



Winter Vegetarian Menu 2019 Inc Weight Per Portion Ver 1.6 – **This menu is subject to change. See website for the current version.*

WEEK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Meat Free Mince Chilli (100g) Served With Jacket Potato (90g)	Meat Free Mince, Kidney Beans, Tomato, Red Pepper, Cumin, Paprika, Oregano, Garlic, Carrot, Swede, Onion, Chilli Powder, Jacket Potato ALLERGENS: BARLEY, GLUTEN, SOYA	Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA	Chicken Style Strips Sweet And Sour (110g) With Rice (80g)	Meat Free Chicken Style Strips, Tomato, Pineapple, Sugar, Vinegar, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, Rice ALLERGENS: GLUTEN, WHEAT, SOYA	Chocolate Brownie (50g)	Flour, Cocoa Powder, Baking Powder, Caster Sugar, Vanilla Essence, Egg, Vegetable Margarine ALLERGENS: EGG, GLUTEN, WHEAT, MILK
TUE	Vegetable Casserole (200g)	Swede, Carrot, Potato, Cauliflower, Broccoli, Onion, Vegetable Gravy, Tomato, Mixed Herbs, Black Pepper ALLERGENS: NONE	Ginger Cake (60g)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Ground Ginger, Egg ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA	Minted Meat Free Mince Hotpot (220g)	Meat Free Mince, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Vegetable Gravy, Mint Sauce ALLERGENS: BARLEY, SOYA, GLUTEN	Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA
WED	Mixed Bean Pie Topped With Carrot And Swede Mash (175g) With Green Beans(40g)	Mixed Beans, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce, Parsley, Black Pepper, Garlic ALLERGENS: GLUTEN, MILK, WHEAT	Fruit Shortbread (50g)	Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour ALLERGENS: GLUTEN, WHEAT, SUPHITES	Breaded Veggie Cake, Baby Potatoes In Parsley Butter, Peas Sweetcorn (222g)	Veggie Cake, New Potatoes, Vegetable Margarine, Parsley, Peas, Carrots, Sweetcorn ALLERGENS: GLUTEN, WHEAT, SULPHITES	Poached Pears (65g) Served With Custard (60g)	Pears, Orange Juice, Cinnamon, Custard ALLERGENS: MILK
THU	Quorn Meatball Ragu (120g) Rice (100g)	Quorn Meatballs, Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice ALLERGENS: WHEAT, GLUTEN, EGG	Apple & Blackberry Crumble (65g) And Custard (60g)	Apple, Blackberries, Crumble Mix, Ready To Pour Custard ALLERGENS: GLUTEN, MILK, WHEAT	Meat Free Mince And Apple Casserole (110g) With Rice (90g)	Meat Free Mince, Carrot, Mixed Herbs, Leek, Onion, Swede, Courgette, Stuffing Mix, Apple Sauce, Rice, Vegetable Gravy ALLERGENS: WHEAT, GLUTEN, BARLEY, SOYA	Chocolate Crispy Cake (50g)	Rice Crispies, Chocolate ALLERGENS: BARLEY, GLUTEN, SOYA, MILK
FRI	Vegetarian Sausage And Bean Hotpot (120g) With Mashed Potato (60g)	Quorn Sausages, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Vegetable Gravy ALLERGENS: WHEAT, GLUTEN, EGG, MILK	Fruit Jelly (50G)	Fruit, Sugar, Flavourings ALLERGENS: NONE	Vegetarian Lasagne (167g)	Meat Free Mince, Carrot, Onion, Mixed Peppers, Tomato, Passata, Garlic, Lasagne Sheets, Béchamel Sauce, Oregano, Basil, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA, EGG	Ice Cream Roll (80g)	Milk, Wheat, Egg, Soya ALLERGENS: GLUTEN, WHEAT, MILK, EGG, SOYA

