



Winter Regular Menu 2019 Inc Weight Per Portion - ALLERGEN FREE – Ver 1.6

WEEK 1	LUNCH	INGREDIENTS
MON <i>(Week 2 Thurs Tea)</i>	Beef Chilli (100g) With Jacket Potato (90g)	Minced Beef, Kidney Beans, Tomato, Red Pepper, Cumin, Paprika, Oregano, Garlic, Carrot, Swede, Onion, Chilli Powder, Jacket Potato ALLERGENS: NONE
TUE <i>(Week 2 Wed Tea)</i>	Chicken Casserole (200g)	Chicken, Carrot, Potato, Cauliflower, Broccoli, Onion, Vegetable Gravy, Mixed Herbs, Black Pepper ALLERGENS: NONE
WED <i>(Week 2 Mon Tea)</i>	Mixed Bean Pie Topped With Carrot And Swede Mash (175g) With Green Beans(40g)	Kidney Beans, Borlotti Beans, Cannellini Beans, Butter Beans, Sweetcorn, Peas, Green beans, Potatoes, Parsley, Black pepper, Garlic, Vegan Cheese White Sauce , Cornflour ALLERGENS: NONE
THU <i>(Week 3 Tues Tea)</i>	Chicken Ragu (120g) Rice (100g)	Chicken , Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice ALLERGENS: NONE
FRI <i>(Week 2 Tues Tea)</i>	Chicken And Bean Hotpot (120g) Served With Mashed Potato (60g)	Diced Chicken , Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Vegetable Gravy ALLERGENS: NONE

WEEK 2	LUNCH	INGREDIENTS
MON <i>(Week 3 Thurs Tea)</i>	Chicken And Vegetable Curry (100g) With Rice (70g)	Diced Chicken, Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain Rice, ALLERGENS: NONE
TUE <i>(Week 3 Fri Tea)</i>	Roast Beef Dinner (180g)	Allergen Free Vegetable gravy , Beef, Potato, Carrots, Peas. ALLERGENS: NONE
WED <i>(Week 3 Wed Tea)</i>	Shepherd's Pie (180g)	Minced Lamb, Carrot, Peas, Onion, Garlic, Tomato Puree, Swede, Turnip, Vegetable Gravy, Mixed Herbs, Potato, Vegetable Margarine ALLERGENS: NONE
THU <i>(Week 1 Mon Tea)</i>	Sweet And Sour Chicken (110g) With Rice (80g)	Chicken, Tomato, Pineapple, Sugar, Vinegar, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, Rice ALLERGENS: NONE
FRI <i>(Week 3 Mon Tea)</i>	Spinach And Falafel Burger (50g), Baked Beans (55g) And Mashed Potato (90g)	Spinach and Falafel Burger , Baked Beans In Tomato Sauce, Garlic, Chickpeas, Cumin, Coriander, Lemon, Vegetable Margarine, Potatoes ALLERGENS: NONE

WEEK 3	LUNCH	INGREDIENTS
MON <i>(Week 1 Thurs Tea)</i>	Somerset Pork And Apple Casserole (110g) With Rice (90g)	Minced pork, Carrot, Swede, Mixed herbs, Leek, Onion, Apple, Rice, Vegetable Gravy ALLERGENS: NONE
TUES <i>(Week 2 Fri Tea)</i>	Chicken, Leek And Vegetable Pie (200g)	Chicken, Leek, Potato, Cornflour, Broccoli, Seasoning, Black Pepper, Peas, Carrots ALLERGENS: NONE
WED <i>(Week 1 Fri Tea)</i>	Beef Lasagne (167g)	Beef Mince, Carrot, Broccoli, Onion, Mixed peppers, Tomato, Passata, Garlic, Free From Lasagne sheets, Vegan Cheese White Sauce , Cornflour. Oregano, Basil ALLERGENS: NONE
THU <i>(Week 1 Weds Tea)</i>	Vegetable And Bean Burger (50g), Potatoes In Parsley Butter (100g), Peas And Sweetcorn (60g)	Kidney Beans, Haricot Beans, Onions, Peas, Carrots, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn ALLERGENS: NONE
FRI <i>(Week 1 Tues Tea)</i>	Minted Lamb Hotpot (220g)	Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Vegetable Gravy, Mint Sauce ALLERGENS: NONE