



# Spring-Summer Regular Lunch Menu - **ALLERGEN AND TOMATO FREE** - 2026 – Ver 1.0

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p><b>SWEET AND SOUR CHICKEN SERVED WITH RICE</b>            SWEET AND SOUR - 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.  <b>ALLERGENS: NONE</b></p> <p>RICE - Long Grain Rice.  <b>ALLERGENS: NONE</b></p>	<p><b>CHEESY BEAN PIE</b>            CHEESY BEAN PIE- Mashed Potato (Potato, Sunflower Oil), 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.  <b>ALLERGENS: NONE</b></p> <p><b>BROCCOLI</b> - Broccoli.  <b>ALLERGENS: NONE</b></p>	<p><b>BEEF AND SUMMER VEG PASTA BAKE</b>            Beef Mince, Onion, Garlic Powder, Courgette, Carrot, Sweet Potato, Butternut Squash), Basil, Oregano, Green Lentils, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid))), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), AF Bechamel Sauce (Violife Creamy (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12.)), Violife Grated (Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12.), Cornflour (Maize Starch)), AF Macaroni Pasta (Rice Flour (40%), Wholegrain Rice Flour (31%), Maize Flour (25%), Quinoa Flour (3%), Emulsifier: Mono- And Diglycerides Of Fatty Acids).  <b>ALLERGENS: NONE</b></p>	<p><b>SPANISH CHICKEN WITH QUINOA</b>            SPANISH CHICKEN- Diced Chicken, Onion, Garlic, Courgette, Carrot, Sweet Potato, Butternut Squash, Cannellini Beans, Mixed Pepper (Red, Yellow and Green Peppers), Smoked Paprika, Chickpeas, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid))), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme).  <b>ALLERGENS: NONE</b></p> <p><b>QUINOA</b>- Quinoa.  <b>ALLERGENS: NONE</b></p>	<p><b>CHICKEN GOUJONS SERVED WITH MASHED POTATO, PEAS AND SWEETCORN</b>            CHICKEN GOUJONS- (Chicken Breast Fillet, Water, Rapeseed Oil, Rice Flour, Gram Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose, Acidity Regulator (Sodium Carbonate)).  <b>ALLERGENS: NONE</b></p> <p><b>MASHED POTATO</b> - Mashed Potato (Potato, Sunflower Oil).  <b>ALLERGENS: NONE</b></p> <p><b>PEAS AND SWEETCORN</b>- Peas, Sweetcorn.  <b>ALLERGENS: NONE</b></p>
<b>Main Course</b>					
<b>Starter or Dessert</b>	<p><b>CREAMY RED PEPPER AND BASIL SOUP - STARTER</b>            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).  <b>ALLERGENS: NONE</b></p>	<p><b>TROPICAL SWIRL YOGURT BARK - DESSERT</b>            Coconut Milk (Coconut Extract, Water, Stabilisers (Guar Gum, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Coconut Yogurt (Coconut Milk (67%) (Coconut Extract, Water) Coconut Water (28%), Corn Starch, Vegetable Fibre, Potato Starch, Stabiliser (Fruit Pectin), Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis)).  <b>ALLERGENS: NONE</b></p>	<p><b>PEACH MELBA CRUMBLE - DESSERT</b>            Gluten Free Oats, Gluten Free Oat Flour, Flaxseed, Cinnamon, Dates, Coconut Oil, Banana, Strawberry, Peach (Peach, Grape Juice From Concentrate, Acidity Regulator (Citric Acid)).  <b>ALLERGENS: NONE</b></p>	<p><b>SPINACH AND RED PEPPER SLICE - STARTER</b>            Spinach, Red Pepper, Sweet Potato, Sunflower Oil.  <b>ALLERGENS: NONE</b></p>	<p><b>MAGIC MANGO AND CARROT SLICE - DESSERT</b>            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 (E450 (Diphosphates), E500 (Sodium Carbonates)), Maize Starch).  <b>ALLERGENS: NONE</b></p>



