



Winter Vegetarian Menu 2019 Inc Weight Per Portion - ALLERGEN FREE – Ver 1.6

WEEK 1	LUNCH	INGREDIENTS
MON <i>(Week 2 Thurs Tea)</i>	Vegetable And Bean Chilli (100g) With Jacket Potato (90g)	Cauliflower, Broccoli, Kidney Beans, Tomato, Red Pepper, Cumin, Paprika, Oregano, Garlic, Carrot, Swede, Onion, Chilli Powder, Jacket Potato ALLERGENS: NONE
TUE <i>(Week 2 Wed Tea)</i>	Vegetable Casserole (200g)	Swede, Carrot, Potato, Cauliflower, Broccoli, Onion, Vegetable Gravy, Tomato, Mixed Herbs, Black Pepper ALLERGENS: NONE
WED <i>(Week 2 Mon Tea)</i>	Mixed Bean Pie Topped With Carrot And Swede Mash (175g) With Green Beans(40g)	Kidney Beans, Borlotti Beans, Cannellini Beans, Butter Beans, Sweetcorn, Peas, Green beans, Potatoes, Parsley, Black pepper, Garlic, Vegan Cheese White Sauce , Cornflour ALLERGENS: NONE
THU <i>(Week 3 Tues Tea)</i>	Vegetable Ragu (120g) Rice (100g)	Kidney Beans, Potato, Peas, Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice, Sweet Potato ALLERGENS: NONE
FRI <i>(Week 2 Tues Tea)</i>	Mixed Bean Hotpot (120g) Served With Mashed Potato (60g)	Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Vegetable Gravy ALLERGENS: NONE

WEEK 2	LUNCH	INGREDIENTS
MON <i>(Week 3 Thurs Tea)</i>	Vegetable Curry (100g) With Rice (70g)	Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain Rice ALLERGENS: NONE
TUE <i>(Week 3 Fri Tea)</i>	Roast Veggie Dinner (180g)	Allergen Free Veggie Bean Pattie , Vegetable Gravy, Potato, Carrots, Peas. ALLERGENS: NONE
WED <i>(Week 3 Wed Tea)</i>	Vegetable Pie (180g)	Carrot, Peas, Onion, Garlic, Tomato Puree, Swede, Turnip, Vegetable Gravy, Mixed herbs, Potato, Vegetable margarine ALLERGENS: NONE
THU <i>(Week 1 Mon Tea)</i>	Sweet And Sour Vegetables With Rice (190G)	Tomato, Pineapple, Sugar, Vinegar, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, Rice Cauliflower, Broccoli ALLERGENS: NONE
FRI <i>(Week 3 Mon Tea)</i>	Spinach And Falafel Burger (50g), Baked Beans (55g) And Mashed Potato (90g)	Spinach and Falafel Burger , Baked Beans In Tomato Sauce, Garlic, Chickpeas, Cumin, Coriander, Lemon, Vegetable Margarine, Potatoes ALLERGENS: NONE

WEEK 3	LUNCH	INGREDIENTS
MON <i>(Week 1 Thurs Tea)</i>	Vegetable And Apple Casserole (110g) With Rice (90g)	Carrot, Swede, Mixed herbs, Leek, Onion, Apple, Rice, Vegetable Gravy, Sweet Potato ALLERGENS: NONE
TUES <i>(Week 2 Fri Tea)</i>	Vegetable, Leek And Bean Pie (200g)	Mixed Beans, Leek, Potato, Vegetable Gravy, Peas, Carrots, Broccoli, Cornflour, Seasoning, Black Pepper ALLERGENS: NONE
WED <i>(Week 1 Fri Tea)</i>	Vegetable Lasagne (167g)	Carrot, Broccoli, Onion, Mixed peppers, Swede, Tomato, Passata, Garlic, Free From Lasagne sheets, Vegan Cheese White Sauce , Cornflour. Oregano, Basil ALLERGENS: NONE
THU <i>(Week 1 Weds Tea)</i>	Vegetable And Bean Burger (50g), Potatoes In Parsley Butter (100g), Peas And Sweetcorn (60g)	Kidney Beans, Haricot Beans, Onions, Peas, Carrots, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn ALLERGENS: NONE
FRI <i>(Week 1 Tues Tea)</i>	Minted Vegetable hotpot (220g)	Mint Sauce, Carrot, Swede, Broccoli, Sweet potato, Onion, Cauliflower, Potato, Mixed herbs, Vegetable Gravy ALLERGENS: NONE