

# Summer 2023 Vegetarian Menu Allergen Free Menu Version 2.0



## Lunch Week 1

### Monday

#### VEGETABLE PASTA BAKE (200G)

**INGREDIENTS:** Free From Penne Pasta, Carrot, Onion, Mixed Peppers, Garlic, Red Pepper Sauce (Onion, Dessert Apple, Carrot, Garlic Paste, Roasted Red Peppers, Vegetable Stock, Apple Juice, Thyme), Vegetable Stock (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, Spinach, Basil, Violife Cheese (Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12)

**ALLERGENS: NONE**

### Tuesday

#### SPINACH AND FALAFEL BURGER (70G) PEAS (90G) SWEET POTATO WEDGES (90G)

**INGREDIENTS:** Spinach And Falafel Burger- 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 Peas 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

**ALLERGENS: NONE**

### Wednesday

#### BEAN CHILLI (150G) SERVED WITH HALF JACKET POTATO (50G)

**INGREDIENTS:** Sunflower Oil, Onions, Mixed Peppers, Garlic, Cumin, Coriander, Paprika Carrots Puree, Veg Bouillon Paste - 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, Haricot Beans-Mango Chutney- Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Jacket Potato

**ALLERGENS: NONE**

### Thursday

#### VEGETABLE, BEAN AND POTATO PIE (200G)

**INGREDIENTS:** Potato, Violife Cheese (Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12), Cornflour, Vegetable Stock (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) Leek, Carrot, Spinach, Thyme, Haricot Beans, Oregano.

**ALLERGENS: NONE**

### Friday

#### PIZZA PUFF (200G)

**INGREDIENTS:** Self-Raising Free From Flour- Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Thickener (Xanthan Gum) Free From Baking Powder- Mono Calcium Phosphate, Corn Starch\*, Sodium Bicarbonate., 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. Rice Milk - Rice Base (Water, Rice (12.5%)), Sunflower Oil, Calcium (Tri-Calcium Phosphate), Sea Salt, Stabiliser (Gellan Gum), Acidity Regulator Potassium Phosphates), Vitamins (B12, D2) Thyme, Oregano, Spring Onion, Garlic Violife Grated -Water, Coconut Oil (24%), Modified Starch\*, Starch, Sea Salt, Flavourings, Olive Extract, Colour: B-Carotene, Vitamin B12, \*Not To Be Confused With GMO (Genetically Modified) Ingredients. Mixed Peppers

**ALLERGENS: NONE**

## Lunch Week 2

#### CHICKEN STYLE CARROTS IN A SAUCE (110) SERVED WITH RICE. (90G)

**INGREDIENTS:** Meatless Farm Chicken- 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, Diced Onions, Garlic (Citric Acid) Carrots, Mixed Peppers Apple Allergen Free Soy Sauce -Water, Balsamic Vinegar (Acetic Acid, Cooked Grape Must), Coconut Aminos (Coconut Sap, Sea Salt), Treacle, Tamarind, Yeast Extract, Vegan Vegetable Stock (Maltodextrin, Potato Starch, 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) Long Grain Rice

**ALLERGENS: NONE**

#### CHEESEY BEAN PIE (200G)

**INGREDIENTS:** Diced Onion, Garlic Puree, Carrot Puree, Haricot Beans, Violife Creamy -Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12, Violife Grated- Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour: B-Carotene, Vitamin B12

**ALLERGENS: NONE**

#### SPINACH AND FALAFEL BURGER (70G) COUNTRY MIXED VEG (140G)

**INGREDIENTS:** Spinach And Falafel Burger- 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 Peas

**ALLERGENS: NONE**

#### BBQ CHICKEN STYLE (110G) SERVED WITH SWEET POTATO WEDGES (70G)

**INGREDIENTS:** Meatless Farm Chicken- Water, Meatless Farm Chicken- 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, Sunflower Oil, Diced Onion, Mixed Peppers, Diced Carrots, Garlic (Citric Acid) Vegan Worcestershire Sauce-Allergen Free Soy Sauce -Water, Balsamic Vinegar (Acetic Acid, Cooked Grape Must), Coconut Aminos (Coconut Sap, Sea Salt), Treacle, Tamarind, Yeast Extract, Vegan Vegetable Stock (Maltodextrin, Potato Starch, Cornflour- Maize Starch, Chicken Stock - Cornflour, Potato Starch, Salt, Flavourings, Onion Powder, Palm Oil, Sugar, Garlic Powder, Ground Turmeric. Brown Sugar-Mango Chutney- Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder Cornflour- Maize Starch Sweet Potato Wedges

