

Summer Vegetarian Tea Menu 2023 Version 2.0



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
TEA	<p>CHICKEN STYLE KATSU CURRY (150G) SERVED WITH NAAN BREAD (40G)</p> <p>INGREDIENTS: <i>Chicken Style Strips:Vegetable protein (SOYA), WHEAT Protein, Vegetable Oil, Starch, Flavourings, WHEAT Flour, Spices, Sea Salt, Cellulose Extract, Garlic, Katsu Sauce(Water, Tomato Purée from concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Purée (3%), Soy sauce (2.5%) (Water,Sugar, Rice Vinegar,SOYA BEAN,WHEAT,Salt), Garlic Purée, Turmeric, Ground Co-riander, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek,Cardamom, Chilli Powder, Black Pepper, Garlic Powder, Stabiliser (Xanthan Gum),Ground Cassia, Cumin Seed,GroundFennel, Ground Cloves), Onion, Carrot,Red Lentils, Sweet Potato,Cauliflower,Chicken ,Korma Paste, Mango Chutney,Tomatoes, Chicken Stock, Naan Bread - WHEAT FLOUR (WHEAT FLOUR, Calcium Carbonate, Niacin, Iron, Thiamin),Water, Raising AgentMonocalcium Phosphates, Sodium Bicarbonate),Rapeseed Oil,Yeast, Salt, Kalonji Seeds, Dextrose.</i></p> <p>ALLERGENS:GLUTEN: WHEAT, SOYA</p>	<p>MACARONI CHEESE (200G)</p> <p>INGREDIENTS: <i>Macaroni pasta - Durum WHEAT GLUTEN Semolina, Mature grated cheese. Milk Peas, Sweetcorn, Black pepper, Garlic Puree Bechamel Powder. WHEAT FLOUR (with Calcium, Iron, Niacin, Thiamine), Cornflour, SKIMMED MILK POWDER, Palm Oil, Sugar, Flavourings, Onion Powder, Salt, Ground White Pepper, Ground Bay, Ground Nutmeg.</i></p> <p>ALLERGENS: MILK, GLUTEN: WHEAT</p>	<p>CHICKEN STYLE FAJITA (140G) SERVED WITH PITTA BREAD (60G)</p> <p>INGREDIENTS: <i>Chicken Style Strips:Vegetable protein (SOYA), WHEAT Protein, Vegetable Oil, Starch, Flavourings, WHEAT Flour, Spices, Sea Salt, Cellulose Extract, Garlic Onion,Mixed Peppers, smoked Paprika,Ground, cumin,Coriander,Olive Oil, Garlic,Chopped Tomatoes - Tomatoes,Tomato Juice, Acidity Regulator(Citric Acid). Soy Sauce - water, salt, SOYBEAN (12%), WHEAT flour.Mango Chutney- Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder Pitta Bread- Wheat Flour (with Calcium,Iron,Niacin, Thiamine),Water,Yeast, Salt,Preservative (Calcium Propionate).</i></p> <p>ALLERGENS: SOYA, BARLEY, CELERY, EGG, GLUTEN: WHEAT</p>	<p>QUORN BURGER (42G) (SWEET POTATO FRIES (90G) AND BAKED BEANS (90G)</p> <p>INGREDIENTS: <i>Quorn Burger-Mycoprotein (44%), Rehydrated FREE RANGE EGG WHITE Textured WHEAT Protein, [WHEAT FLOUR (Contains added Calcium,Iron, Niacin & Thiamine),Colour: Caramel. Stabiliser: Sodium Alginate,], Onion, MILK Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch,Firming Agents: Calcium Chloride, Calcium Acetate.Roasted BARLEY Malt Extract Sweet potato fries-sweet potato, Sunflower,oil, Batter (Maize Flour,Rice Flour,Modified Maizestarch, Tapioca Starch, SaltMaize Starch, Tapioca dextrin, Raising agent (E450),Stabiliser(E415), Turmeric Extract,Colour E160(c)). Baked beans-Haricot Beans (53%),Tomatoes(31%), Water,Sugar, Glucose Fructose Syrup, ModifiedMaize Starch, Salt, Onion Powder, Paprika</i></p> <p>ALLERGENS:GLUTEN:WHEAT, BARLEY,MILK, EGGS</p>	<p>MEAT FREE MINCE COTTAGE PIE (200G)</p> <p>INGREDIENTS: <i>MEAT FREE MINCE rehydrated textured SOYA PROTEIN,seasoning, yeast extract,onion powder, dextrose,acidity regulator (citric acid),white pepper), Diced Onions, Mixed Peppers, Garlic (citric acid) Chopped tomatoes, Tomato Juice, Acidity Regulator(Citric Acid). Red Lentils, Tomato Puree Tomatoes, Acidity Regulator (Citric Acid).Veg Stock, - Salt,Cornflour,Potato Starch,Vegetable Powders (Onion,Carrot, Peas), Flavouring, Tomato Powder,Palm Oil, Black Pepper,Dried Parsley Ground Turmeric,Colour (Ammonia Caramel)Thyme Vegan Worcestershire sauce,potato Margarine-Vegetable oils in varying proportions (75%) (rapeseed, palm,sunflower) water,salt(1.38%),emulsifier (mono and diglyceride of fatty acids),acid (citric acid), (colour carotenes), vitamin A and D,flavouring MILK</i></p> <p>ALLERGENS: SOYA, MLK</p>
Dessert	<p>STRAWBERRY AND VANILLA MOUSSE (90G)</p> <p>INGREDIENTS: <i>Water, Sugar, Palm Oil, Whey Solids (MILK), Whey Powder (MILK), Dextrose, SKIMMED MILK POWDER, BUTTERMILK Powder, Emulsifier (Mono And Di Glycerides Of Fatty Acids Stabilisers (Guar Gum, Locust Bean Gum, Sodium Alginate), Flavouring, Colours (Beetroot Red, Beta Carotene)</i></p> <p>ALLERGENS: MILK</p>	<p>CHOCOLATE AND PEAR TRAY BAKE (50G)</p> <p>INGREDIENTS: <i>Cocoa, Self-Raising Flour - WHEAT Flour (With Calcium,Niacin, Iron, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).Baking Powder- WHEAT Flour(With Calcium, Iron, Niacin, Thiamin),Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate). EGGS Pears Baking Margarine-Vegetable Oils In Varying Proportions (75%) (Rapeseed,Palm, Sunflower),Water, Salt (1.38%), Emulsifier (Mono And Diglycerides Of Fatty Acids), Acid (Citric Acid) Colour (Carotenes),Vitamin A And Flavourings. Milk Chocolate-Sugar,Vegetable Oil (Palm),Whey Powder (MILK), Wheatflour(With Calcium, Iron,Thiamin(B1),Niacin (B3))Fat Reducedcocoa Powder. (6%) Emulsifiers (SOYA Lecithins, Polyglycerol Polyricinoleate)</i></p> <p>ALLERGENS: MILK, GLUTEN: WHEAT EGGS, SOYA, BARLEY</p>	<p>PEACH AND BERRY CRUMBLE (65G) SERVED WITH ICE CREAM (30G)</p> <p>INGREDIENTS: <i>Peach, Blackcurrants,Blackberries, Strawberries,Redcurrant, Raspberries,Crumble Mix-WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil), Wholemeal WHEAT Flour, Demerara Sugar, Breadcrumbs (WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Salt, Dextrose), Dextrose.Water, Sugar, Palm Oil, BUTTERMILK POWDER, Whey Powder (MILK), Dextrose, SKIMMED MILK POWDER, Emulsifier(Mono- and DiGlycerides of Fatty Acids), Stabilisers(Guar Gum, Carboxymethyl Cellulose, Locust Bean Gum), Flavouring, Colours(Curcumin, Annatto norbixin).</i></p> <p>ALLERGENS: GLUTEN:WHEAT, MILK: EGG, SOYA</p>	<p>FRUIT OAT CRISP SQUARE (50G)</p> <p>INGREDIENTS: <i>Porridge Oats, Rice Crispies, Dried Apricots, Sunflower Seeds,Butter, Golden Syrup,White Chocolate raisins</i></p> <p>ALLERGENS: GLUTEN: WHEAT, BARLEY, OATS, SOYA, SULPHITES, MILK</p>	<p>ORANGE AND MANGO SMOOTHIE (80G)</p> <p>INGREDIENTS: <i>Water, Mango Puree (30%),Invert Sugar Syrup,Sugar, Emulsifier (Mono- And Di-Glycerides Of Fatty Acids),Stabilisers (Tara Gum,Guar Gum, Methyl Cellulose,Pectin, Locust Bean Gum), Acidity Regulator (Citric Acid), Dextrose, Flavouring.</i></p> <p>ALLERGENS: NONE</p>

