



Summer Regular Lunch Menu 2025 – Ver 1.0

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Lunch	<p>CHICKEN RAGU WITH JACKET POTATO</p> <p>INGREDIENTS: RAGU - Minced Chicken, Chopped Tomatoes - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree - (Tomato), Chicken Stock - (Chicken Stock (Water, Chicken Stock), Flavouring, Glucose Syrup, Salt, Yeast Extracts, Sugar), Diced Onion, Carrot, Mixed Peppers - (Red, Green, Yellow), Broccoli, Garlic - (Garlic (98%), Acidity Regulator: Citric Acid), Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Sunflower Oil.</p> <p>JACKET POTATO - Jacket Potato.</p> <p>ALLERGENS: NONE</p>	<p>VEGETABLE AND BEAN COTTAGE PIE</p> <p>INGREDIENTS: Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Carrot, Peas, Onion, Black Pepper, Garlic, Vegetable Gravy – (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Sunflower, Palm), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract), Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Mashed Potato – (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Broccoli.</p> <p>ALLERGENS: NONE</p>	<p>PORK AND APPLE CASSEROLE WITH RICE</p> <p>INGREDIENTS: PORK CASSEROLE - Minced Pork, Carrot, Leek, Swede, Stuffing Mix – ((Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Vegetable Oil - (Palm Oil, Sunflower Oil), Dried Onion (2.5%), Sage (1.0%), Parsley, Ammonium Hydrogen Carbonate, Yeast, Sage Extract)), Apple Sauce – (Water, Apple, Sugar, Thickeners (Modified Maize Starch), Antioxidant (Ascorbic Acid), Preservative(Potassium Sorbate), Black Pepper, Vegetable Gravy – ((Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Sunflower, Palm), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract)).</p> <p>RICE - White Rice.</p> <p>ALLERGENS: GLUTEN: WHEAT</p>	<p>FISHCAKES WITH SWEET POTATO FRIES AND BAKED BEANS</p> <p>INGREDIENTS: FISHCAKE – Minced White Fish, Water, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dried Potato, Sunflower Oil, Rapeseed Oil, Palm Oil, Salt, Stabiliser (Methyl Cellulose), Yeast, Onion Powder, Parsley, Sugar, Turmeric, Colour (Paprika Extract), Black Pepper Extract, Parsley Extract.</p> <p>SWEET POTATO FRIES – (Sweet Potato, Sunflower Oil, Modified Potato Starch, Rice Flour, Potato Dextrin, Salt, Raising Agents (E450i, E500ii), Paprika Extract, Stabilizer (E415)).</p> <p>BAKED BEANS - (Haricot Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.</p> <p>ALLERGENS: FISH, GLUTEN: WHEAT</p>	<p>CHICKEN PASTA BAKE</p> <p>INGREDIENTS: Chicken, Tri Colour Pasta - (Durum Wheat Semolina, Tomato Powder, Spinach Powder), Sweetcorn, Oregano, Black Pepper, Mixed Peppers - (Red, Green, Yellow), Garlic - (Garlic, Acidity Regulator: Citric Acid), Tomato Paste, Chopped Tomato - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Veg 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), Cheese - (Milk, Water, Palm Oil, Potato Starch, Milk Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch)).</p> <p>ALLERGENS: MILK, GLUTEN: WHEAT</p>
Dessert	<p>STRAWBERRY FROZEN YOGHURT</p> <p>INGREDIENTS: Water, Sugar, Palm Oil, Whey Solids, Whey Powder, Yogurt Powder, Dextrose, Skimmed Milk Powder, Buttermilk Powder, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum), Flavouring, Colour (Beetroot Red).</p> <p>ALLERGENS: MILK</p>	<p>LEMON SPONGE</p> <p>INGREDIENTS: Lemon Essence - (Water, Monopropylene Glycol & Flavouring), Sponge Mix - (Wheat Flour (Wheat, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dextrose, Raising Agents (E500(ii), E450(i)), Dried Whole Egg Powder, Buttermilk Powder, Whey Powder, Emulsifier (Glucose Syrup, E472b, E477, Soya Flour), Leavening Agent (E450(vii), E341(ii)), Milk Protein (Whey Powder, Acid Casein), Dried Egg White Powder, Flavouring, Thickeners (Xanthan Gum), Sunflower Oil.</p> <p>ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT</p>	<p>POACHED PEARS WITH CUSTARD</p> <p>INGREDIENTS: POACHED PEARS - Pear Halves, Water, Pear Juice from Concentrate, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Cinnamon, Orange Juice.</p> <p>CUSTARD - Skimmed Milk, Rehydrated Buttermilk Powder, Sugar, Modified Maize Starch, Palm Oil, Rehydrated Whey Powder, Flavouring, Colours: Curcumin, Annatto Norbixin.</p> <p>ALLERGENS: MILK</p>	<p>CRANBERRY FLAPJACK</p> <p>INGREDIENTS: Gluten Free Oat Flakes (50%), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Glucose, Dextrose, Natural Flavouring, Salt, Flavouring, Cranberries – (Sugar, Cranberries, Sunflower Oil).</p> <p>ALLERGENS: NONE</p>	<p>CARROT CAKE</p> <p>INGREDIENTS: Wheat Flour (Wheat, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Whole Egg Powder, Malted Barley, Maize Starch, Raising Agents (E500(ii), E450), Palm Oil, Soya Flour, Modified Maize Starch, Whey Powder, Acid Casein (Milk), Sodium Carbonate, Disodium Phosphate, Salt, Emulsifier (Rice Starch, E475, E471), Colour (Caramel Powder), Flavourings, Thickeners (Xanthan Gum), Ground Cinnamon, Sunflower Oil.</p> <p>ALLERGENS: MILK, SOYA, EGG, GLUTEN: WHEAT, BARLEY</p>

