



# Summer Menu 2022 REGULAR Including Weight Per Portion - ALLERGEN FREE - Ver 1.1

WEEK 1	LUNCH	INGREDIENTS
MON	Turkey Ragu And Jacket Potato (200G)	Minced Turkey Chopped Tomato, Passata, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato <b>ALLERGENS: NONE</b>
TUE	Vegetable And Bean Cottage Pie (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chick Peas, Carrot, Peas, Onion, Garlic, Vegetable Gravy, Mixed Herbs, Potato, Broccoli, Vegetable Margarine <b>ALLERGENS: NONE</b>
WED	Beef Lasagne (175G)	Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Garlic, Free From Lasagne Sheets, Violife Cheese (Coconut), Oregano, Basil <b>ALLERGENS: NONE</b>
THU	Vegetable And Bean Burger, Mashed Potato And 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 and Sweetcorn <b>ALLERGENS: NONE</b>
FRI	Tomato And Basil Chicken Served With Broccoli (200G)	Chicken, Tomato and Basil Sauce (Tomato, Sugar, Lemon, Onion, Starch, Maize, Salt, Garlic, Basil, Rapeseed Oil, Oregano, Black Pepper) Broccoli, Mixed Peppers, Carrots, Peas, Green Beans, Sweetcorn, Broad Beans. <b>ALLERGENS: NONE</b>

WEEK 2	LUNCH	INGREDIENTS
MON	Spinach and Falafel Pattie, Mashed Potato, Baked Beans (190G)	Spinach and Falafel Pattie (Chickpeas, Spinach, Onion, Rapeseed Oil, Parsley, Cumin, Coriander, Lemon, Black Pepper, Garlic, Chilli Powder) Potato, Vegetable Margarine, Baked (Haricot) Beans, Water, Sugar, Salt, Onion, Paprika, Tomato <b>ALLERGENS: NONE</b>
TUE	BBQ Chicken And Med Vegetables With Rice (195G)	Chicken, BBQ Sauce (Tomato, Fructose Syrup, Spirit Vinegar, Molasses, Cornflour, Salt, Smoke Flavouring, Onion Powder, Potassium Sorbate, Garlic), Courgette, Mixed Peppers, Long Grain Rice <b>ALLERGENS: NONE</b>
WED	Cheesy Bean And Potato Pie (200G)	Potato, Violife Cheese (Coconut), Baked Beans, Tomato, Chives, Onion <b>ALLERGENS: NONE</b>
THU	Turkey Bolognese Bake (200G)	Minced Turkey, Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Tomato Passata, Free From Pasta, Violife Cheese (Coconut) <b>ALLERGENS: NONE</b>
FRI	Katsu Chicken Curry With Rice (190G)	Diced Chicken, Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Ginger, Long Grain White Rice <b>ALLERGENS: NONE</b>

WEEK 3	LUNCH	INGREDIENTS
MON	Five Bean Chilli Con Carne With Rice (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Chilli Con Carne Sauce (Tomatoes, Kidney Beans, Onion, Red Pepper, Maize Starch, Sugar, Salt, Acidity Regulator, Cumin, Paprika, Coriander, Oregano, Garlic, Chilli, Cocoa Powder, Black Pepper). Long Grain Rice <b>ALLERGENS: NONE</b>
TUES	Slow Cooked Lamb Mince And Vegetables Served With Mashed Potato (200G)	Minced Lamb, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic <b>ALLERGENS: NONE</b>
WED	Sweet And Sour Chicken With Rice (190G)	Chicken Breast, Rice, Sweet And Sour Sauce (Sugar, Water, Tomato Puree, Pineapple, Spirit Vinegar, Maize Starch, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder), Mixed Vegetables. <b>ALLERGENS: NONE</b>
THU	Chicken Goujons, Spaghetti With Mashed Potato (200G)	Chicken Strips, Potatoes, Free From Spaghetti <b>ALLERGENS: NONE</b>
FRI	Chicken Pasta Bake (200G)	Free From Pasta. Diced Chicken, Tomato Sauce (Onion, Salt, Citric Acid, Garlic, Basil, Oregano) Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Violife Cheese (Coconut) <b>ALLERGENS: NONE</b>