Spring-Summer Vegetarian Lunch Menu - ALLERGEN AND TOMATO FREE - 2026 – Ver 1.0

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	**SWEET AND SOUR VEG AND BEAN SERVED WITH RICE** SWEET AND SOUR- Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Borlotti Beans, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), Carrot, Peas, Green Beans, Sweetcorn, Pineapple (Water, Sugar, Acidity Regulator (Citric Acid)), Paprika, Fresh Lemon Juice. **ALLERGENS*:* NONE** RICE - Long Grain Rice. **ALLERGENS**: **NONE**	**CHEESY BEAN PIE** CHEESY BEAN PIE- Mashed Potato (Potato, Sunflower Oil), Haricot Beans, Butter Beans, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), Violife Vegan Mature Cheese (Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B-Carotene, Olive Extract, Vitamin B12), Grated Carrots, Chives. **ALLERGENS: NONE** BROCCOLI - Broccoli. **ALLERGENS: NONE**	**BEAN AND SUMMER VEG PASTA BAKE** Cannellini Beans, Onion, Garlic Powder, Courgette, Carrot, Sweet Potato, Butternut Squash), Basil, Oregano, Green Lentils, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), AF Bechamel Sauce (Violife Creamy (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12.)), Violife Grated (Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12.), Cornflour (Maize Starch)), AF Macaroni Pasta (Rice Flour (40%), Wholegrain Rice Flour (31%), Maize Flour (25%), Quinoa Flour (3%), Emulsifier: Mono- And Diglycerides Of Fatty Acids). **ALLERGENS*:* NONE**	**SPANISH BEAN WITH QUINOA** SPANISH BEAN- Chickpeas, Onion, Garlic, Courgette, Carrot, Sweet Potato, Butternut Squash, Cannellini Beans, Mixed Pepper (Red, Yellow And Green Peppers), Smoked Paprika, Chickepeas, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme). **ALLERGENS: NONE** QUINOA- Quinoa. **ALLERGENS: NONE**	**VEGETABLE SAUSAGE, MASHED POTATO, PEAS AND SWEETCORN** VEGETABLE SAUSAGE - Carrot, Peas, Onion, Sweetcorn, Red Pepper, Dried Potato, Green Beans, Pea Starch, Water, Cauliflower Florets, Leek, Potato, Salt, Sugar, Yeast Extract, Garlic Powder, Onion Powder, Tomato Powder, Red Pepper Powder, Parsley, Sage, Flavouring, White Pepper, Black Pepper Extract, Sage Extract. **ALLERGENS*:* NONE** MASHED POTATO - Mashed Potato (Potato, Sunflower Oil). **ALLERGENS**: **NONE** PEAS AND SWEETCORN- Peas, Sweetcorn **ALLERGENS: NONE**
Starter or Dessert	**CREAMY RED PEPPER AND BASIL SOUP - STARTER** Red Pepper, Sweet Potato, Basil, 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), Cornflour (Maize Starch). **ALLERGENS: NONE**	**TROPICAL SWIRL YOGURT BARK - DESSERT** Coconut Milk (Coconut Extract, Water, Stabilisers (Guar Gun, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Coconut Yogurt (Coconut Milk (67%) (Coconut Extract, Water) Coconut Water (28%), Corn Starch, Vegetable Fibre, Potato Starch, Stabiliser (Fruit Pectin), Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis)). **ALLERGENS: NONE**	**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**	**SPINACH AND RED PEPPER SLICE - STARTER** Spinach, Red Pepper, Sweet Potato, Sunflower Oil. **ALLERGENS: NONE**	**MAGIC MANGO AND CARROT SLICE - DESSERT** Carrot, Sunflower Oil, Oggs ((Liquid Chickpea Extract)), Gluten Free Plain Flour (Rice, Potato, Tapioca, Maize, Buckwheat), 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: NONE**

