



Spring-Summer Regular Lunch Menu 2026 – Ver 1.0

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>SWEET AND SOUR CHICKEN WITH RICE SWEET AND SOUR- Chicken, Tomato Purée, Onion, Carrot, Green Beans, Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Mixed Peppers (Green, Red, Yellow Peppers), Distilled Vinegar, Cornflour (Maize Starch), Ground Ginger, Garlic Powder, Sunflower Oil. ALLERGENS: NONE</p> <p>RICE – Long Grain Rice. ALLERGENS: NONE</p>	<p>CHEESY BEAN PIE WITH BROCCOLI CHEESET BEAN PIE- Mash Potato (Potatoes, Whey Permeate (MILK), Cream (MILK), skimmed MILK, Salt, Spice, Pepper Extract), Cheese (Cheddar Cheese (MILK), 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. ALLERGENS: MILK</p> <p>BROCCOLI - Broccoli. ALLERGENS: NONE</p>	<p>BEEF AND SUMMER VEG PASTA BAKE Beef Mince, Onions, Garlic Powder, Carrot, Sweet Potato, Butternut Squash, Basil, Oregano, Green Lentils, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree, Macaroni Pasta (Durum WHEAT Semolina), Sunflower Oil, Bechamel Sauce (Modified Tapioca Starch, Whole MILK Powder, Dried Glucose Syrup, Onion Powder, Salt, Yeast Extract, Butter Powder (From MILK), Spice And Herb Extracts), Cheese (Cheddar Cheese (MILK), Anti-Caking Agent (Potato Starch)). ALLERGENS: MILK, GLUTEN: WHEAT</p>	<p>SPANISH CHICKEN WITH COUSCOUS SPANISH CHICKEN- Diced Chicken, Oregano, Onion, Garlic Powder, Courgette, Carrot, Sweet Potato, Butternut Squash, Cannellini Beans, Smoked Paprika, Red Pepper, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree, Sunflower Oil. ALLERGENS: NONE</p> <p>COUSCOUS – Durum WHEAT Semolina, Paprika. ALLERGENS: GLUTEN: WHEAT</p>	<p>LITTLE DISH FISH BITES WITH VEGGIES SERVED WITH MASHED POTATO, PEAS AND SWEETCORN LITTLE DISH FISH BITE- White FISH, Gluten Free Breadcrumb (Rice Flour, Water, Chickpea Flour, Sunflower Oil. Corn Starch, Cornflour, Salt), Broccoli, Potato, Cauliflower, Onion, Dried Potato, Lemon Juice, Spring Onion, Dill, Parsley, Garlic Puree. ALLERGENS: FISH</p> <p>MASHED POTATO – Mash Potato (Potatoes, Whey Permeate (MILK), Cream (MILK), Skimmed MILK, Salt, Spice, Pepper Extract). ALLERGENS: MILK</p> <p>PEAS AND SWEETCORN – Peas and Sweetcorn. ALLERGENS: NONE</p>
Main Course					
Starter or Dessert	<p>CREAMY TOMATO BASIL SOUP - STARTER Passata (Tomato Puree, Water), Tomatoes (Chopped Tomatoes, Tomato Juice, Acidity Regulator (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), Rice Milk (Water, Organic Rice, Organic Sunflower Oil, Salt), Basil, Cornflour (Maize Starch). ALLERGENS: NONE</p>	<p>TROPICAL SWIRL YOGURT BARK - DESSERT Coconut Milk (Coconut Extract, Water, Stabilisers (Guar Gum, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Greek Style Yogurt (Skimmed MILK, Cream (MILK), MILK Protein Concentrate). ALLERGENS: MILK</p>	<p>PEACH MELBA CRUMBLE - DESSERT Gluten Free Oats, Gluten Free Oat Flour, Flaxseed, Cinnamon, Dates, Coconut Oil, Banana, Strawberry, Peach (Peach, Grape Juice From Concentrate, Acidity Regulator (Citric Acid)). ALLERGENS: NONE</p>	<p>SPINACH AND RED