



Autumn-Winter Regular Lunch Menu - **ALLERGEN AND TOMATO FREE** - 2025/26 – Ver 1.1

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p>CHICKEN CURRY AND VEGETABLE WITH BROWN RICE CURRY – Diced Chicken, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid)), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), Ground Coriander, Turmeric, Fenugreek, Cumin, Broccoli, Carrot, Cauliflower, Peas. ALLERGENS: NONE</p> <p>BROWN RICE – Brown Rice ALLERGENS: NONE</p>	<p>PORK RAGU WITH BROWN RICE RAGU - Minced Pork, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid)), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), Diced Onion, Carrot, Mixed Peppers - (Red, Green, Yellow), Broccoli, Garlic Powder, Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Sunflower Oil. ALLERGENS: NONE</p> <p>BROWN RICE – Brown Rice. ALLERGENS: NONE</p>	<p>BEEF CHILLI SERVED WITH JACKET POTATO BEEF CHILLI - Minced Beef, Sunflower-Oil, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid)), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Mixed Peppers, Parsley, Rosemary, Black Pepper, Thyme). Chilli Powder (Paprika, Chilli Powder), Kidney Beans, Onion, Carrot. ALLERGENS: NONE</p> <p>JACKET POTATO - Jacket Potato. ALLERGENS: NONE</p>	<p>VEGGIE SAUSAGE, POTATO WEDGES, PEAS AND SWEETCORN 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. ALLERGENS: NONE</p> <p>POTATO WEDGES - Potato, Palm Oil. ALLERGENS: NONE</p> <p>PEAS AND SWEETCORN - Peas, Sweetcorn. ALLERGENS: NONE</p>	<p>ROOT VEGETABLE AND BEAN HOTPOT SERVED WITH MASHED POTATO VEG AND BEAN HOTPOT – Carrot, Swede, Parsnip, Butter Beans, Cannellini Beans, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Gravy (Potato Maltodextrin, Potato Starch, Natural Flavouring, Sugar, Onion Powder, Vegetable Oil (Palm, Sunflower, Coconut, Rapeseed), Salt, Stabilizer: Guar Gum, Caramelised Sugar, Chilean Salt, Anti-Caking Agent: Silicon Dioxide And Vitamin D). ALLERGENS: NONE</p> <p>MASHED POTATO - Mashed Potato – (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour). ALLERGENS: NONE</p>
Starter or Dessert	<p>LEMON BERRY BITES - DESSERT Blueberries, Lemon Juice, Vanilla Extract (Infused Fresh Vanilla Pods, Glycerine (Palm Free)), Sunflower Oil, Raisins, Flaxseed, Banana, Bicarbonate of Soda (Sodium Bicarbonate), Gluten Free Plain Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates))), Maize Starch). ALLERGENS: NONE</p>	<p>BUTTER BEAN CAKES - STARTER Butter Bean, Mashed Potato (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, Peas, Sunflower Oil, Black Pepper. ALLERGENS: NONE</p>	<p>PURPLE POWER CRUMBLE - DESSERT Gluten Free Oats, Gluten Free Oat Flour, Coconut Oil, Flaxseed, Cinnamon, Dates, Beetroot, Blueberries, Apple Juice (Apple Juice, Antioxidant (Ascorbic Acid)), Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Raisins. ALLERGENS: NONE</p>	<p>CREAMY RED PEPPER AND BASIL SOUP - STARTER Red Pepper, Sweet Potato, Basil, 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), Cornflour (Maize Starch). ALLERGENS: NONE</p>	<p>CHOCO BEAN DREAM - DESSERT Butter Beans, Cocoa Powder, Gluten Free Oat Flour, Raisins, Coconut Oil, Dates, Banana, Sunflower Oil, Vanilla Extract (Infused Fresh Vanilla Pods, Glycerine (Palm Free)), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates))), Maize Starch) ALLERGENS: NONE</p>