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
TEA	<p>VEGGIE FRITTATA (200G)</p> <p>INGREDIENTS: <i>EGGS</i>. Cooked New Potato. Spring Onions, Peas, Cherry Tomatoes, CHEDDAR CHEESE- MILK</p> <p>ALLERGENS: EGGS, MILK</p>	<p>VEGAN GOUJONS (70G) SPAGHETTI HOOPS, (90G) SWEET POTATO WEDGES (70G)</p> <p>INGREDIENTS: <i>Vegan Goujons Mycoprotein (55%), Water, WHEAT FLOUR</i> (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, WHEAT GLUTEN, Maize Flour, Stabiliser: Carrageenan WHEAT Starch, Raising Agents: Ammonium Carbonate. Diphosphates, Sodium Bicarbonate, Dextrose, Durum WHEAT Semolinaturmeric Extract Spaghetti Hoops- Cooked WHOLEWHEAT Pasta Loops (39%)(Water, Durum WHOLEWHEAT Semolina), Tomato Puree (32%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, WHEAT FLOUR, Antioxidant(Ascorbic Acid), Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavourings. Sweet Potato Wedges- Sweet Potato (85%), Modified Potato Starch, Sunflower Oil, Potato Starch, Rice Flour, Dextrin, Salt, Raising Agent (Sodium Bicarbonate, Disodium Diphosphate), Thickener (Xanthan Gum), Paprika Extract</p> <p>ALLERGENS: GLUTEN, WHEAT</p>	<p>VEGETARIAN CHILLI (150G) SERVED WITH HALF JACKET POTATO (50G)</p> <p>INGREDIENTS: <i>MEAT FREE MINCE</i> Rehydrated Textured SOYA PROTEIN, Seasoning, Yeast Extract, Onion Powder, Dextrose, Acidity Regulator (Citric Acid), White Pepper), Sunflower Oil. Diced Onions, Mixed Peppers, Garlic (Citric Acid) Cumin, Coriander, Paprika Tomato Puree - Tomatoes, Acidity Regulator (Citric Acid, Chopped Tomatoes, - Tomato Juice, Acidity Regulator (Citric Acid). Baked Beans, Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring. Mango Chutney- Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder. Jacket Potato</p> <p>ALLERGENS: SOYA</p>	<p>EDAMAME SWEETCORN AND TOMATO BAKE (200G)</p> <p>INGREDIENTS: <i>Pasta -Durum WHEAT</i> Semolina, Diced Onion, Garlic (Citric Acid) Diced Carrot Mixed Peppers, Chopped Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Tomato Puree Tomatoes, Acidity Regulator (Citric Acid). Vegetable Stock-Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel) Spinach, Sweetcorn, SOYA Beans- SOYA, MATURE GRATED CHEDDAR CHEESE MILK</p> <p>ALLERGENS: GLUTEN: WHEAT, SOYA, MILK</p>	<p>CHICKEN STYLE & POTATO PIE (200G)</p> <p>INGREDIENTS: <i>Meatless Farm No Chicken Pieces- Water, Pea Protein (23%), Vegetable Oils (Rapeseed, Sunflower), Yeast Extract, Salt, Natural Flavouring, Sugar, Dried Vegetables (Onion, Potato, Leek), Spices, Lemon Juice Concentrate, Smoked Salt, Herbs, Sage Oil Potato, CHEDDAR CHEESE, Carrot, Milk, Bechamel Powder, Onion, DIJON MUSTARD (WHEAT Flour Niacin, Thiamin), Cornflour, Skimmed MILK POWDER, Palm Oil, Sugar, Flavourings, With Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Skimmed MILK POWDER, Yeast, Salt, Kalonji Seeds (0.5%), Chicken, Leek, Thyme</i></p> <p>ALLERGENS: GLUTEN, WHEAT, MILK, MUSTARD</p>