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	**BEAN AND SWEET POTATO CHILLI SERVED WITH JACKET POTATO** CHILLI- Onion, Garlic, Sunflower Oil, Paprika, Ground Cumin, Mild Chilli (Chilli Powder, Paprika), Carrot, Red Pepper, Courgette, Sweet Potato, Black Beans, Red Lentils, Oregano, Sweetcorn, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), 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** Jacket Potato – Jacket Potato. **ALLERGENS: NONE**	**SPINACH AND RED PEPPER SLICE WITH POTATO WEDGES AND PEAS** SPINACH AND RED PEPPER SLICE- Spinach, Red Pepper, Sweet Potato, Sunflower Oil. **ALLERGENS*:* NONE** POTATO WEDGES - Potato, Sunflower Oil. **ALLERGENS: NONE** PEAS – Peas. **ALLERGENS: NONE**	**CREAMY BEAN COTTAGE PIE** Green Lentils, Cannellini Beans, Red Pepper, Sweetcorn, Sweet Potato, White Potato, Onion, Garlic, Courgette, Carrot, Butternut Squash, Sunflower Oil, Bechamel Sauce (Violife Creamy (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12.)), Violife Grated (Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12.), Cornflour (Maize Starch)). **ALLERGENS*:* NONE**	**RED PEPPER AND BASIL MIXED BEANS WITH BROWN RICE** RED PEPPER AND MIXED BEANS- Red Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Borlotti Beans, Garlic Powder, Basil, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), Sweetcorn, Mixed Peppers (Green, Red, Yellow Peppers). **ALLERGENS: NONE** BROWN RICE - Brown Rice. **ALLERGENS: NONE**	**CHICKPEA AND VEGTABLE CURRY WITH RICE** CURRY – Chickpeas, Green Lentils, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme), Ground Coriander, Turmeric, Fenugreek, Cumin, Broccoli, Carrot, Cauliflower, Peas. **ALLERGENS: NONE** RICE – Long Grain Rice. **ALLERGENS: NONE**
Starter or Dessert	**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**	**CHICKPEA AND SWEET POTATO CAKE - STARTER** Sweet Potato, Chickpeas, Onion, Gluten Free Plain Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Violife Cheese (Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12), Parsley, Sunflower Oil. **ALLERGENS: NONE**	**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 Gun, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Cornflour (Maize Starch). **ALLERGENS: NONE**	**BERRY SWIRL YOGURT BARK - DESSERT** Blueberry, Strawberry, Coconut Yogurt (Coconut Milk (67%) (Coconut Extract, Water) Coconut Water (28%), Corn Starch, Vegetable Fibre, Potato Starch, Stabiliser (Fruit Pectin), Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis)). **ALLERGENS: NONE**	**TROPICAL RICE - DESSERT** Pudding Rice (Short Grain Rice), Rice Milk (Rice Milk (Water, Organic Rice, Organic Sunflower Oil, Salt)), Coconut Milk (Coconut Extract, Water, Stabilisers (Guar Gun, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid). **ALLERGENS: NONE**

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	**SUNSHINE VEGGIE RICE** Basmati Rice, Sunflower Oil, Onion, Garlic Powder, Mild Curry Powder (Coriander, Turmeric (26%), Cumin Powder (8%), Salt (Salt, Anticaking Agent (Sodium Ferrocyanide)), Rice Flour, Fenugreek (8%), 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**	**SPINACH AND FALAFEL BAKE, POTATO WEDGES WITH PEAS AND SWEETCORN** SPINACH AND FALAFEL BAKE - Chick Peas (62%), Spinach (15%), Onions, Gram Flour Blend (Channa Dall Split Chickpeas, Yellow Split Pea), Garlic Powder, Lemon Juice From Concentrate, Ground Cumin, Salt, Coriander, Ground Coriander, Parsley, Stabilisers (Hydroxypropyl Methyl Cellulose, Guar Gum), Chilli Powder, Black Pepper, Ground Turmeric. **ALLERGENS*:* NONE** POTATO WEDGES - Potato, Sunflower Oil. **ALLERGENS*:* NONE** PEAS AND SWEETCORN – Peas, Sweetcorn. **ALLERGENS: NONE**	**SWEET POTATO AND CHICKPEA FAJITA WITH RICE** FAJITA- Sweet Potato, Chickpea, Sunflower Oil, Onion, Mixed Peppers (Green, Red, Yellow Peppers), Garlic Powder, Paprika, Cumin, Coriander, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme). **ALLERGENS: NONE**	**LENTIL BOLOGNAISE** Red Lentils, Carrot, Onion, Mixed Peppers (Green, Red, Yellow Peppers), Garlic Powder, Basil, Sweetcorn, Sunflower Oil, GF Penne Pasta (Rice Flour, Wholegrain Rice Flour, Maize Flour, Quinoa Flour, Emulsifier: Mono- And Diglycerides Of Fatty Acids), Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme). **ALLERGENS*:* NONE**	**MOROCCAN CHICKPEA WITH QUINOA** MOROCCAN CHICKPEA- Chickpeas, Red Lentils, Sunflower Oil, Onion, Garlic Powder, Ground Ginger, Cumin Powder, Coriander, Cinnamon, Paprika, Turmeric, Nutmeg, Parsley, Raisins, Red Pepper Sauce (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Garlic Powder, Carrot, Red Pepper, Parsley, Rosemary, Black Pepper, Thyme). **ALLERGENS: NONE** QUINOA- Quinoa. **ALLERGENS: NONE**
Starter or Dessert	**PEACH AND APRICOT SWIRL YOGURT BARK- DESSERT** Peach (Peach, Grape Juice From Concentrate, Acidity Regulator (Citric Acid)), Apricot (Apricot, Water, Grape Juice From Concentrate), Coconut Yogurt (Coconut Milk (67%) (Coconut Extract, Water) Coconut Water (28%), Corn Starch, Vegetable Fibre, Potato Starch, Stabiliser (Fruit Pectin), Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis)). **ALLERGENS: NONE**	**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**	**ROASTED SWEET POTATO AND CARROT SOUP - STARTER** Sweet Potato, Carrot, Onion, Garlic Powder, Parsley, Sunflower Oil. **ALLERGENS: NONE**	**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**	**BUTTER BEAN CAKES - STARTER** Butter Beans, Mashed Potato (Potato, Sunflower Oil), Peas, Sunflower Oil, Black Pepper. **ALLERGENS: NONE**