

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	<p><b>VEGETABLE FINGERS WITH POTATO WEDGES AND BAKED BEANS</b> VEG FINGERS- Veg Mix (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (<b>WHEAT</b>-Flour, Water, Yeast Salt), Rapeseed Oil, Dried potato, <b>WHEAT</b> Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric. <b>ALLERGENS: GLUTEN: WHEAT</b></p> <p>POTATO WEDGES - Potato, Sunflower Oil. <b>ALLERGENS: NONE</b></p> <p>BAKED BEANS - Baked Beans In Tomato Sauce (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener - Steviol Glycosides, Herb Extract). <b>ALLERGENS: NONE</b></p>	<p><b>LENTIL BOLOGNAISE</b> Red Lentils, Sunflower Oil, Onion, Garlic Powder, Mixed Peppers (Red, Green, Yellow), Carrots, Basil Oregano, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree (Tomatoes), Penne Pasta (Durum <b>WHEAT</b> Semolina). <b>ALLERGENS: GLUTEN: WHEAT</b></p>	<p><b>SUNSHINE VEGGIE RICE</b> Basmati Rice, Sunflower Oil, Onion, Garlic Powder, Mild Curry Powder (Coriander, Turmeric, Cumin Powder, Salt (Salt, Anticaking Agent (Sodium Ferrocyanide)), Rice Flour, Fenugreek, White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Red Lentils, Cannellini Beans, Carrot, Red Pepper, Courgette, Peas, Sweetcorn, Spinach, Fresh Lemon Juice, Fresh Coriander, Cardamom, 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). <b>ALLERGENS: NONE</b></p>	<p><b>SWEET POTATO AND BEAN CHILLI WITH JACKET POTATO</b> CHILLI – Onion, Garlic Powder, Sunflower Oil, Paprika, Cumin (May Contain <b>GLUTEN: WHEAT</b>), Mild Chilli Powder (Paprika, Chilli Powder), Carrot, Red Pepper, Courgette, Sweet Potato, Black Beans, Red Lentils, Tomato Puree, Oregano, Sweetcorn, Tomatoes (Chopped Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)). <b>ALLERGENS: GLUTEN: WHEAT</b></p> <p>Jacket Potato – Jacket Potato. <b>ALLERGENS: NONE</b></p>	<p><b>TOMATO AND BASIL VEG AND BEAN WITH BROWN RICE</b> TOMATE AND BASIL VEG AND BEAN – Sweet Potato, Butternut Squash, Cannellini Beans, Butter Beans, Garlic Powder, Basil, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree (Tomato), Sweetcorn, Mixed Peppers. <b>ALLERGENS: NONE</b></p> <p><b>BROWN RICE – Brown Rice.</b> <b>ALLERGENS: NONE</b></p>
	<b>Starter or Dessert</b>	<p><b>PEACH AND APRICOT SWIRL YOGURT BARK- DESSERT</b> Peach (Peach, Grape Juice From Concentrate, Acidity Regulator (Citric Acid)), Apricot (Apricot, Water, Grape Juice From Concentrate), Greek Style Yogurt (Skimmed MILK, Cream (<b>MILK</b>), <b>MILK</b> Protein Concentrate). <b>ALLERGENS: MILK</b></p>	<p><b>STRAWBERRY AND APPLE CRUMBLE- DESSERT</b> Gluten Free Oats, Gluten Free Oat Flour, Coconut Oil, Dates, Cinnamon, Flaxseed, Strawberry, Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)). <b>ALLERGENS: NONE</b></p>	<p><b>ROASTED SWEET POTATO AND CARROT SOUP - STARTER</b> Sweet Potato, Carrot, Onion, Garlic Powder, Parsley, Sunflower Oil. <b>ALLERGENS: NONE</b></p>	<p><b>APRICOT FLAPJACK - DESSERT</b> Gluten Free Oats, Apricot (Apricot, Water, Grape Juice From Concentrate), Dates, Coconut Oil, Cinnamon, Vanilla Extract (Infused Fresh Vanilla Pods, Glycerine (Palm Free)), Sunflower Oil. <b>ALLERGENS: NONE</b></p>





