

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p>SALMON FISH CAKE WITH POTATO WEDGES AND BAKED BEANS SALMON FISH CAKE- Minced Salmon (FISH), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin,Thiamin), Potato, Rapeseed Oil, Wheat Starch, Salt, Potato Starch, Stabiliser (Methyl Cellulose), Onion Powder, Yeast, Caramelised Sugar, Colour (Paprika Extract), Turmeric Extract. ALLERGENS: FISH, 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>BEEF BOLOGNAISE Beef Mince, Sunflower Oil, Onion, Garlic Powder, Mixed Peppers (Green, Red, Yellow Peppers), Carrots, Basil, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree (Tomatoes), Penne Pasta (Durum WHEAT Semolina). ALLERGENS: GLUTEN: WHEAT</p>	<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>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>TOMATO AND BASIL CHICKEN WITH BROWN RICE TOMATO AND BASIL CHICKEN - Diced Chicken, Green Lentils, Garlic Powder, Basil, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree (Tomato), Sweetcorn, Mixed Peppers (Green, Red, Yellow Peppers). ALLERGENS: NONE</p> <p>BROWN RICE – Brown Rice. ALLERGENS: NONE</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>	<p>TUNA CAKES - STARTER Tuna (Skipjack Tuna (FISH), Water, Salt), Mashed Potato (Mash Potato (Potatoes, Whey Permeate (MILK), Cream (MILK), Skimmed MILK, Salt, Spice, Pepper Extract)), Peas, Sunflower Oil, Black Pepper. ALLERGENS: FISH, MILK</p>

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2	<p>MACARONI CHEESE 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), Garlic, Pepper. ALLERGENS: MILK, GLUTEN: WHEAT</p>	<p>SPANISH CHICKEN WITH COUSCOUS SPANISH CHICKEN- Diced Chicken, Oregano, Onion, Garlic Powder, 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>BEEF AND SUMMER VEG PASTA BAKE Beef Mince, 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>MOROCCAN LAMB WITH COUSCOUS MOROCCAN LAMB- Lamb Mince, 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>	<p>CHICKEN GOUJONS SERVED WITH MASHED POTATO, PEAS AND SWEETCORN CHICKEN GOUJONS- Chicken Breast Fillet, Water, Rapeseed Oil, Rice Flour, Gram Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose, Acidity Regulator (Sodium Carbonate)). ALLERGENS: NONE</p> <p>POTATO WEDGES- Potato, Sunflower Oil ALLERGENS: NONE</p> <p>PEAS AND SWEETCORN- Peas, 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>

Spring-Summer Regular Teas Menu 2026 – Ver 1.0

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3	<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>SWEET AND SOUR CHICKEN WITH RICE SWEET AND SOUR -Chicken, Tomato Purée, Onion, Carrot, Green Beans, Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Mixed Peppers (Green, Red, Yellow Peppers), Distilled Vinegar, Cornflour (Maize Starch), Ground Ginger, Garlic Powder, Sunflower Oil. ALLERGENS: NONE</p> <p>RICE -White Rice. ALLERGENS: NONE</p>	<p>TOMATO AND BASIL PASTA Penne Pasta (Durum WHEAT Semolina), Green Lentils, Garlic Powder, Basil, Tomatoes - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree - (Tomato), Sweetcorn, Mixed Peppers (Green, Red, Yellow Peppers). ALLERGENS: GLUTEN: WHEAT</p>	<p>SALMON COTTAGE PIE Salmon (FISH), 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: FISH, MILK</p>	<p>LITTLE DISH CHICKEN BITES WITH HIDDEN VEG SERVED WITH MASHED POTATO AND PEAS LITTLE DISH CHICKEN BITES- British Chicken Breast, Cauliflower, Potato Flour, Onion Powder, Garlic Purée, Gluten Free Breadcrumb Coating (Rice Flour, Sunflower Oil, Chickpea Flour, Water, Corn Starch, Corn Flour, Salt). ALLERGENS: NONE</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>
Main Course					
Starter or Dessert	<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>