



# Autumn-Winter Regular Teas Menu 2025/26 – Ver 1.1

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p><b>FISH FINGERS, MASHED POTATO AND GREEN VEGGIES</b></p> <p>FISH FINGERS - Alaska Pollock (<b>FISH</b>) (58%), Breadcrumbs*, Rapeseed Oil. *Breadcrumb Coating (<b>WHEAT</b> Flour, Water, Potato Starch, Salt, Refined FISH Oil, Paprika, Yeast, Turmeric).</p> <p><b>ALLERGENS: FISH, GLUTEN: WHEAT</b></p> <p>MASHED POTATO - Mashed Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour).</p> <p><b>ALLERGENS: NONE</b></p> <p>GREEN VEGGIES – Peas, Green Beans.</p> <p><b>ALLERGENS: NONE</b></p>	<p><b>MINTED LAMB HOTPOT WITH VEGGIES</b></p> <p>Minced Lamb, Onion, Sweet Potato, Broccoli, Carrot, Cauliflower, Potato, Gravy (Potato Maltodextrin, Potato Starch, Natural Flavouring, Sugar, Onion Powder, Vegetable Oil (Palm, Sunflower, Coconut, Rapeseed), Salt, Stabilizer: Guar Gum, Caramelised Sugar, Chilean Salt, Anti-Caking Agent: Silicon Dioxide And Vitamin D), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Mint, Sunflower oil.</p> <p><b>ALLERGENS: NONE</b></p>	<p><b>CHICKEN BOLOGNAISE</b></p> <p>Chicken Mince, Diced Onion, Garlic Powder, Carrot, Mixed Peppers (Red and Green Peppers), Tomato Paste, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Mixed Herbs, Penne Pasta (Durum WHEAT Semolina), Basil, Sunflower Oil.</p> <p><b>ALLERGENS: GLUTEN: WHEAT</b></p>	<p><b>CHEESY BEAN PIE WITH BROCCOLI</b></p> <p>Mash Potato (Potato (95%), Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Cheese (Cheddar Cheese (<b>MILK</b>), 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.</p> <p><b>ALLERGENS: MILK</b></p> <p>BROCCOLI - Broccoli.</p> <p><b>ALLERGENS: NONE</b></p>	<p><b>TOMATO AND BASIL CHICKEN WITH BROWN RICE</b></p> <p>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.</p> <p><b>ALLERGENS: NONE</b></p> <p>BROWN RICE – Brown Rice.</p> <p><b>ALLERGENS: NONE</b></p>
Starter or Dessert	<p><b>CHICKPEA AND SWEET POTATO CAKE - STARTER</b></p> <p>Sweet Potato, Chickpea, Onion, Plain Flour (<b>WHEAT</b> Flour(<b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Cheese (Cheddar Cheese (<b>MILK</b>), Anti-Caking Agent (Potato Starch)), Parsley, Sunflower oil.</p> <p><b>ALLERGENS: MILK, GLUTEN: WHEAT</b></p>	<p><b>MAGIC MANGO AND CARROT SLICE - DESSERT</b></p> <p>Carrot, Sunflower Oil, <b>EGG</b>, Plain Flour (<b>WHEAT</b> Flour(<b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Mango, Raisins, Desiccated Coconut (Coconut, Preservative (Sodium <b>METABISULPHITE</b>)), 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 (E 450 (Diphosphates), E 500 (Sodium Carbonates))), Maize Starch).</p> <p><b>ALLERGENS: EGG, SULPHITES, GLUTEN: WHEAT</b></p>	<p><b>POACHED PEARS - DESSERT</b></p> <p>Orange Juice, Pears (Pear, Water, Pear Juice from Concentrate, Acidity Regulator (Citric Acid)), Cinnamon.</p> <p><b>ALLERGENS: NONE</b></p>	<p><b>APPLE, PEACH AND APRICOT CRUMBLE - DESSERT</b></p> <p>Gluten Free Oats, Gluten Free Oat Flour, Coconut Oil, Flaxseed, Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Peach (Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid)), Apricots (Apricot, Water, Grape Juice from Concentrate), Dates.</p> <p><b>ALLERGENS: NONE</b></p>	<p><b>COCONUT AND BUTTERNUT SQUASH SOUP - STARTER</b></p> <p>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 Gun, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Cornflour (Maize Starch).</p> <p><b>ALLERGENS: NONE</b></p>

