



Spring-Summer Vegetarian Lunch Menu 2026 – Ver 1.0

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p>SWEET AND SOUR VEG AND BEAN WITH RICE SWEET AND SOUR- Carrot, Peas, Sweetcorn, Tomato Purée, Onion, Green Beans, Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Mixed Peppers, Distilled Vinegar, Cornflour (Maize Starch), Ground Ginger, Garlic Powder, Sunflower Oil. ALLERGENS: NONE</p> <p>Rice -Long Grain Rice. ALLERGENS: NONE</p>	<p>CHEESY BEAN PIE WITH BROCCOLI CHEESY BEAN PIE- Mash Potato (potatoes, whey permeate (MILK), cream (MILK), skimmed MILK, salt, spice, pepper extract), Cheese (Cheddar Cheese (MILK), Anti-Caking Agent (Potato Starch), Baked Beans In Tomato Sauce (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener - Steviol Glycosides, Herb Extract), Butter Beans, Chives, Grated Carrots. ALLERGENS: MILK</p> <p>BROCCOLI - Broccoli. ALLERGENS: NONE</p>	<p>BEAN AND SUMMER VEG PASTA BAKE Cannellini Beans, Onions, Garlic Powder, Carrot, Sweet Potato, Butternut Squash, Basil, Oregano, Green Lentils, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree, Macaroni Pasta (Durum WHEAT Semolina), Sunflower Oil, Bechamel Sauce (Modified Tapioca Starch, Whole MILK Powder, Dried Glucose Syrup, Onion Powder, Salt, Yeast Extract, Butter Powder (From MILK), Spice and Herb Extracts), Cheese (Cheddar Cheese (MILK), Anti-caking Agent (Potato Starch). ALLERGENS: MILK, GLUTEN: WHEAT</p>	<p>SPANISH BEANS WITH COUSCOUS SPANISH BEANS- Chickpeas, Oregano, Onion, Garlic, Courgette, Carrot, Sweet Potato, Butternut Squash, Cannellini Beans, Smoked Paprika, Red Pepper, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree, Sunflower Oil. ALLERGENS: NONE</p> <p>COUSCOUS – Durum WHEAT Semolina, Paprika. ALLERGENS: GLUTEN: WHEAT</p>	<p>LITTLE DISH VEG BITES WITH MOZZARELLA SERVED WITH MASHED POTATO, PEAS AND SWEETCORN LITTLE DISH VEG BITES- Vegetables (Sweet Potato, Peas, Butternut Squash, Carrots, Sweetcorn), Gluten Free Breadcrumb Coating (Water, Rice Flour, Chickpea Flour, Sunflower Oil, Corn Starch, Cornflour, Salt), Haricot Beans, Mozzarella Cheese (MILK), Onion Powder, Broad Bean Protein, Garlic Puree, Basil, Parsley. ALLERGENS: MILK</p> <p>MASHED POTATO – Mash Potato (Potatoes, Whey Permeate (MILK), Cream (MILK), Skimmed MILK, Salt, Spice, Pepper Extract). ALLERGENS: MILK</p> <p>PEAS AND SWEETCORN – Peas And Sweetcorn. ALLERGENS: NONE</p>
Main Course					
Starter or Dessert	<p>CREAMY TOMATO BASIL SOUP - STARTER Passata (Tomato Puree, Water), Tomatoes (Chopped Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), 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), Basil, Cornflour (Maize Starch). ALLERGENS: NONE</p>	<p>TROPICAL SWIRL YOGURT BARK - DESSERT Coconut Milk (Coconut Extract, Water, Stabilisers (Guar Gum, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Greek Style Yogurt (Skimmed MILK, Cream (MILK), MILK Protein Concentrate). ALLERGENS: MILK</p>	<p>PEACH MELBA CRUMBLE - DESSERT Gluten Free Oats, Gluten Free Oat Flour, Flaxseed, Cinnamon, Dates, Coconut Oil, Banana, Strawberry, Peach (Peach, Grape Juice From Concentrate, Acidity Regulator (Citric Acid)). ALLERGENS: NONE</p>	<p>SPINACH AND RED PEPPER SLICE - STARTER Spinach, Red Pepper, Plain Flour (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), MILK, Garlic, EGG, Sunflower Oil. ALLERGENS: EGG, MILK, GLUTEN: WHEAT</p>	<p>MAGIC MANGO AND CARROT SLICE - DESSERT Carrot, Sunflower Oil, EGG, Plain Flour (WHEAT Flour(WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), 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). ALLERGENS: EGG, GLUTEN: WHEAT</p>

