



Summer Menu 2022 REGULAR Including Weight Per Portion - ALLERGEN AND TOMATO FREE Ver 1.1

WEEK 1	LUNCH	INGREDIENTS
MON	Turkey Ragù And Jacket Potato (200G)	Minced Turkey, Red Pepper Sauce, 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	Beef Lasagne (175G)	Beef Mince, Carrot, Onion, Mixed Peppers, Red Pepper Sauce, Garlic, Free From Lasagne Sheets, Violife Cheese (Coconut), Oregano, Basil 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, Sweetcorn ALLERGENS: NONE
FRI	Red Pepper And Basil Chicken Served With Broccoli (200G)	Chicken, Red Pepper Sauce, Basil, Broccoli, Mixed Peppers, Carrots, Peas, Green Beans, Sweetcorn, Broad Beans. ALLERGENS: NONE

WEEK 2	LUNCH	INGREDIENTS
MON	Spinach and Falafel Pattie, Mashed Potato, Peas And Sweetcorn (190G)	Spinach and Falafel Pattie (Chick Peas, Spinach, Onion, Rapeseed Oil, Parsley, Cumin, Coriander, Lemon, Black Pepper, Garlic, Chilli Powder) Potato, Vegetable Margarine, Peas, Sweetcorn ALLERGENS: NONE
TUE	BBQ Chicken And Med Vegetables With Rice (195G)	Chicken, Red Pepper Sauce, Paprika, Courgette, Mixed Peppers, Long Grain Rice ALLERGENS: NONE
WED	Cheesy Mixed Bean And Potato Pie (200G)	Potato, Violife Cheese (Coconut), White Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Chives, Onion ALLERGENS: NONE
THU	Turkey Bolognaise Bake (200G)	Minced Turkey, Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Red Pepper Sauce, Free From Pasta, Violife Cheese (Coconut) ALLERGENS: NONE
FRI	Chicken Curry (150g) With Rice (90g)	Diced Chicken, Broccoli, Cauliflower, Carrots, Red Pepper Sauce, Turmeric, Garlic, Coriander, Cumin, Curry Powder, Black Pepper, Long Grain 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, Red Pepper Sauce, Chilli Powder, Long Grain Rice ALLERGENS: NONE
TUES	Slow Cooked Lamb Mince And Vegetables Served With Mashed Potato (200G)	Minced Lamb, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic ALLERGENS: NONE
WED	Sweet And Sour Chicken With Rice (190g)	Diced Chicken, Rice, Red Pepper Sauce, Paprika, Cauliflower, Broccoli, Carrots, Lemon Juice, Peas ALLERGENS: NONE
THU	Chicken Goujons, Peas With Mashed Potato (200G)	Chicken Strips, Potatoes, Peas ALLERGENS: NONE
FRI	Chicken Pasta Bake (200G)	Free From Pasta. Diced Chicken, Red Pepper Sauce, Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Violife Cheese (Coconut) ALLERGENS: NONE