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2	<p><b>BEEF CHILLI WITH JACKET POTATO</b> CHILLI – Kidney Beans, Minced Beef, Tomato Puree, Chopped Tomato - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onion, Mixed Peppers, Carrot, Garlic Powder, Cumin (May contain <b>GLUTEN/WHEAT</b>), Lemon Juice Sunflower Oil, Paprika, Coriander, Oregano, Chilli Powder (Paprika, Chilli Powder), Black Pepper, Sunflower Oil. <b>ALLERGENS: GLUTEN: WHEAT</b></p> <p>JACKET POTATO - Jacket Potato. <b>ALLERGENS: NONE</b></p>	<p><b>LITTLE DISH SUPERSTARS CHICKEN NUGGETS WITH HIDDEN VEG, POTATO WEDGES, PEAS AND SWEETCORN</b> CHICKEN SUPERSTARS - British Chicken Breast, Cauliflower, Potato Flour, Onion Powder, Garlic Purée, *Gluten Free Breadcrumb Coating contains: Rice Flour, Sunflower Oil, Chickpea Flour, Water, Corn Starch, Corn Flour, Salt. <b>ALLERGENS: NONE</b></p> <p>POTATO WEDGES - Potato, Palm Oil. <b>ALLERGENS: NONE</b></p> <p>PEAS AND SWEETCORN – Peas, Sweetcorn. <b>ALLERGENS: NONE</b></p>	<p><b>CHICKEN AND VEGETABLE CREAMY COCONUT CURRY WITH NAAN BREAD</b> CURRY - Chicken, Tikka Paste (Tomatoes, Concentrated Tomato Puree, Coriander, Ground Cumin, Ground Coriander, Ginger Puree, Garlic Puree, Sugar, Rapeseed Oil, Modified Maize Starch, Salt, Chilli Powder, Ground Cardamom, Acidity Regulator (Citric Acid), Ground Turmeric, Dried Fenugreek, Ground Nutmeg, Ground Fenugreek, Ground Black Pepper, Colour (Paprika Extract)), 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). <b>ALLERGENS: NONE</b></p> <p><b>NAAN BREAD - WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raising Agent (Monocalcium Phosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose. <b>ALLERGENS: GLUTEN: WHEAT</b></p>	<p><b>PORK RAGU WITH BROWN RICE</b> RAGU - Minced Pork, Chopped Tomatoes - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree - (Tomato), Diced Onion, Carrot, Mixed Peppers - (Red, Green, Yellow), Broccoli, Garlic Powder, Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Sunflower Oil. <b>ALLERGENS: NONE</b></p> <p>BROWN RICE – Brown Rice. <b>ALLERGENS: NONE</b></p>	<p><b>ROOT VEGETABLE AND BEAN HOTPOT SERVED WITH MASHED POTATO</b> VEG AND BEAN HOTPOT – Carrot, Swede, Parsnip, Baked Beans In Tomato Sauce (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener - Steviol Glycosides, Herb Extract), Butter Beans, Cannellini Beans, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Gravy (Potato Maltodextrin, Potato Starch, Natural Flavouring, Sugar, Onion Powder, Vegetable Oil (Palm, Sunflower, Coconut, Rapeseed), Salt, Stabilizer: Guar Gum, Caramelised Sugar, Chilean Salt, Anti-Caking Agent: Silicon Dioxide And Vitamin D). <b>ALLERGENS: NONE</b></p> <p>MASHED POTATO - Mashed Potato – (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour). <b>ALLERGENS: NONE</b></p>
Main Course					
	<p><b>TUNA CAKES - STARTER</b> Tuna (Skipjack Tuna (<b>FISH</b>), Water, Salt.), Mashed Potato (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Peas, Sunflower Oil, Black Pepper. <b>ALLERGENS: FISH</b></p>	<p><b>LEMON BERRY BITES - DESSERT</b> Blueberries, Lemon Juice, Vanilla Extract (Infused Fresh Vanilla Pods, Glycerine (Palm Free)), Sunflower Oil, <b>EGG</b>, Raisins, Flaxseed, Banana, Bicarbonate of Soda (Sodium Bicarbonate), Plain Flour (<b>WHEAT</b> Flour(<b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates))), Maize Starch). <b>ALLERGENS: EGG, GLUTEN: WHEAT</b></p>	<p><b>CHOCO BEAN DREAM - DESSERT</b> Butter Beans, Cocoa Powder, Gluten Free Oat Flour, Raisins, Coconut Oil, Dates, Banana, Sunflower Oil, Vanilla Extract (Infused Fresh Vanilla Pods, Glycerine (Palm Free)), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates))), Maize Starch) <b>ALLERGENS: NONE</b></p>	<p><b>PURPLE POWER CRUMBLE - DESSERT</b> Gluten Free Oats, Gluten Free Oat Flour, Coconut Oil, Flaxseed, Cinnamon, Dates, Beetroot, Blueberries, Apple Juice (Apple Juice, Antioxidant (Ascorbic Acid)), Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Raisins. <b>ALLERGENS: NONE</b></p>	<p><b>CREAMY TOMATO BASIL SOUP - STARTER</b> 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). <b>ALLERGENS: NONE</b></p>
