



# LUNCHES - SPRING/SUMMER REGULAR MENU 2024 – ALLERGEN AND TOMATO FREE

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WEEK 1	LUNCH	INGREDIENTS
<b>MON</b>	<b>Turkey Ragù And Jacket Potato (200G)</b>	Minced Turkey, Red Pepper Sauce, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato <b>ALLERGENS: NONE</b>
<b>TUE</b>	<b>Vegetable And Bean Cottage Pie (200G)</b>	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>
<b>WED</b>	<b>Somerset Pork And Apple (110G) With Rice (90G)</b>	Minced Pork, Carrot, Mixed Herbs, Leek, Swede, Courgette, Free From Stuffing Mix, Apple Sauce, White And Brown Rice, Gravy, Sage, Parsley <b>ALLERGENS: NONE</b>
<b>THU</b>	<b>Spinach and Falafel Bake, Mashed Potato And Peas (190G)</b>	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), Potato, Vegetable Margarine, Peas <b>ALLERGENS: NONE</b>
<b>FRI</b>	<b>Red Pepper And Basil Chicken Served With Broccoli (200G)</b>	Chicken, Red Pepper Sauce, Basil, Broccoli, Mixed Peppers, Carrots, Peas, Green Beans, Sweetcorn, Broad Beans. <b>ALLERGENS: NONE</b>

WEEK 2	LUNCH	INGREDIENTS
<b>MON</b>	<b>Spinach and Falafel Bake, Mashed Potato And Peas (190G)</b>	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), Potato, Vegetable Margarine, Peas <b>ALLERGENS: NONE</b>
<b>TUE</b>	<b>BBQ Chicken And Med Vegetables With Rice (195G)</b>	Chicken, Red Pepper Sauce, Paprika, Courgette, Mixed Peppers, Long Grain Rice <b>ALLERGENS: NONE</b>
<b>WED</b>	<b>Cheesy Mixed Bean And Potato Pie (200G)</b>	Potato, Violife Cheese (Coconut), White Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Chives, Onion <b>ALLERGENS: NONE</b>
<b>THU</b>	<b>Beef Bolognaise Bake (200G)</b>	Minced Beef, Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Red Pepper Sauce, Free From Pasta, Violife Cheese (Coconut) <b>ALLERGENS: NONE</b>
<b>FRI</b>	<b>Chicken Curry (150g) With Rice (90g)</b>	Diced Chicken, Red Pepper Sauce, Curry Powder, Peas, Carrot. <b>ALLERGENS: NONE</b>

WEEK 3	LUNCH	INGREDIENTS
<b>MON</b>	<b>Five Bean Chilli Con Carne With Rice (200G)</b>	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Red Pepper Sauce, Chilli Powder, Long Grain Rice <b>ALLERGENS: NONE</b>
<b>TUE</b>	<b>Slow Cooked Lamb Mince And Vegetables Served With Mashed Potato (200G)</b>	Minced Lamb, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic <b>ALLERGENS: NONE</b>
<b>WED</b>	<b>Sweet And Sour Chicken With Rice (190g)</b>	Diced Chicken, Rice, Red Pepper Sauce, Paprika, Cauliflower, Broccoli, Carrots, Lemon Juice, Peas <b>ALLERGENS: NONE</b>
<b>THU</b>	<b>Chicken Goujons, Peas With Mashed Potato (200G)</b>	Chicken Strips, Potatoes, Peas <b>ALLERGENS: NONE</b>
<b>FRI</b>	<b>Chicken Pasta Bake (200G)</b>	Free From Pasta. Diced Chicken, Red Pepper Sauce, Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Violife Cheese (Coconut) <b>ALLERGENS: NONE</b>