

Summer Allergen Free Regular Menu 3.0



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Week 1	<p>VEGETABLE PASTA BAKE (200G)</p> <p>INGREDIENTS: <i>Free From Penne Pasta, Carrot, Onion, Mixed Peppers, Garlic, Red Pepper Sauce (Onion, Dessert Apple, Carrot, Garlic Paste, Roasted Red Peppers, Vegetable Stock, Apple Juice, Thyme), Vegetable Stock (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, Spinach, Basil, Violife Cheese (Water, Coconut Oil (23%), Starch, Sea Salt, Acidityregulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12)</i></p> <p>ALLERGENS: NONE</p>	<p>CHICKEN STRIPS PEAS (70G) SWEET POTATO WEDGES (70G)</p> <p>INGREDIENTS: <i>Chicken Strips - Chicken Breast Fillet, Salt, Stabiliser (Pento Sodium Triphosphate), Peas Sweet Potato Wedges- Sweet Potato (85%), Modified Potato Starch, Sunflower Oil, Potato Starch, Rice Flour, Dextrin, Salt, Raising Agent (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract</i></p> <p>ALLERGENS: NONE</p>	<p>BEEF CHILLI (150G) SERVED WITH HALF JACKET POTATO (50G)</p> <p>INGREDIENTS: <i>Beef Mince, Sunflower Oil, Onions, Mixed Peppers, Garlic, Cumin, Coriander, Paprika, Mango Chutney- Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder.</i></p> <p>Jacket Potato</p> <p>ALLERGENS: NONE</p>	<p>CHICKEN AND POTATO PIE (200G)</p> <p>INGREDIENTS: <i>:Potato, Violife Cheese (Water, Coconut Oil (23%), Starch, Sea Salt, Acidityregulator: Glucono-Delta-Lactone, Flavourings, Olive extract, Vitamin B12), Cornflour, Vegetable Stock (Sunflower Oil, Salt, Potatostarch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper) Leek, Carrot, Spinach, Thyme, Chicken, Oregano.</i></p> <p>ALLERGENS: NONE</p>	<p>VEGETABLE BIRIYANI (180G)</p> <p>INGREDIENTS: <i>Onion, Sweet Potato, Carrot, Ginger Powder, Garam Masala, Turmeric, Long Grain Rice, Vegetable Stock, Mango Chutney, Brown Lentils, Mushroom, Soy Sauce, Coriander</i></p> <p>ALLERGENS: NONE</p>
Lunch Week 2	<p>CHICKEN WITH CARROTS IN A SAUCE (110G) SERVED WITH RICE (90G)</p> <p>INGREDIENTS: <i>Diced Chicken, Diced Onions, Garlic (Citric Acid) Carrots, Mixed Peppers Apple Allergen Free Soy Sauce - Water, Balsamic Vinegar (Acetic Acid, Cooked Grape Must), Coconut Aminos (Coconut Sap, Sea Salt), Treacle, Tamarind, Yeast Extract, Vegan Vegetable Stock (Maltodextrin, Potato Starch, Onion, Carrot, Parsley, Parsnip, Lovage, Bay, Turmeric), Sea Salt, Garlic, Ginger, White Pepper.</i></p> <p>Chicken Stock- Cornflour, Potato Starch Salt, flavourings, Onion Powder, Palm Oil, Sugar, Garlic Powder, Ground Turmeric. Long Grain Rice</p> <p>ALLERGENS: NONE</p>	<p>CHEESEY BEAN PIE (200G)</p> <p>INGREDIENTS: <i>Diced Onion, Garlic Puree, Carrot Puree, Haricot Beans, Violife Creamy - Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12.</i></p> <p>Violife Grated- Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour: B-Carotene, Vitamin B12</p> <p>ALLERGENS: NONE</p>	<p>SPINACH AND FALAFEL BURGER (70G) COUNTRY MIXED VEG (140G)</p> <p>INGREDIENTS: <i>Spinach And Falafel Burger- Chick Peas (62%), Spinach (15%), Onions, Gram Flour Blend (Channa Dall Split Chickpeas, Yellow Split Pea), Garlic Powder, Lemon Juice From Concentrate, Ground Cumin, Salt, Coriander, Ground Coriander, Parsley, Stabilisers (Hydroxypropyl Methyl Cellulose, Guar Gum), Chilli Powder, Black Pepper, Ground Turmeric Peas</i></p> <p>ALLERGENS: NONE</p>	<p>BBQ CHICKEN SERVED (70G) WITH SWEET POTATO WEDGES (70G)</p> <p>INGREDIENTS: <i>Diced Chicken, Sunflower Oil, Diced Onion, Mixed Peppers, Diced Carrots, Garlic (Citric