Week
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Lunch

Dessert

Monday

FISH FINGERS, MASHED POTATO AND MUSHY PEAS

INGREDIENTS:

FISH FINGERS - Minced Alaska **Pollock (Fish)**, **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Rapeseed Oil, Water, Yeast, Salt, Colours: Capsanthin, Curcumin; Turmeric.

MASHED POTATO - Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour.

MUSHY PEAS - Rehydrated Processed Peas, Water, Sugar, Salt, Colours (Carotenes, Copper complexes of Chlorophyllins).

ALLERGENS: FISH, GLUTEN: WHEAT

Tuesday

CHICKEN FAJITA WITH PITTA BREAD

INGREDIENTS:

FAJITA – Chicken, Sunflower Oil, Onion, Mixed Peppers, Veg Boullion (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 – (Garlic, Acidity Regulator: Citric acid), Paprika, **Cumin (May contain Gluten/Wheat)**, **Chopped Tomatoes** – (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Paste, Coriander.

ALLERGENS: GLUTEN: WHEAT

PITTA BREAD - Wholemeal **Wheat** Flour, Water, Yeast, Salt. (**May Contain: Milk, Soya**)

ALLERGENS: GLUTEN: WHEAT, MILK, SOYA

Wednesday

CHEESY BEAN, CARROT AND POTATO PIE

INGREDIENTS:

Mash Potato (Potato (95%), Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Cheese (**Milk**, Water, Palm Oil, Potato Starch, **Milk** Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch)) Baked Beans (Haricot Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings), Chives, Grated Carrot.

ALLERGENS: MILK

Thursday

BEEF BOLOGNAISE BAKE

INGREDIENTS: Minced Beef, Carrot, Onion, Mixed Peppers, 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 (Garlic, Acidity Regulator: Citric acid), Basil, Oregano, Tomato Puree, Sweetcorn, Penne Pasta (Durum **Wheat**, Semolina), Cheese (**Milk**, Palm Oil, Potato Starch, **Milk** Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch), Sunflower Oil.

ALLERGENS: MILK, GLUTEN: WHEAT

Friday

CHICKPEA AND VEGETABLE CREAMY COCONUT CURRY WITH RICE

INGREDIENTS:

Curry - Tikka Paste (Tomatoes, Concentrated Tomato Puree, Coriander, Ground Cumin, Ground Coriander, Ginger Puree, Garlic Puree, Sugar, Rapeseed Oil, Modified Maize Starch, Salt, Chilli Powder, Ground Cardamom, Acidity Regulator (Citric Acid), Ground Turmeric, Dried Fenugreek, Ground Nutmeg, Ground Fenugreek, Ground Black Pepper, Colour (Paprika Extract)), Chickpeas, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Carrot, Coconut Milk (Coconut Extract, Water, Thickeners(Carboxymethyl Cellulose), Emulsifier(Polysorbate 60)), Potato, Cornflour (Maize Starch), Peas.