**ALLERGENS: NONE**

#### RED LENTIL BOLOGNAISE (200G)

**INGREDIENTS:** Diced Onions, Mixed Peppers, Garlic (citric acid) Red Lentils, Veg Bouillon paste - 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, Thyme Vegan Worcestershire sauce Potato 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. Carrot Puree

**ALLERGENS: NONE**

## Lunch Week 3

#### VEGAN BURGER (70G), PEAS (90G) SWEET POTATO FRIES (90G)

**INGREDIENTS:** Vegan burger Water, Pea Protein (18%), Vegetable Oils (Rapeseed, Shea, Coconut), Thickener (E461), Vegetable Fibres (Pea, Potato), Yeast Extract, Natural Flavouring, Rice Protein, Preservative (E326), Vegetable and Fruit Concentrates (Beetroot, Caramelised Carrot, Carrot, Blueberry), Bamboo Fibre, Potato Starch, Brown Sugar, Onion, Salt, Potato Maltodextrin, Maize Maltodextrin, Black Pepper, Sweet potato fries- sweet potato, Sunflower oil, Batter (Maize Flour, Rice Flour, Modified Maize starch, Tapioca Starch, Salt, Maize Starch, Tapioca dextrin, Raising agent (E450), Stabiliser (E415), Turmeric Extract, Colour E160(c)).

**ALLERGENS: NONE**

#### CHICKEN STYLE MASALA CURRY (150G) SERVED WITH RICE (90G)

**INGREDIENTS:** Meatless farm Chicken- 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, Sunflower Oil, Diced Onions, Garlic (citric acid) Ginger, Garam masala - Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove, cumin, Turmeric, Paprika, Coconut Milk- Coconut Milk Powder (78%), Maltodextrin, MILK Protein (Sodium Caseinate), Stabiliser (Trisodium phosphate), Mango Chutney- Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder Long Grain Rice

**ALLERGENS: NONE**

#### MACARONI CHEESE (200G)

**INGREDIENTS:** Free from Penne Pasta Rice Flour (40%), Wholegrain Rice Flour (31%), Maize flour (26%), Quinoa Flour (3%) Peas, Sweetcorn, Black pepper, Garlic Puree, Veg Bouillon paste - 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. Plant based Cream - Lentil protein preparation (water, 1.1% lentil flour), coconut fat, rapeseed oil, sugar, modified corn starch, emulsifiers (sunflower lecithin, sugar esters of fatty acids, mono-and diglycerides of fatty acids), stabilisers (guar gum, locust bean gum), natural flavouring, salt, colour (beta-carotene). Violife grated -Water, Coconut Oil (24%), Modified Starch\*, Starch, Sea Salt, Flavourings, Olive Extract, Colour: B-Carotene, Vitamin B12, \*Not to be confused with GMO (Genetically Modified)

**ALLERGENS: NONE**

#### RED LENTIL COTTAGE PIE (200G)

**INGREDIENTS:** Diced Onions, Mixed Peppers, Garlic (citric acid) Red Lentils, Veg Bouillon paste - 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. Thyme Vegan Worcestershire Sauce Potato 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. Carrot Puree

**ALLERGENS: NONE**

#### CHICKEN STYLE FAJITA (110G) SERVED WITH RICE. (90G)

**INGREDIENTS:** Meatless farm Chicken- 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, Onion, Mixed Peppers, smoked Paprika, Ground Cumin, Coriander, Olive Oil, Garlic, Sliced Mushrooms Mango Chutney- Peeled Mango Slices (54%), Sugar (38%), Sugar Cane Vinegar, Water, Salt, Chilli Powder, Ginger Powder Allergen free soy sauce - Water, Balsamic Vinegar (Acetic Acid, Cooked Grape Must), Coconut Aminos (Coconut Sap, Sea Salt), Treacle, Tamarind, Yeast Extract, Vegan Vegetable Stock (maltodextrin, potato starch, onion, carrot, parsley, parsnip, lovage, bay, turmeric), Sea Salt, Garlic, Ginger, White Pepper. Long grain Rice

**ALLERGENS: NONE**