PEPPER SLICE - STARTER Spinach, Red Pepper, Plain Flour (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), MILK, Garlic, EGG, Sunflower Oil. ALLERGENS: EGG, MILK</p>	<p>MAGIC MANGO AND CARROT SLICE - DESSERT Carrot, Sunflower Oil, EGG, Plain Flour (WHEAT Flour(WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Mango, Raisins, Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Vanilla Extract (Infused Fresh Vanilla Pods, Glycerine (Palm Free)), Cinnamon, Ginger, Nutmeg, Bicarbonate Of Soda (Sodium Bicarbonate), Baking Powder (Raising Agents (E 450 (Diphosphates), E500 (Sodium Carbonates)), Maize Starch). ALLERGENS: EGG, GLUTEN: WHEAT</p>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	<p>SWEET POTATO AND BEAN CHILLI WITH JACKET POTATO CHILLI – Onion, Garlic Powder, Sunflower Oil, Paprika, Cumin (May Contain GLUTEN: WHEAT), 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)). ALLERGENS: GLUTEN: WHEAT</p> <p>JACKET POTATO – Jacket Potato. ALLERGENS: NONE</p>	<p>LITTLE DISH CHICKEN BITES WITH HIDDEN VEG SERVED WITH MASHED POTATO AND PEAS LITTLE DISH CHICKEN BITES- British Chicken Breast, Cauliflower, Potato Flour, Onion Powder, Garlic Purée, Gluten Free Breadcrumb Coating (Rice Flour, Sunflower Oil, Chickpea Flour, Water, Corn Starch, Corn Flour, Salt). ALLERGENS: NONE</p> <p>MASHED POTATO – Mash Potato (Potatoes, Whey Permeate (MILK), Cream (MILK), Skimmed MILK, Salt, Spice, Pepper Extract). ALLERGENS: MILK</p> <p>PEAS– Peas. ALLERGENS: NONE</p>	<p>SALMON COTTAGE PIE Salmon (FISH), Sunflower Oil, Onion, Garlic Powder, Courgette, Carrot, Butternut Squash, Cannellini Beans, Red Pepper, Sweetcorn, Bechamel Sauce (Modified Tapioca Starch, Whole MILK Powder, Dried Glucose Syrup, Onion Powder, Salt, Yeast Extract, Butter Powder (From MILK), Spice and Herb Extracts), Sweet Potato, Mash Potato (Potatoes, Whey Permeate (MILK), Cream (MILK), Skimmed MILK, Salt, Spice, Pepper Extract). ALLERGENS: FISH, MILK</p>	<p>TOMATO AND BASIL CHICKEN WITH BROWN RICE TOMATO AND BASIL CHICKEN - Diced Chicken, Green Lentils, Garlic Powder, Basil, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree (Tomato), Sweetcorn, Mixed Peppers (Green, Red, Yellow Peppers). ALLERGENS: NONE</p> <p>BROWN RICE – Brown Rice. ALLERGENS: NONE</p>	<p>CHICKPEA AND VEGETABLE CREAMY COCONUT CURRY WITH RICE CURRY - Chickpeas, Green Lentils, Tikka Paste (Water, Rapeseed Oil, Maize Starch, Salt, Cumin, Ground Coriander, Garlic Powder, Paprika, Tamarind Paste, Ginger, Black Pepper, Acidity Regulators (Acetic Acid, Lactic Acid), Chilli Powder, Preservative (Potassium Sorbate)), Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Carrot, Broccoli, Cauliflower, Peas, Coconut Milk (Coconut Extract, Water, Thickener(Carboxymethyl Cellulose), Emulsifier(Polysorbate 60)), Cornflour (Maize Starch). ALLERGENS: NONE</p> <p>RICE – Long Grain Rice. ALLERGENS: NONE</p>