Dessert	<p>ICE CREAM AND WAFER (80G)</p> <p>INGREDIENTS: <i>Ice Cream- Water, Invert Sugar Syrup, Vegetable Fat (Palm Oil, Palm Kernel Oil) SKIMMED MILK POWDER, MILK PROTEINS</i>. Whey Powder (MILK). Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Guar Gum, Cellulose Gum, Carrageenan), Flavouring, Colour (Beta-Carotene - Synthetic). Wafers- WHEAT FLOUR (WHEAT FLOUR), Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Raising Agent (Sodium Bicarbonate), Emulsifier (SOYA Lecithin), Salt, Sweetener (Saccharin), Colour (Annatto Norbixin).</p> <p>ALLERGENS: MILK, WHEAT: GLUTEN, SOYA</p>	<p>GINGERBREAD TRAY BAKE (50G)</p> <p>INGREDIENTS: <i>Apples, Cranberries, Cinnamon, Mixed Spice - Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg. Five Spice Black Treacle- SULPHUR DIOXIDE</i> Baking Margarine- Vegetable Oils In Varying Proportions (75%) (Rapeseed, Palm, Sunflower), Water, Salt (1.38%), Emulsifier (Mono And Diglycerides Of Fatty Acids), Acid (Citric Acid), Colour (Carotenes). Vitamin A And D, Flavourings. Muffin Mix</p> <p>ALLERGENS: SULPHITES</p>	<p>LEMON AND BLUEBERRY CAKE (50G)</p> <p>INGREDIENTS: <i>Plain Flour- WHEAT FLOUR</i>. Plain Yoghurt- Low Fat Natural Yogurt (MILK). EGGS Sunflower Oil LEMON JUICE, Vanilla Extract- water, monopropylene glycol, Natural Vanilla Extract. Baking Powder - WHEAT FLOUR (With Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate). Blueberries</p> <p>ALLERGENS: GLUTEN: WHEAT, EGGS, MILK, SULPHITES</p>	<p>BANANA BREAD (50G)</p> <p>INGREDIENTS: <i>Baking Margarine- Vegetable Oils In Varying Proportions (75%) (Rapeseed, Palm, Sunflower), Water, Salt (1.38%), Emulsifier (Mono And Diglycerides Of Fatty Acids), Acid (Citric Acid), Colour (Carotenes), Vitamin A And D, Flavourings</i> EGGS Bananas, Grated Carrots Sultanas, SELF-RAISING FLOUR- WHEAT Brown Sugar, Cinnamon, Ground Ginger</p> <p>ALLERGENS: GLUTEN: WHEAT, EGGS</p>	<p>STRAWBERRY ICED SMOOTHIE (80G)</p> <p>INGREDIENTS: <i>Water, Strawberry Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- And Di-Glycerides Of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Dextrose, Flavouring</i></p> <p>ALLERGENS: NONE</p>

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
TEA	<p>BBQ CHICKEN STYLE (110G) SERVED WITH SWEET POTATO WEDGES(70G)</p> <p>INGREDIENTS: No chicken chunks Soy structure (93%) [water, SOYA protein, salt], Sunflower Oil, Diced onion, Mixed peppers, Diced carrots, Garlic (Citric acid) Tomato ketchup- Water, Tomato Paste (25%), Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Modified Maize Starch, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Natural Flavouring, Tomato Puree Tomatoes Acidity Regulator (Citric Acid), Worcestershire sauce, Soy - water, salt, SOYBEAN (12%), WHEAT flour, Cornflour- Maize Starch, Veg stock - Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel) Powder, Ground Turmeric, Sweet Potato wedges</p> <p>ALLERGENS: GLUTEN: WHEAT, SOYA</p>	<p>CHEESEY BEAN AND POTATO PIE (200G)</p> <p>INGREDIENTS: Potato, CHEESE, Baked Beans, Chives, Onion, Tomatoes, Paprika</p> <p>ALLERGENS: MILK</p>	<p>CHICKEN STYLE WITH CARROT AND TOMATO SAUCE (110G) SERVED WITH RICE (90G)</p> <p>INGREDIENTS: Chicken