RICE – White Rice

ALLERGENS: NONE

RICE PUDDING WITH APPLE

INGREDIENTS: Rice Pudding (Skimmed **Milk**, Rice, Sugar, Acidity Regulator (Sodium Bicarbonates)), Apple (Apple, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)).

ALLERGENS: MILK

RASPBERRY MOUSSE CAKE

Sugar, Palm Kernel Oil, Palm Oil, **Wheat** Flour, **Egg, Milk** Proteins, Raspberries, Emulsifiers (Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, **Soya** Lecithin, Polyglycerol Esters of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Glucose Syrup, Gelling Agents (Pectin, Sodium Alginate), Potato Starch, Acidity Regulators (Citric Acid, Trisodium Citrate, Potassium Phosphates), Flavouring, Colour (Beetroot Red), Elderberry Juice, Skimmed Milk Powder, Whole **Milk** Powder, Stabiliser (Hydroxyl Propyl Cellulose), Thickeners (Acetylated Distarch Adipate, Xanthan Gum, Carrageenan), Dextrose, Salt, **Wheat** Starch.

ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT

FUDGE BROWNIE

INGREDIENTS: **Wheat** Flour (Wheat, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder, Dried Whole **Egg** Powder, Dried Glucose, Salt, Emulsifier (Rice Starch, E475, E471), Chocolate Flavouring, Flavouring, Natural Flavouring, May Contain **Milk** and **Soya**, Sunflower Oil.

ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT

VANILLA ICE CREAM

INGREDIENTS: Water, Sugar, **Buttermilk** Powder, **Whey** Powder, Palm Oil, Dextrose, Emulsifier (Mono and diglycerides of fatty acids), Stabilisers (Cellulose Gum, Guar Gum, Locust Bean Gum), Flavourings, Colours (Annatto Norbixin, Curcumin).

ALLERGENS: MILK

JAM AND COCONUT SPONGE

INGREDIENTS: Sponge Mix - (**Wheat** Flour (Wheat, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dextrose, Raising Agents (E500(ii), E450(i)), Dried Whole **Egg** Powder, Buttermilk Powder, **Whey** Powder, Emulsifier (Glucose Syrup, E472b, E477, **Soya** Flour), Leavening Agent (E450(vii), E341(i)), **Milk** Protein (**Whey** Powder, Acid Casein), Dried **Egg** White Powder, Flavouring, Thickeners (Xanthan Gum), Jam – (Sugar, Apple, Raspberries, Rhubarb, Plum, Gelling Agent (Pectin), Colour (Anthocyanins), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Preservative (**Sulphur Dioxide**)). Coconut (Coconut, Preservative (Sodium **Metabisulphite**)), Sunflower Oil.

ALLERGENS: EGG, MILK, SOYA, SULPHITES, GLUTEN: WHEAT



Summer Regular Lunch Menu 2025 – Ver 1.0

**Week
3**

Lunch

Dessert

Monday

VEG AND BEAN CHILLI WITH WHOLEMEAL PITTA BREAD

INGREDIENTS:
CHILLI – Kidney Beans - (Red Kidney Beans, Water, Firming Agent (Calcium Chloride)), Cannellini Beans - (Cannellini Beans, Water, Antioxidant(Ascorbic Acid)), Butter Beans - (Butter Beans, Water, Firming Agent (Calcium Chloride)), Chickpeas - (Chick Peas, Water, Antioxidant (Ascorbic Acid), Borlotti Beans – (Borlotti Beans, Water, Antioxidant(Ascorbic Acid)), Tomato Puree, Chopped Tomato - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onion, Red Peppers, Garlic Puree (Garlic, Acidity Regulator: Citric Acid), Cumin (May contain **Gluten/Wheat**), Lemon Juice (Lemon Juice from Concentrate, Lemon Oil, Preservative (Potassium **Metabisulphite**), Sunflower Oil, Paprika, Coriander, Oregano, Chilli Powder (Paprika, Chilli Powder), Black Pepper, Sunflower Oil

ALLERGENS: SULPHITES, GLUTEN: WHEAT

PITTA BREAD - Wholemeal **Wheat** Flour, Water, Yeast, Salt. (**May Contain: Milk, Soya**)

ALLERGENS: GLUTEN: WHEAT, MILK, SOYA

FRUIT SMOOTHIE

INGREDIENTS:
Water, Mango Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Acidity Regulator(Citric Acid), Dextrose, Flavouring.

