



## Summer Menu 2022 VEGETARIAN Including Weight Per Portion - ALLERGEN AND TOMATO FREE - Ver 1.1

WEEK 1	LUNCH	INGREDIENTS
MON	Vegetable Ragu And Jacket Potato (200G)	Red Pepper Sauce, 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	Vegetable Lasagne (192G)	Basil, Carrot, Broccoli, Onion, Mixed Peppers, Red Pepper Sauce, Garlic, Free From Lasagne Sheets, Violife Cheese (Coconut), Oregano, Basil <b>ALLERGENS: NONE</b>
THU	Vegetable And Bean Burger, Mashed Potato And Peas (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 <b>ALLERGENS: NONE</b>
FRI	Red Pepper And Basil Vegetables Served With Broccoli (200G)	Cauliflower, Red Pepper Sauce, Basil, 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, Peas And Sweetcorn (190G)	Spinach and Falafel Pattie (Chick Peas, Spinach, Onion, Rapeseed Oil, Parsley, Cumin, Coriander, Lemon, Black Pepper, Garlic, Chilli Powder) Potato, Vegetable Margarine, Peas, Sweetcorn <b>ALLERGENS: NONE</b>
TUE	BBQ Mixed Bean And Med Vegetables With Rice (195G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chick Peas, Red Pepper Sauce, Paprika, Courgette, Mixed Peppers, Long Grain Rice <b>ALLERGENS: NONE</b>
WED	Cheesy Mixed Bean And Potato Pie (200G)	Potato, Violife Cheese (Coconut), White Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Chives, Onion <b>ALLERGENS: NONE</b>
THU	Mixed Bean Bolognaise Bake (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chick Peas, 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>
FRI	Vegetable Curry (150g) With Rice (90g)	Broccoli, Cauliflower, Carrots, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Ginger, Potatoes, 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, Red Pepper Sauce, Chilli Powder, Long Grain Rice <b>ALLERGENS: NONE</b>
TUE	Slow Cooked Vegetables And Beans Served With Mashed Potato (200G)	Cannellini Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic <b>ALLERGENS: NONE</b>
WED	Sweet And Sour Vegetable With Rice (190g)	Mixed Vegetables, Rice, Red Pepper Sauce, Paprika, Lemon Juice, Cauliflower, Broccoli, Carrots, Peas <b>ALLERGENS: NONE</b>
THU	Vegan Burger, Peas With Mashed Potato (200G)	Vegan Burger, Potatoes, Peas <b>ALLERGENS: NONE</b>
FRI	Mixed Bean Pasta Bake (200G)	Free From Pasta. Cannellini Beans, Kidney Beans, Chick-Peas, Borlotti Beans, Butter Beans, Red Pepper Sauce, Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Violife Cheese (Coconut) <b>ALLERGENS: NONE</b>