	Starter or Dessert	<p>PURPLE POWER CRUMBLE - DESSERT 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. ALLERGENS: NONE</p>	<p>HIDDEN VEG LENTIL AND TOMATO SLICE - STARTER Red Lentils, Grated Carrot, Courgette, Onion, Tomato Puree, EGG, Gluten Free Oat Flour, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Sunflower Oil. ALLERGENS: EGG</p>	<p>COCONUT AND BUTTERNUT SQUASH SOUP - STARTER 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 Gum, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Cornflour (Maize Starch). ALLERGENS: NONE</p>	<p>BERRY SWIRL YOGURT BARK - DESSERT Blueberry, Strawberry, Greek Style Yogurt (Skimmed MILK, Cream (MILK), MILK Protein Concentrate). ALLERGENS: MILK</p>



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	<p>SUNSHINE VEGGIE RICE 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). ALLERGENS: NONE</p>	<p>SALMON FISH CAKE WITH POTATO WEDGES AND BAKED BEANS SALMON FISH CAKE- Minced Salmon (FISH), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin,Thiamin), Potato, Rapeseed Oil, Wheat Starch, Salt, Potato Starch, Stabiliser (Methyl Cellulose), Onion Powder, Yeast, Caramelised Sugar, Colour (Paprika Extract), Turmeric Extract. ALLERGENS: FISH, GLUTEN: WHEAT</p> <p>POTATO WEDGES - Potato, Sunflower Oil. ALLERGENS: NONE</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). ALLERGENS: NONE</p>	<p>CHICKEN FAJITA WITH PITTA BREAD FAJITA- Diced Chicken, Sunflower Oil, Onion, Mixed Peppers (Green, Red, Yellow Peppers), Garlic Powder, Paprika, Cumin and Coriander (May Contain GLUTEN: WHEAT), Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree (Tomatoes)). ALLERGENS: GLUTEN: WHEAT</p> <p>PITTA BREAD – Wholemeal WHEAT Flour, Water, Yeast, Salt, May Contain MILK and SOYA. ALLERGENS: MILK, SOYA, GLUTEN: WHEAT</p>	<p>BEEF BOLOGNAISE Beef Mince, Sunflower Oil, Onion, Garlic Powder, Mixed Peppers (Green, Red, Yellow Peppers), Carrots, Basil, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree (Tomatoes), Penne Pasta (Durum WHEAT Semolina). ALLERGENS: GLUTEN: WHEAT</p>	<p>MOROCCAN LAMB WITH COUSCOUS MOROCCAN LAMB- Lamb Mince, Green Lentils, Sunflower Oil, Onion, Garlic Powder, Ginger Powder, Cumin Powder and Ground Coriander (May Contain GLUTEN: WHEAT), Cinnamon, Paprika, Turmeric, Nutmeg, Raisins, Parsley, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree. ALLERGENS: GLUTEN: WHEAT</p> <p>COUSCOUS – Durum WHEAT Semolina, Paprika. ALLERGENS: GLUTEN: WHEAT</p>
	Starter or Dessert	<p>PEACH AND APRICOT SWIRL YOGURT BARK- DESSERT Peach (Peach, Grape Juice From Concentrate, Acidity Regulator (Citric Acid)), Apricot (Apricot, Water, Grape Juice From Concentrate), Greek Style Yogurt (Skimmed MILK, Cream (MILK), MILK Protein Concentrate). ALLERGENS: MILK</p>	<p>STRAWBERRY AND APPLE CRUMBLE- DESSERT Gluten Free Oats, Gluten Free Oat Flour, Coconut Oil, Dates, Cinnamon, Flaxseed, Strawberry, Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)). ALLERGENS: NONE</p>	<p>ROASTED SWEET POTATO AND CARROT SOUP - STARTER Sweet Potato, Carrot, Onion, Garlic Powder, Parsley, Sunflower Oil. ALLERGENS: NONE</p>	<p>APRICOT FLAPJACK - DESSERT 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. ALLERGENS: NONE</p>