ALLERGENS: NONE

Tuesday

SLOW COOKED LAMB WITH MASHED POTATO

INGREDIENTS:
LAMB - Minced Lamb, Carrot, Swede, Peas, Onion, Gravy-(Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Sunflower, Palm), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract), Mixed Herbs-(Marjoram, Thyme, Parsley, Basil, Savory), Garlic-(Garlic, Acidity Regulator: Citric Acid), Sunflower Oil.

MASHED POTATO - Potato-(Potato (95%), Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour)

ALLERGENS: NONE

PINEAPPLE SPONGE

INGREDIENTS: Pineapple Pieces Pineapple- (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid),, Sponge Mix -(**Wheat** Flour (**Wheat**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dextrose, Raising Agents (E500(ii), E450(i)), Dried Whole **Egg** Powder, **Buttermilk** Powder, **Whey** Powder, Emulsifier (Glucose Syrup, E472b, E477, **Soya** Flour), Leavening Agent (E450(vii), E341(i)), **Milk** Protein (**Whey** Powder, Acid Casein), Dried **Egg** White Powder, Flavouring, Thickenner (Xanthan Gum), Sunflower Oil.

ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT

Wednesday

TUNA PASTA BAKE

INGREDIENTS: Tuna (Skipjack Tuna, Water, Salt, Stabiliser (Xanthan Gum)), Penne Pasta (Durum **Wheat** Semolina), Sweetcorn, Oregano, **Black Pepper**, Broccoli, Garlic (Garlic, Acidity Regulator: Citric Acid.), Veg 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), **Cheese (Milk**, Water, Palm Oil, Potato Starch, **MILK** Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch), Bechamel Powder (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour, **Whey** Powder, Palm Oil, Whole **Milk** Powder, Sugar, Salt, Sunflower Oil, Yeast Extract, Onion Powder, Spices, Herb (Ground Bay Leaf)).

ALLERGENS: FISH, MILK, GLUTEN: WHEAT

WHITE CHOCOLATE AND SULTANA CRISPIE CAKE

INGREDIENTS: White Chocolate –(Sugar, Cocoa Butter, Whole **Milk** Powder, **Whey** Powder, **Lactose**, Emulsifier (**Soya** Lecithin), Vanilla Extract. Sultanas-(Sultanas, Sunflower Oil), Rice Crispies-(Rice, Sugar, Malted **Barley** Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12), Golden Syrup-(Partially Inverted Refiners Syrup), Soft Spread-(Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D).

ALLERGENS: MILK, SOYA, GLUTEN: BARLEY

Thursday

SWEET AND SOUR CHICKEN WITH RICE

INGREDIENTS:
S&S - Chicken, Tomato Purée, Onion, Carrot, Pineapple Juice, Pineapple-(Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Mixed Peppers, Distilled Vinegar, Cornflour (Maize Starch), Ginger Puree - (Ginger, Water, Maltodextrin, Salt, Palm Fat, Spirit Vinegar, Sugar, Citrus Fibre, Thickenner (Xanthan Gum), Garlic Puree - (Garlic, (Citric Acid)), Sunflower Oil.

Rice -White Rice.

ALLERGENS: NONE

APPLE CRUMBLE

INGREDIENTS: Crumble Topping-(Rice Flour, Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Tapioca Starch, Potato Starch, Maize Starch, Dextrose, Buckwheat Flour, Vegetable Fibre, Salt, Paprika Extract), Apples-(Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).

ALLERGENS: NONE

Friday

CHICKEN GOUJONS WITH POTATO WEDGES AND BAKED BEANS

INGREDIENTS:
GOUJON - Chicken Breast Fillet (66%), Water, Rapeseed Oil, Rice Flour, Gram Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose, Acidity Regulator (Sodium Carbonate).

POTATO WEDGES – Potato, Palm Oil.

BAKED BEANS - (Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

ALLERGENS: NONE

BLUEBERRY MUFFIN

INGREDIENTS: Blueberries, Muffin Mix – (Wheat Flour(**Wheat**, Calcium, Iron, Niacin, Thiamin), Sugar, Dried Whole **Egg** Powder, Palm Oil, Raising Agents (E450(i), (E500(ii)), **Buttermilk** Powder, Flavouring, Thickenner (Xanthan Gum). Sunflower Oil, May Contain: **Soya**

ALLERGENS: MILK, EGG, SOYA, GLUTEN: WHEAT