



Spring-Summer Vegetarian Lunch Menu 2026 – Ver 1.0

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	<p>SUNSHINE VEGGIE RICE Basmati Rice, Sunflower Oil, Onion, Garlic Powder, Mild Curry Powder (Coriander, Turmeric, Cumin Powder, Salt (Salt, Anticaking Agent (Sodium Ferrocyanide)), Rice Flour, Fenugreek, 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). ALLERGENS: NONE</p>	<p>VEGETABLE FINGERS WITH POTATO WEDGES AND BAKED BEANS VEG FINGERS- Veg Mix (Sweetcorn,Carrot,Peas), Water,Breadcrumbs (WHEAT-Flour, Water,Yeast Salt), Rapeseed Oil, Driedpotato, WHEAT Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric. ALLERGENS: GLUTEN: WHEAT</p> <p>POTATO WEDGES - Potato, Sunflower Oil. ALLERGENS: NONE</p> <p>BAKED BEANS - Baked Beans In Tomato Sauce (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener - Steviol Glycosides, Herb Extract). ALLERGENS: NONE</p>	<p>SWEET POTATO AND CHICKPEA FAJITA WITH PITTA BREAD FAJITA- Sweet Potato, Chickpea, Sunflower Oil, Onion, Mixed Peppers (Red,Yellow, Green Pepprs), Garlic Powder, Paprika, Cumin And Coriander (May Contain GLUTEN: WHEAT), Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree (Tomatoes)). ALLERGENS: GLUTEN: WHEAT</p> <p>PITTA BREAD – Wholemeal WHEAT Flour, Water, Yeast, Salt, May Contain MILK and SOYA. ALLERGENS: MILK, SOYA, GLUTEN: WHEAT</p>	<p>LENTIL BOLOGNAISE Red Lentil, Sunflower Oil, Onion, Garlic Powder, Mixed Peppers (Red, Green, Yellow), Carrots, Basil Oregano, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree (Tomatoes), Penne Pasta (Durum WHEAT Semolina) ALLERGENS: GLUTEN: WHEAT</p>	<p>MOROCCAN CHICKPEA WITH COUSCOUS MOROCCAN CHICKPEAS- Chickpeas, Green Lentils, Green Lentils Sunflower Oil, Onion, Garlic Powder, Ginger Powder, Cumin Powder And Ground Coriander (May Contain GLUTEN: WHEAT), Cinnamon, Paprika, Turmeric, Nutmeg, Raisins, Parsley, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree. ALLERGENS: GLUTEN: WHEAT</p> <p>COUSCOUS – Durum WHEAT Semolina, Paprika. ALLERGENS: GLUTEN: WHEAT</p>
	Starter or Dessert	<p>PEACH AND APRICOT SWIRL YOGURT BARK- DESSERT Peach (Peach, Grape Juice From Concentrate, Acidity Regulator (Citric Acid)), Apricot (Apricot, Water, Grape Juice From Concentrate), Greek Style Yogurt (Skimmed MILK, Cream (MILK), MILK Protein Concentrate). ALLERGENS: MILK</p>	<p>STRAWBERRY AND APPLE CRUMBLE- DESSERT Gluten Free Oats, Gluten Free Oat Flour, Coconut Oil, Dates, Cinnamon, Flaxseed, Strawberry, Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)). ALLERGENS: NONE</p>	<p>ROASTED SWEET POTATO AND CARROT SOUP - STARTER Sweet Potato, Carrot, Onion, Garlic Powder, Parsley, Sunflower Oil. ALLERGENS: NONE</p>	<p>APRICOT FLAPJACK - DESSERT 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. ALLERGENS: NONE</p>