Acid) Vegan Worcestershire Sauce. Allergen Free Soy Sauce - Water, Balsamic Vinegar (Acetic Acid, Cooked Grape Must), Coconut Aminos (Coconut Sap, Sea Salt), Treacle, Tamarind, Yeast Extract, Vegan Vegetable Stock (Maltodextrin, Potato Starch, Chicken Stock - Cornflour, Potato Starch, Salt, Flavourings, Onion Powder, Palm Oil, Sugar, Garlic Powder, Ground Turmeric. Brown Sugar- Mango Chutney- Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder</i></p> <p>Cornflour- Maize Starch Sweet Potato Wedges</p> <p>ALLERGENS: NONE</p>	<p>TURKEY BOLOGNAISE (200G)</p> <p>INGREDIENTS: <i>Turkey Mince, Diced Onion, Garlic (Citric Acid) Mixed Peppers, Diced Carrot Carrot Puree Sage, Thyme. Chicken Stock - Cornflour, Potato Starch, Salt, Flavourings, Onion Powder, Palm Oil, Sugar, Garlic Powder, Ground Turmeric. Free From Penne Pasta- Free From Penne Pasta Rice Flour (40%), Wholegrain Rice Flour (31%), Maize Flour (26%), Quinoa Flour (3%)</i></p> <p>ALLERGENS: NONE</p>
Lunch Week 3	<p>BEEF MINI BURGER (42G), SWEET POTATOFRIES (90G) AND PEAS (90G)</p> <p>INGREDIENTS: <i>Mini burger- Angus Beef (8.9%), Salt & Pepper Sweet potato fries- sweet potato, Sunflower oil, Batter (Maize Flour, Rice Flour, Modified Maize starch, Tapioca. Starch, Salt, Maize Starch, Tapioca dextrin Raising agent (E450), Stabiliser (E415), Turmeric Extract, Colour E160(c)).</i></p> <p>peas Water</p> <p>ALLERGENS: NONE</p>	<p>CHICKEN MASALA CURRY (150G) SERVED WITH RICE (90G)</p> <p>INGREDIENTS: <i>Diced Chicken Sunflower Oil, Diced Onions Garlic (citric acid) Ginger, Garam masala - Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove. cumin, Turmeric, Paprika, Coconut extract- (55%), water, thickener- carboxy methyl cellulose, emulsifier- polysorbate 60. Mango Chutney- Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Long Grain Rice</i></p> <p>ALLERGENS: NONE</p>	<p>MACARONI CHEESE (200G)</p> <p>INGREDIENTS: <i>Free from Macaroni - Rice Flour (40%), Wholegrain Rice Flour (31%), Maize flour (26%), Quinoa Flour (3%), Emulsifier: Mono- and Diglycerides of Fatty Acids. Peas, sweetcorn, Black Pepper, Garlic Violife grated cheese - Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid., Colour: Beta-Carotene., Vitamin B12 Violife Creamy - Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12. Cornflour - Maize Starch. Veg bouillion - 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</i></p> <p>ALLERGENS: NONE</p>	<p>COTTAGE PIE (200G)</p> <p>INGREDIENTS: <i>Minced Beef, Diced Onions, Mixed Peppers, Garlic (citric acid) Red Lentils, Veg Bouillon paste - 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, Thyme, Vegan Worcestershire sauce</i></p> <p>Potato Margarine- Vegetable oils in varying proportions (75%) (rapeseed, palm, sunflower), water, salt (1.38%), emulsifier (mono and diglycerides of fatty acids), acid (citric acid), colour (carotenes), vitamin A and D, flavourings.</p> <p>Carrot Puree</p> <p>ALLERGENS: NONE</p>	<p>CHICKEN FAJITA (110G) SERVED WITH RICE. (90G)</p> <p>INGREDIENTS: <i>Diced chicken, Onion, Mixed Peppers, smoked Paprika, Ground Cumin, Coriander, Olive Oil, Garlic, Allergen free soy sauce - Water, Balsamic Vinegar (Acetic Acid, Cooked Grape Must), Coconut Aminos (Coconut Sap, Sea Salt), Treacle, Tamarind, Yeast Extract, Vegan Vegetable Stock (maltodextrin, potato starch, onion, carrot, parsley, parsnip, lovage, bay, turmeric), Sea Salt, Garlic, Ginger, White Pepper. Mango Chutney- Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder</i></p> <p>Long grain rice</p> <p>ALLERGENS: NONE</p>