# Spring-Summer Vegetarian Teas Menu 2026 – Ver 1.0

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	<p><b>CHEESY BEAN PIE WITH BROCCOLI</b> CHEESY BEAN PIE- Mash Potato (potatoes, whey permeate (<b>MILK</b>), cream (<b>MILK</b>), skimmed <b>MILK</b>, salt, spice, pepper extract), Cheese (Cheddar Cheese (<b>MILK</b>), Anti-Caking Agent (Potato Starch), Baked Beans In Tomato Sauce (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener - Steviol Glycosides, Herb Extract), Butter Beans, Chives, Grated Carrots. <b>ALLERGENS: MILK</b></p> <p>BROCCOLI - Broccoli. <b>ALLERGENS: NONE</b></p>	<p><b>SWEET AND SOUR VEG AND BEAN WITH RICE</b> SWEET AND SOUR -Carrot, Peas, Sweetcorn, Tomato Purée, Onion, Green Beans, Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Mixed Peppers, Distilled Vinegar, Cornflour (Maize Starch), Ground Ginger, Garlic Powder, Sunflower Oil. <b>ALLERGENS: NONE</b></p> <p>Rice -Long Grain Rice. <b>ALLERGENS: NONE</b></p>	<p><b>TOMATO AND BASIL PASTA</b> Penne Pasta (Durum <b>WHEAT</b> Semolina), Green Lentils, Garlic Powder, Basil, Tomatoes - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree - (Tomato), Sweetcorn, Mixed Peppers (Green, Red, Yellow Peppers). <b>ALLERGENS: GLUTEN: WHEAT</b></p>	<p><b>BEAN COTTAGE PIE</b> Butter Beans, Sunflower Oil, Onion, Garlic Powder, Courgette, Carrot, Butternut Squash, Cannellini Beans, Red Pepper, Sweetcorn, Bechamel Sauce (Modified Tapioca Starch, Whole <b>MILK</b> Powder, Dried Glucose Syrup, Onion Powder, Salt, Yeast Extract, Butter Powder (From <b>MILK</b>), Spice and Herb Extracts), Sweet Potato, Mash Potato (Potatoes, Whey Permeate (<b>MILK</b>), Cream (<b>MILK</b>), Skimmed <b>MILK</b>, Salt, Spice, Pepper Extract). <b>ALLERGENS: MILK</b></p>	<p><b>LITTLE DISH VEG BITES WITH MOZZARELLA SERVED WITH MASHED POTATO, PEAS AND SWEETCORN</b> LITTLE DISH VEG BITES- Vegetables (Sweet Potato, Peas, Butternut Squash, Carrots, Sweetcorn), Gluten Free Breadcrumb Coating (Water, Rice Flour, Chickpea Flour, Sunflower Oil, Corn Starch, Cornflour, Salt), Haricot Beans, Mozzarella Cheese (<b>MILK</b>), Onion Powder, Broad Bean Protein, Garlic Puree, Basil, Parsley. <b>ALLERGENS: MILK</b></p> <p>MASHED POTATO – Mash Potato (Potatoes, Whey Permeate (<b>MILK</b>), Cream (<b>MILK</b>), Skimmed <b>MILK</b>, Salt, Spice, Pepper Extract). <b>ALLERGENS: MILK</b></p> <p>PEAS AND SWEETCORN – Peas And Sweetcorn. <b>ALLERGENS: NONE</b></p>
	<b>Starter or Dessert</b>	<p><b>PURPLE POWER CRUMBLE - DESSERT</b> Gluten Free Oats, Gluten Free Oat Flour, Coconut Oil, Flaxseed, Cinnamon, Dates, Beetroot, Blueberries, Fresh Apple Juice (Apple Juice, Antioxidant (Ascorbic Acid)), Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Raisins. <b>ALLERGENS: NONE</b></p>	<p><b>HIDDEN VEG LENTIL AND TOMATO SLICE - STARTER</b> Red Lentils, Grated Carrot, Courgette, Onion, Tomato Puree, <b>EGG</b>, Gluten Free Oat Flour, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Sunflower Oil. <b>ALLERGENS: EGG</b></p>	<p><b>COCONUT AND BUTTERNUT SQUASH SOUP - STARTER</b> Onion, Ginger, Garlic, Butternut Squash, 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), Coconut Milk (Coconut Extract, Water, Stabilisers (Guar Gun, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Cornflour (Maize Starch). <b>ALLERGENS: NONE</b></p>	<p><b>BERRY SWIRL YOGURT BARK - DESSERT</b> Blueberry, Strawberry, Greek Style Yogurt (Skimmed <b>MILK</b>, Cream (<b>MILK</b>), <b>MILK</b> Protein Concentrate). <b>ALLERGENS: MILK</b></p>