Starter or Dessert					



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	<p><b>SWEET AND SOUR CHICKEN WITH RICE</b> SWEET AND SOUR - Chicken, Tomato Purée, Onion, Carrot, Green Beans, Pineapple- (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Mixed Peppers, Distilled Vinegar, Cornflour (Maize Starch), Ground Ginger, Garlic Powder, Sunflower Oil. <b>ALLERGENS: NONE</b></p> <p>Rice -White Rice. <b>ALLERGENS: NONE</b></p>	<p><b>COTTAGE PIE WITH HIDDEN VEGGIES</b> Minced Beef, Diced Onion, Garlic Powder, Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Mash Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Carrot, Swede, Peas, Green Lentils, Gravy (Potato Maltodextrin, Potato Starch, Natural Flavouring, Sugar, Onion Powder, Vegetable Oil (Palm, Sunflower, Coconut, Rapeseed), Salt, Stabilizer: Guar Gum, Caramelised Sugar, Chilean Salt, Anti-Caking Agent: Silicon Dioxide And Vitamin D), Sunflower Oil. <b>ALLERGENS: NONE</b></p>	<p><b>SALMON SUPER GREEN PASTA BAKE</b> Salmon- (Pink Salmon (<b>FISH</b>)), Fusilli Pasta (Durum <b>WHEAT</b> Semolina), Oregano, Black Pepper, Green Beans, Broccoli, Peas, Garlic Powder, Tomato Paste, Chopped Tomato (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Parsley, Cheese (Cheddar Cheese (<b>MILK</b>), Anti-caking Agent (Potato Starch)). <b>ALLERGENS: FISH, MILK, GLUTEN: WHEAT</b></p>	<p><b>ROAST CHICKEN SERVED WITH MASHED POTATOES, CARROTS AND PEAS</b> ROAST CHICKEN – Chicken Breast (Chicken Breast, Salt), Gravy (Potato Maltodextrin, Potato Starch, Natural Flavouring, Sugar, Onion Powder, Vegetable Oil (Palm, Sunflower, Coconut, Rapeseed), Salt, Stabilizer: Guar Gum, Caramelised Sugar, Chilean Salt, Anti-Caking Agent: Silicon Dioxide And Vitamin D). <b>ALLERGENS: NONE</b></p> <p>MASHED POTATO - Mashed Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour). <b>ALLERGENS: NONE</b></p> <p>CARROTS AND PEAS - Carrots, Peas. <b>ALLERGENS: NONE</b></p>	<p><b>VEGETABLE FINGERS, POTATO WEDGES AND BAKED BEANS</b> VEGETABLE FINGERS - Vegetable Fingers (Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (<b>WHEAT</b> Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, <b>WHEAT</b> Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric). <b>ALLERGENS: GLUTEN: WHEAT</b></p> <p>POTATO WEDGES - Potato, Palm Oil. <b>ALLERGENS: NONE</b></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. <b>ALLERGENS: NONE</b></p>
	<p><b>COURGETTE AND RED PEPPER MUFFIN - STARTER</b> Courgette, Red Pepper, Carrot, Plain Flour (<b>WHEAT</b> Flour (<b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), <b>MILK</b>, Garlic, <b>EGG</b>, Sunflower Oil. <b>ALLERGENS: EGG, MILK, GLUTEN: WHEAT</b></p>	<p><b>BERRY NICE APPLE RICE - DESSERT</b> Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Strawberries, Pudding Rice (Short Grain Rice), <b>MILK</b>, Dates, Cinnamon, Nutmeg. <b>ALLERGENS: MILK</b></p>	<p><b>PUMPKIN SWEET POTATO AND APRICOT CRUMBLE - DESSERT</b> Gluten Free Oats, Gluten Free Oat Flour, Coconut Oil, Flaxseed, Cinnamon, Dates, Apple, Sweet Potato, Pumpkin, Apricot (Apricot, Water, Grape Juice from Concentrate). <b>ALLERGENS: NONE</b></p>	<p><b>BANANA FLAPJACK - DESSERT</b> Oats (<b>WHEAT</b>), Banana, Dates, Coconut Oil, Cinnamon, Vanilla Extract (Infused Fresh Vanilla Pods, Glycerine (Palm Free)). <b>ALLERGENS: GLUTEN: WHEAT</b></p>	<p><b>CARROT AND LENTIL SOUP – STARTER</b> Carrot, Leeks, Red Lentils, 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), Garlic, Parsley, Cornflour (Maize Starch). <b>ALLERGENS: NONE</b></p>
Starter or Dessert					