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WEEK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	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, Ginger, Potatoes ALLERGENS: NONE	Strawberry Ice-Cream Pot (90G)	Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red) ALLERGENS: MILK	Mixed Bean Pie Topped With Carrot And Swede Mash (175g) With Green Beans(40g)	Mixed Beans, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce , Parsley, Black Pepper, Garlic ALLERGENS: GLUTEN, MILK, WHEAT	Fruit Shortbread (50g)	Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour ALLERGENS: GLUTEN, WHEAT, SUPHITES
TUE	Roast Quorn Dinner With Yorkshire Pudding (180g)	Quorn Slices, Vegetable Gravy, Potato, Carrots, Yorkshire Pudding , Peas. ALLERGENS: WHEAT, GLUTEN, EGG, MILK	Jam And Coconut Sponge Cake (60g)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Coconut, Egg, Fruit Jam ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES	Vegetarian Sausage And Bean Hotpot (120g) With Mashed Potato (60g)	Quorn Sausages, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Vegetable Gravy ALLERGENS: WHEAT, GLUTEN, EGG, MILK	Ginger Cake (60g)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Ground Ginger, Egg ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA
WED	Vegetarian Shepherd's Pie (180g)	Meat Free Mince, Carrot, Onion, Garlic, Swede, Vegetable Gravy, Mixed Herbs, Potato, Vegetable Margarine, Tomato Puree, Peas ALLERGENS: SOYA, GLUTEN, BARLEY	Rice Pudding And Sultanas (100g)	Pudding Rice, Milk, Sultanas ALLERGENS: MILK	Vegetable Casserole (200g)	Swede, Carrot, Potato, Cauliflower, Broccoli, Onion, Vegetable Gravy, Tomato, Mixed Herbs, Black Pepper ALLERGENS: NONE	Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA
THU	Chicken Style Strips Sweet And Sour (110g) With Rice (80g)	Meat Free Chicken Style Strips, Tomato, Pineapple, Sugar, Vinegar, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, Rice ALLERGENS: GLUTEN, WHEAT, SOYA	Fruit Smoothie (50g)	Fruit ALLERGENS: NONE	Meat Free Mince Chilli (100g) Served With Jacket Potato (90g)	Meat Free Mince, Kidney Beans, Tomato, Red Pepper, Cumin, Paprika, Oregano, Garlic, Carrot, Swede, Onion, Chilli Powder, Jacket Potato ALLERGENS: BARLEY, GLUTEN, SOYA	Apple & Blackberry Crumble (65g) And Custard (60g)	Apple, Blackberries, Crumble Mix, Ready To Pour Custard ALLERGENS: GLUTEN, MILK, WHEAT
FRI	Quorn Fishless Finger(50g), Baked Beans (55g) And Mashed Potato (90g)	Quorn Finger, Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine ALLERGENS: GLUTEN, WHEAT	Fruit Flapjack (50G)	Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, SULPHITES	Vegetable And Bean Pie (200g)	Mixed Beans, Leek, Potato, Vegetable Gravy, Mixed Vegetables, Cornflour, Seasoning, Black Pepper ALLERGENS: NONE	Chocolate Crispy Cake (50g)	Rice Crispies, Chocolate ALLERGENS: BARLEY, GLUTEN, SOYA, MILK



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WEEK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Meat Free Mince And Apple Casserole (110g) With Rice (90g)	Meat Free Mince, Carrot, Mixed Herbs, Leek, Onion, Swede, Courgette, Stuffing Mix , Apple Sauce, Rice, Vegetable Gravy ALLERGENS: WHEAT, GLUTEN, BARLEY, SOYA	Poached Pears (65g) Served With Custard (60g)	Pears, Orange Juice, Cinnamon, Custard ALLERGENS: MILK	Quorn Fishless Finger(50g), Baked Beans (55g) And Mashed Potato (90g)	Quorn Finger, Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine	Jam And Coconut Sponge Cake (60g)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Coconut, Egg, Fruit Jam ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES
TUES	Vegetable, Leek And Bean Pie (200g)	Mixed Beans, Leek, Potato, Vegetable Gravy, Peas, Carrots, Broccoli, Cornflour, Seasoning, Black Pepper ALLERGENS: NONE	Chocolate Crispy Cake (50g)	Rice Crispies, Chocolate ALLERGENS: BARLEY, GLUTEN, SOYA, MILK	Quorn Meatball Ragu (120g) Rice (100g)	Quorn Meatballs, Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice ALLERGENS: WHEAT, GLUTEN, EGG	Rice Pudding And Sultanas (100g)	Pudding Rice, Milk, Sultanas ALLERGENS: MILK GLUTEN, SOYA, SESAME
WED	Vegetarian Lasagne (167g)	Meat Free Mince, Carrot, Onion, Mixed Peppers, Tomato, Passata, Garlic, Lasagne Sheets, Béchamel Sauce , Oregano, Basil, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA, EGG	Ice Cream Roll (80g)	Milk, Wheat, Egg, Soya ALLERGENS: GLUTEN, WHEAT, MILK, EGG, SOYA	Vegetarian Shepherd's Pie (180g)	Meat Free Mince, Carrot, Onion, Garlic, Swede, Vegetable Gravy, Mixed Herbs, Potato, Vegetable Margarine, Tomato Puree ALLERGENS: SOYA, GLUTEN, BARLEY	Fruit Flapjack (50G)	Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, SULPHITES
THU	Breaded Veggie Cake, Baby Potatoes In A Parsley Butter, Peas, Sweetcorn. (222g)	Veggie Cake, New Potatoes, Vegetable Margarine, Parsley, Peas, Carrots, Sweetcorn ALLERGENS: GLUTEN, WHEAT, SULPHITES	Chocolate Brownie (50g)	Flour, Cocoa Powder, Baking Powder , Caster Sugar, Vanilla Essence, Egg, Vegetable Margarine, Salt, Syrup ALLERGENS: EGG, GLUTEN, WHEAT, MILK	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, Ginger, Potatoes ALLERGENS: NONE	Strawberry Ice-Cream Pot (90g)	Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red) ALLERGENS: MILK
FRI	Minted Meat Free Mince Hotpot (220g)	Meat Free Mince, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Vegetable Gravy, Mint Sauce, Tomato ALLERGENS: BARLEY, SOYA, GLUTEN	Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA	Roast Quorn Dinner With Yorkshire Pudding (180g)	Quorn Slices, Vegetable Gravy, Potato, Carrots, Yorkshire Pudding , Peas. ALLERGENS: WHEAT, GLUTEN, EGG, MILK	Fruit Smoothie (50g)	Fruit ALLERGENS: NONE