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2	<p><b>BEAN AND SWEET POTATO CHILLI SERVED WITH JACKET POTATO</b>            CHILLI- Onion, Garlic, Sunflower Oil, Paprika, Ground Cumin, Mild Chilli (Chilli Powder, Paprika), Carrot, Red Pepper, Courgette, Sweet Potato, Black Beans, Red Lentils, Oregano, Sweetcorn, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), 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).  <b>ALLERGENS: NONE</b></p> <p>Jacket Potato – Jacket Potato.  <b>ALLERGENS: NONE</b></p>	<p><b>LITTLE DISH CHICKEN BITES WITH HIDDEN VEG WITH MASHED POTATO AND PEAS</b>            LITTLE DISH CHICKEN BITES- British Chicken Breast, Cauliflower, Potato Flour, Onion Powder, Garlic Purée, Gluten Free Breadcrumb Coating            Contains: Rice Flour, Sunflower Oil, Chickpea Flour, Water, Corn Starch, Corn Flour, Salt.  <b>ALLERGENS: NONE</b></p> <p>MASHED POTATO - Potato, Sunflower Oil.  <b>ALLERGENS: NONE</b></p> <p>PEAS – Peas.  <b>ALLERGENS: NONE</b></p>	<p><b>CREAMY BEAN COTTAGE PIE</b>            Green Lentils, Cannellini Beans, Red Pepper, Sweetcorn, Sweet Potato, White Potato, Onion, Garlic, Courgette, Carrot, Butternut Squash, Sunflower Oil, Bechamel Sauce (Violife Creamy (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12.)), Violife Grated (Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12.), Cornflour (Maize Starch)).  <b>ALLERGENS: NONE</b></p>	<p><b>RED PEPPER AND BASIL CHICKEN WITH BROWN RICE</b>            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 (Green, Red, Yellow Peppers).  <b>ALLERGENS: NONE</b></p> <p>BROWN RICE - Brown Rice.  <b>ALLERGENS: NONE</b></p>	<p><b>CHICKPEA AND VEGTABLE CURRY WITH RICE</b>            CURRY – Chickpeas, Green Lentils, 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.  <b>ALLERGENS: NONE</b></p> <p>RICE – Long Grain Rice.  <b>ALLERGENS: NONE</b></p>
Main Course	<p><b>PURPLE POWER CRUMBLE - DESSERT</b>            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.  <b>ALLERGENS: NONE</b></p>	<p><b>CHICKPEA AND SWEET POTATO CAKE - STARTER</b>            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.  <b>ALLERGENS: NONE</b></p>	<p><b>COCONUT AND BUTTERNUT SQUASH SOUP - STARTER</b>            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 Gun, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Cornflour (Maize Starch).  <b>ALLERGENS: NONE</b></p>	<p><b>BERRY SWIRL YOGURT BARK - DESSERT</b>            Blueberry, Strawberry, Coconut Yogurt (Coconut Milk (67%) (Coconut Extract, Water) Coconut Water (28%), Corn Starch, Vegetable Fibre, Potato Starch, Stabiliser (Fruit Pectin), Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis)).  <b>ALLERGENS: NONE</b></p>	<p><b>TROPICAL RICE - DESSERT</b>            Pudding Rice (Short Grain Rice), Rice Milk (Rice Milk (Water, Organic Rice, Organic Sunflower Oil, Salt)), Coconut Milk (Coconut Extract, Water, Stabilisers (Guar Gun, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid).  <b>ALLERGENS: NONE</b></p>
Starter or Dessert					



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3	<p><b>SUNSHINE VEGGIE RICE</b>            Basmati Rice, Sunflower Oil, Onion, Garlic Powder, Mild Curry Powder (Coriander, Turmeric (26%), Cumin Powder (8%), Salt (Salt, Anticaking Agent (Sodium Ferrocyanide)), Rice Flour, Fenugreek (8%), 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).  <b>ALLERGENS: NONE</b></p>	<p><b>SPINACH AND FALAFEL BAKE, POTATO WEDGES WITH PEAS AND SWEETCORN</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.  <b>ALLERGENS: NONE</b></p> <p>POTATO WEDGES - Potato, Sunflower Oil.  <b>ALLERGENS: NONE</b></p> <p>PEAS AND SWEETCORN – Peas, Sweetcorn.  <b>ALLERGENS: NONE</b></p>	<p><b>CHICKEN FAJITA WITH RICE</b>            FAJITA- Diced Chicken, Sunflower Oil, Onion, Mixed Peppers (Green, Red, Yellow Peppers), Garlic Powder, Paprika, Cumin, Coriander, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme).  <b>ALLERGENS: NONE</b></p>	<p><b>BEEF BOLOGNAISE</b>            Beef Mince, Carrot, Onion, Mixed Peppers (Green, Red, Yellow Peppers), Garlic Powder, Basil, Sweetcorn, Sunflower Oil, GF Penne 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).  <b>ALLERGENS: NONE</b></p>	<p><b>MOROCCAN LAMB WITH QUINOA</b>            MOROCCAN LAMB- Lamb Mince, Red Lentils, Sunflower Oil, Onion, Garlic Powder, Ground Ginger, Cumin Powder, Coriander, Cinnamon, Paprika, Turmeric, Nutmeg, Parsley, Raisins, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme).  <b>ALLERGENS: NONE</b></p> <p>QUINOA- Quinoa.  <b>ALLERGENS: NONE</b></p>
Main Course	<p><b>PEACH AND APRICOT SWIRL YOGURT BARK- DESSERT</b>            Peach (Peach, Grape Juice From Concentrate, Acidity Regulator (Citric Acid)), Apricot (Apricot, Water, Grape Juice From Concentrate), Coconut Yogurt (Coconut Milk (67%) (Coconut Extract, Water) Coconut Water (28%), Corn Starch, Vegetable Fibre, Potato Starch, Stabiliser (Fruit Pectin), Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis)).  <b>ALLERGENS: NONE</b></p>	<p><b>STRAWBERRY AND APPLE CRUMBLE- DESSERT</b>            Gluten Free Oats, Gluten Free Oat Flour, Coconut Oil, Dates, Cinnamon, Flaxseed, Strawberry, Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)).  <b>ALLERGENS: NONE</b></p>	<p><b>ROASTED SWEET POTATO AND CARROT SOUP - STARTER</b>            Sweet Potato, Carrot, Onion, Garlic Powder, Parsley, Sunflower Oil.  <b>ALLERGENS: NONE</b></p>	<p><b>APRICOT FLAPJACK - DESSERT</b>            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.  <b>ALLERGENS: NONE</b></p>	<p><b>BUTTER BEAN CAKES - STARTER</b>            Butter Beans, Mashed Potato (Potato, Sunflower Oil), Peas, Sunflower Oil, Black Pepper.  <b>ALLERGENS: NONE</b></p>
Starter or Dessert					