



Summer Menu 2022 VEGETARIAN Including Weight Per Portion - ALLERGEN FREE - Ver 1.1

WEEK 1	LUNCH	INGREDIENTS
MON	Vegetable Ragu And Jacket Potato (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chick Peas, Chopped Tomatoes, Passata, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato ALLERGENS: NONE
TUE	Vegetable And Bean Cottage Pie (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chick Peas, Carrot, Peas, Onion, Garlic, Vegetable Gravy, Mixed Herbs, Potato, Broccoli, Vegetable Margarine ALLERGENS: NONE
WED	Vegetable Lasagne (192G)	Basil, Carrot, Broccoli, Onion, Mixed Peppers, Tomatoes, Garlic, Free From Lasagne Sheets, Violife Cheese, (Coconut), Oregano ALLERGENS: NONE
THU	Vegetable And Bean Burger, Mashed Potato, Peas and Sweetcorn (175G)	Vegetable and Bean Burger (Onion, Peas, Carrots, Kidney Beans, Haricot Beans, White Rice, Gluten Free Breadcrumbs, Rapeseed Oil, Maize Flour, Rice Flour, Garlic Puree), Potatoes, Peas and Sweetcorn ALLERGENS: NONE
FRI	Tomato And Basil Veggie Meatballs Served With Broccoli (200G)	Veggie Meatballs (Water, Pea, Rapeseed Oil, Coconut, Onion, Garlic, Carrot, Beetroot, Radish, Tomato, Pepper, Parsley) Tomato and Basil Sauce (Tomato, Sugar, Lemon, Onion, Starch, Maize, Salt, Garlic, Basil, Rapeseed Oil, Oregano, Black Pepper) Broccoli, Mixed Peppers, Carrots, Peas, Green Beans, Sweetcorn, Broad Beans. ALLERGENS: NONE

WEEK 2	LUNCH	INGREDIENTS
MON	Spinach and Falafel Pattie, Mashed Potato, Baked Beans (190G)	Spinach and Falafel Pattie (Chickpeas, Spinach, Onion, Rapeseed Oil, Parsley, Cumin, Coriander, Lemon, Black Pepper, Garlic, Chilli Powder) Potato, Vegetable Margarine, Baked (Haricot) Beans, Water, Sugar, Salt, Onion, Paprika, Tomato ALLERGENS: NONE
TUE	BBQ Mixed Bean & Mediterranean Vegetables With Rice (195g)	BBQ Sauce (Tomato, Fructose Syrup, Spirit Vinegar, Molasses, Cornflour, Salt, Smoke Flavouring, Onion Powder, Potassium Sorbate, Garlic), Courgette, Mixed Peppers, Long Grain Rice, Borlotti Beans, Cannellini Beans ALLERGENS: NONE
WED	Cheesy Bean And Potato Pie (200G)	Potato, Violife Cheese (Coconut), Baked Beans, Tomato, Chives, Onion ALLERGENS: NONE
THU	Mixed Bean Bolognese Bake (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chick Peas, Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Tomato Passata, Free From Pasta), Violife Cheese (Coconut) ALLERGENS: NONE
FRI	Katsu Vegetable Curry (150g) With Rice (90g)	Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Ginger, Potatoes, White Rice ALLERGENS: NONE

WEEK 3	LUNCH	INGREDIENTS
MON	Five Bean Chilli Con Carne With Rice (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Chilli Con Carne Sauce (Tomatoes, Kidney Beans, Onion, Red Pepper, Maize Starch, Sugar, Salt, Acidity Regulator, Cumin, Paprika, Coriander, Oregano, Garlic, Chilli, Cocoa Powder, Black Pepper). Long Grain Rice ALLERGENS: GLUTEN, WHEAT
TUE	Slow Cooked Vegetables And Beans Served With Mashed Potato (200G)	Cannellini Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic ALLERGENS: NONE
WED	Sweet And Sour Vegetables With Rice (190g)	Rice, Sweet and Sour Sauce (Sugar, Water, Tomato Puree, Pineapple, Spirit Vinegar, Maize Starch, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder), Mixed Vegetables. ALLERGENS: NONE
THU	Vegan Burger, Spaghetti With Mashed Potato (200G)	Vegan Burger (Peas, Rapeseed Oil, Coconut, White Rice, Apple, Beetroot, Pomegranate, Salt, Lemon, Maize Vinegar, Carrot) Potatoes, Free From Spaghetti ALLERGENS: NONE
FRI	Mixed Bean Pasta Bake (200G)	Free From Pasta. Cannellini Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Tomato Sauce (Onion, Salt, Citric Acid, Garlic, Basil, Oregano) Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Violife Cheese (Coconut) ALLERGENS: NONE