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2	<p>SWEET POTATO AND BEAN CHILLI WITH JACKET POTATO CHILLI – Onion, Garlic Powder, Sunflower Oil, Paprika, Cumin (May Contain GLUTEN: WHEAT), Mild Chilli Powder (Paprika, Chilli Powder), Carrot, Red Pepper, Courgette, Sweet Potato, Black Beans, Red Lentils, Tomato Puree, Oregano, Sweetcorn, Tomatoes (Chopped Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)). ALLERGENS: GLUTEN: WHEAT</p> <p>Jacket Potato – Jacket Potato. ALLERGENS: NONE</p>	<p>LITTLE DISH VEG BITES WITH MOZZARELLA SERVED WITH MASHED POTATO AND PEAS LITTLE DISH VEG BITES- Vegetables (Sweet Potato, Peas, Butternut Squash, Carrots, Sweetcorn), Gluten Free Breadcrumbs Coating (Water, Rice Flour, Chickpea Flour, Sunflower Oil, Corn Starch, Cornflour, Salt), Haricot Beans, Mozzarella Cheese (MILK), Onion Powder, Broad Bean Protein, Garlic Puree, Basil, Parsley. ALLERGENS: MILK</p> <p>MASHED POTATO – Mash Potato (Potatoes, Whey Permeate (MILK), Cream (MILK), Skimmed MILK, Salt, Spice, Pepper Extract). ALLERGENS: MILK</p> <p>PEAS– Peas. ALLERGENS: NONE</p>	<p>BEAN COTTAGE PIE Butter Beans, Sunflower Oil, Onion, Garlic Powder, Courgette, Carrot, Butternut Squash, Cannellini Beans, Red Pepper, Sweetcorn, Bechamel Sauce (Modified Tapioca Starch, Whole MILK Powder, Dried Glucose Syrup, Onion Powder, Salt, Yeast Extract, Butter Powder (From MILK), Spice and Herb Extracts), Sweet Potato, Mash Potato (Potatoes, Whey Permeate (MILK), Cream (MILK), Skimmed MILK, Salt, Spice, Pepper Extract). ALLERGENS: MILK</p>	<p>TOMATO AND BASIL VEG AND BEAN WITH BROWN RICE TOMATE AND BASIL VEG AND BEAN – Sweet Potato, Butternut Squash, Cannellini Beans, Butter Beans, Garlic Powder, Basil, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree (Tomato), Sweetcorn, Mixed Peppers. ALLERGENS: NONE</p> <p>BROWN RICE – Brown Rice. ALLERGENS: NONE</p>	<p>CHICKPEA AND VEGETABLE CREAMY COCONUT CURRY WITH RICE CURRY - Chickpeas, Green Lentils, Tikka Paste (Water, Rapeseed Oil, Maize Starch, Salt, Cumin, Ground Coriander, Garlic Powder, Paprika, Tamarind Paste, Ginger, Black Pepper, Acidity Regulators (Acetic Acid, Lactic Acid), Chilli Powder, Preservative (Potassium Sorbate)), Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Carrot, Broccoli, Cauliflower, Peas, Coconut Milk (Coconut Extract, Water, Thickener(Carboxymethyl Cellulose), Emulsifier(Polysorbate 60)), Cornflour (Maize Starch). ALLERGENS: NONE</p> <p>RICE – Long Grain Rice. ALLERGENS: NONE</p>
Main Course	<p>PURPLE POWER CRUMBLE - DESSERT 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. ALLERGENS: NONE</p>	<p>HIDDEN VEG LENTIL AND TOMATO SLICE - STARTER Red Lentils, Grated Carrot, Courgette, Onion, Tomato Puree, EGG, Gluten Free Oat Flour, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Sunflower Oil. ALLERGENS: EGG</p>	<p>COCONUT AND BUTTERNUT SQUASH SOUP - STARTER 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 Gum, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Cornflour (Maize Starch). ALLERGENS: NONE</p>	<p>BERRY SWIRL YOGURT BARK - DESSERT Blueberry, Strawberry, Greek Style Yogurt (Skimmed MILK, Cream (MILK), MILK Protein Concentrate). ALLERGENS: MILK</p>	<p>TROPICAL RICE - DESSERT Pudding Rice (Short Grain Rice), MILK, Coconut Milk (Coconut Extract, Water, Stabilisers (Guar Gum, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid). ALLERGENS: MILK</p>
Starter or Dessert					



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3	<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, Dried potato, 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 Peppers), 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>
Main Course	<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>	<p>BUTTER BEAN CAKES - STARTER Butter Beans, Mashed Potato (Potato, Sunflower Oil), Peas, Sunflower Oil, Black Pepper. ALLERGENS: NONE</p>
Starter or Dessert					