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2	<p>SWEET AND SOUR CHICKEN SERVED WITH RICE SWEET AND SOUR CHICKEN - Diced Chicken, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), Carrot, Peas, Green Beans, Sweetcorn, Pineapple (Water, Sugar, Acidity Regulator (Citric Acid)), Paprika, Fresh Lemon Juice. ALLERGENS: NONE</p> <p>RICE - Long Grain Rice. ALLERGENS: NONE</p>	<p>COTTAGE PIE WITH HIDDEN VEGGIES Minced Beef, Diced Onion, Garlic Powder, Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Mash Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Carrot, Swede, Peas, Green Lentils, Gravy (Potato Maltodextrin, Potato Starch, Natural Flavouring, Sugar, Onion Powder, Vegetable Oil (Palm, Sunflower, Coconut, Rapeseed), Salt, Stabilizer: Guar Gum, Caramelised Sugar, Chilean Salt, Anti-Caking Agent: Silicon Dioxide And Vitamin D), Sunflower Oil. ALLERGENS: NONE</p>	<p>SPINACH AND FALAFEL BAKE, POTATO WEDGES WITH PEAS AND SWEETCORN 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. ALLERGENS: NONE</p> <p>POTATO WEDGES - Potato, Palm Oil. ALLERGENS: NONE</p> <p>PEAS AND SWEETCORN – Peas, Sweetcorn. ALLERGENS: NONE</p>	<p>ROAST CHICKEN SERVED WITH MASHED POTATOES, CARROTS AND PEAS ROAST CHICKEN – Chicken Breast (Chicken Breast, Salt), Gravy (Potato Maltodextrin, Potato Starch, Natural Flavouring, Sugar, Onion Powder, Vegetable Oil (Palm, Sunflower, Coconut, Rapeseed), Salt, Stabilizer: Guar Gum, Caramelised Sugar, Chilean Salt, Anti-Caking Agent: Silicon Dioxide And Vitamin D). ALLERGENS: NONE</p> <p>MASHED POTATO – (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper). ALLERGENS: NONE</p> <p>CARROTS AND PEAS - Carrot, Peas. ALLERGENS: NONE</p>	<p>CHICKEN SUPER GREEN PASTA BAKE Diced Chicken, Peas, Green Beans, Broccoli, Black Pepper, Free From Pasta (Rice Flour, Wholegrain Rice Flour, Maize Flour, Quinoa Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids), Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), , Oregano, Violife Vegan Mature Cheese (Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12). ALLERGENS: NONE</p>
Main Course					
	<p>BERRY NICE APPLE RICE - DESSERT Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Strawberries, Pudding Rice (Short Grain Rice), Rice Milk (Water, Organic Rice, Organic Sunflower Oil, Salt), Dates, Cinnamon, Nutmeg. ALLERGENS: NONE</p>	<p>COURGETTE AND RED PEPPER MUFFIN STARTER Courgette, Red Pepper, Carrot, Gluten Free Plain Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Rice Milk (Water, Organic Rice, Organic Sunflower Oil, Salt), Garlic, Oggs (Liquid Chickpea Extract), Sunflower Oil. ALLERGENS: NONE</p>	<p>BANANA FLAPJACK - DESSERT Gluten Free Oats, Banana, Dates, Coconut Oil, Cinnamon, Vanilla Extract (Infused Fresh Vanilla Pods, Glycerine (Palm Free)). ALLERGENS: NONE</p>	<p>CARROT AND LENTIL SOUP – STARTER Carrot, Leeks, Red Lentils, 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), Garlic, Parsley, Cornflour (Maize Starch). ALLERGENS: NONE</p>	<p>PUMPKIN SWEET POTATO AND APRICOT CRUMBLE - DESSERT Gluten Free Oats, Gluten Free Oat Flour, Coconut Oil, Flaxseed, Cinnamon, Dates, Apple, Sweet Potato, Pumpkin, Apricot (Apricot, Water, Grape Juice from Concentrate). ALLERGENS: NONE</p>
Starter or Dessert					



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Main Course	<p>VEGETABLE SAUSAGE, MASHED POTATO AND GREEN VEGGIES VEGETABLE SAUSAGE - Carrot, Peas, Onion, Sweetcorn, Red Pepper, Dried Potato, Green Beans, Pea Starch, Water, Cauliflower Florets, Leek, Potato, Salt, Sugar, Yeast Extract, Garlic Powder, Onion Powder, Tomato Powder, Red Pepper Powder, Parsley, Sage, Flavouring, White Pepper, Black Pepper Extract, Sage Extract. ALLERGENS: NONE</p> <p>MASHED POTATO - Mashed Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour). ALLERGENS: NONE</p> <p>GREEN VEGGIES – Peas, Green Beans. ALLERGENS: NONE</p>	<p>RED PEPPER AND BASIL CHICKEN WITH BROWN RICE RED PEPPER AND BASIL CHICKEN - Diced Chicken, Green Lentils, Garlic Powder, Basil, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid))), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), Sweetcorn, Mixed Peppers. ALLERGENS: NONE</p> <p>BROWN RICE - Brown Rice. ALLERGENS: NONE</p>	<p>CHEESY BEAN PIE Mashed Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Haricot Beans, Butter Beans, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid))), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), Violife Vegan Mature Cheese (Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12), Grated Carrots, Chives. ALLERGENS: NONE</p> <p>BROCCOLI - Broccoli. ALLERGENS: NONE</p>	<p>CHICKEN BOLOGNAISE Chicken Mince, Onion, Garlic Powder, Mixed Peppers, Carrot, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid))), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), Free From Pasta (Rice Flour, Wholegrain Rice Flour, Maize Flour, Quinoa Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids), Thyme, Sage, Sunflower Oil. ALLERGENS: NONE</p>	<p>MINTED LAMB HOTPOT WITH VEGGIES Minced Lamb, Onion, Sweet Potato, Broccoli, Carrot, Cauliflower, Potato, Gravy (Potato Maltodextrin, Potato Starch, Natural Flavouring, Sugar, Onion Powder, Vegetable Oil (Palm, Sunflower, Coconut, Rapeseed), Salt, Stabilizer: Guar Gum, Caramelised Sugar, Chilean Salt, Anti-Caking Agent: Silicon Dioxide And Vitamin D), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Mint, Sunflower oil. ALLERGENS: NONE</p>
Starter or Dessert	<p>MAGIC MANGO AND CARROT SLICE - DESSERT Carrot, Sunflower Oil, Oggs ((Liquid Chickpea Extract)), Gluten Free Plain Flour (Rice, Potato, Tapioca, Maize, Buckwheat), 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), E 500 (Sodium Carbonates))), Maize Starch). ALLERGENS: NONE</p>	<p>CHICKPEA AND SWEET POTATO CAKE - STARTER Sweet Potato, Chickpea, Onion, Gluten Free Plain Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Violife Cheese (Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12), Parsley, Sunflower oil. ALLERGENS: NONE</p>	<p>POACHED PEARS - DESSERT Orange Juice, Pears (Pear, Water, Pear Juice from Concentrate, Acidity Regulator (Citric Acid)), Cinnamon. ALLERGENS: NONE</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>APPLE, PEACH AND APRICOT CRUMBLE - DESSERT Gluten Free Oats, Gluten Free Oat Flour, Coconut Oil, Flaxseed, Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid))), Peach (Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid))), Apricots (Apricot, Water, Grape Juice from Concentrate), Dates. ALLERGENS: NONE</p>