Style Strips: Vegetable protein (SOYA), WHEAT Protein, Vegetable Oil, Starch, Flavourings, WHEAT Flour, Spices, Sea Salt, Cellulose Extract, Garlic Diced onions, Garlic (citric acid) Carrots, Chopped tomatoes - tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree Tomatoes, Acidity Regulator (Citric Acid) Vegstock - Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel), Powder, Ground Turmeric, Long Grain Rice</p> <p>ALLERGENS: SOYA, BARLEY, CELERY EGG, GLUTEN: WHEAT</p>	<p>VEGETARIAN BOLOGNAISE (200G)</p> <p>INGREDIENTS: Meat free mince rehydrated textured, SOYA protein, seasoning, yeast extract, onion powder, dextrose, acidity regulator (citric acid), white pepper, Garlic (citric acid), Mixed Peppers, Grated carrot, Tomato ketchup- Water, Tomato Paste (25%), Glucose Fructose Syrup, Spirit Vinegar, Sugar, Modified Maize Starch, Salt, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Natural Flavouring, Chopped Tomatoes - tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Sage, Thyme . Veg stock - Salt, Cornflour, Potato Starch, Vegetable Powders (Onion, Carrot, Peas), Flavouring, Tomato Powder, Palm Oil, Black Pepper, Dried Parsley, Ground Turmeric, Colour (Ammonia Caramel), Powder, Ground Turmeric Fusilli pasta Durum Wheat Semolina (100%)</p> <p>ALLERGENS: SOYA, GLUTEN: WHEAT</p>	<p>VEGETABLE FINGERS (40G) SERVED WITH COUNTRY MIXED VEG (140G)</p> <p>INGREDIENTS: Vegetable Fingers Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Bread crumbs Wheat flour, Water, Yeast salt), Rapeseed Oil, Dried potato, WHEAT FLOUR, Salt, Onion Powder, Starch (Rice, Potato), Turmeric, Country Mixed veg - Carrots, Green Beans Broccoli, Peas, and Sweetcorn.</p> <p>ALLERGENS: GLUTEN: WHEAT</p>
	Dessert	<p>BETROOT BROWNIE (50G)</p> <p>INGREDIENTS: Plain Chocolate (Sugar, vegetable oil (palm), WHEAT flour (with calcium, iron, thiamin (B1), niacin (B3)), fat reduced cocoa powder (15%), whey powder (Milk), emulsifiers (Soya lecithin, polyglycerol polyricinoleate), flavouring), Butter, Caster Sugar, Egg, Vanilla Extract, Self-raising Flour, Cocoa Powder, Beetroot</p> <p>ALLERGENS: GLUTEN: WHEAT, SOYA, MILK, EGG</p>	<p>RASPBERRY FROZEN YOGHURT (80G)</p> <p>INGREDIENTS: Yoghurt- Water, Sugar, Palm Oil, Whey Solids (MILK), Whey Powder (MILK) Yogurt Powder (MILK), Dextrose, Skimmed MILK Powder, BUTTERMILK Powder, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum), Flavouring, Colour (Beetroot Red)</p> <p>ALLERGENS: MILK</p>	<p>BLUEBERRY MUFFIN. (50G)</p> <p>INGREDIENTS: Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Rapeseed Oil, EGG, Blueberries (11%), Humectant (Glycerine), Cornflour, EGG White, Whey Powder (MILK), Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Emulsifier (Sodium Stearoyl-2 Lactylate), Flavouring.</p> <p>ALLERGENS: GLUTEN: WHEAT, GLUTEN EGGS, MILK, SOYA, SESAME</p>	<p>APPLE CAKE (50G)</p> <p>INGREDIENTS: Apples, Self-Raising Flour Wheat Gluten, Baking Powder Wheat flour (with Calcium, Iron, Niacin, Thiamine), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Cinnamon, Brown Sugar, MILK- EGGS</p> <p>ALLERGENS: GLUTEN: WHEAT MILK, EGGS</p>