water, Strawberry 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), Dextrose, Flavouring.

ALLERGENS: NONE

PINEAPPLE SPONGE

INGREDIENTS: Pineapple, Water, 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.

ALLERGENS: NONE

CHOCOLATE-CORNFLAKE CAKE

INGREDIENTS : Allergen Free Cornflakes – (Maize, Dried rice Syrup, Salt, Rice Bran Extract), Vegetable Margarine – (Vegetable oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, Preservative (Potassium Sorbate), Acid (Citric Acid) Emulsifier (Mono and Diglycerides of Fatty Acid), Flavourings, Vitamins (A and D), Golden Syrup,), Allergen Free Chocolate – (Sugar, Cocoa Butter, Rice Powder (Dried Rice Syrup, Rice Starch, Rice Flour), Cocoa Mass, Inulin, Shea Oil, Emulsifier (Lecithin), Sea Salt, Flavourings).

ALLERGENS: NONE