

Summer Regular Lunch Menu 2023 Version 2.0



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<p>TUNA AND TOMATO BAKE (200G)</p> <p>INGREDIENTS: Pasta -Durum WHEAT Semolina, Onion, Garlic (Citric Acid) Mixed Peppers, Tomatoes, 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, Tuna- Fish, Mature Grated Cheddar Cheese Milk</p> <p>ALLERGENS: GLUTEN: WHEAT, FISH MILK</p>	<p>CHICKEN GOUJONS (70G) SPAGHETTI HOOPS (50G), SWEET POTATO WEDGES (70G)</p> <p>INGREDIENTS: Chicken Goujons Chicken (50%), Breadcrumbs (WHEAT Flour, Yeast, Salt), Water, Wheat Flour, Vegetable Oil (Sunflower Oil, Rapeseed Oil), Modified WHEAT Starch, WHEAT Fibre, Potato Starch, Modified Potato Starch, Maize Flour, Sea Salt, Wheat Starch Rosemary 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.</p> <p>ALLERGENS: GLUTEN: WHEAT</p>	<p>BEEF CHILLI (150G) SERVED WITH HALF JACKET POTATO (50G)</p> <p>INGREDIENTS: Beef Mince, Sunflower Oil, Onions, Mixed Peppers, Garlic, Cumin, Coriander, Paprika Tomato Puree, Chopped Tomato, Baked Beans, 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: NONE</p>	<p>CHICKEN AND POTATO PIE (200G)</p> <p>INGREDIENTS: Potato, CHEDDAR CHEESE, Carrot, MILK. BECHAMEL Powder (WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Cornflour, Skimmed Milk Powder, Palm Oil, Sugar, Flavourings, Onion Powder, Salt, Ground White Pepper, Ground Bay, Ground Nutmeg), Onion, DIJON MUSTARD (WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Water, Sulphites, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Skimmed MILK Powder, Yeast, Salt, Kalonji Seeds (0.5%)), Chicken, Leek, Thyme</p> <p>ALLERGENS: GLUTEN: WHEAT, MILK, MUSTARD, SULPHITES</p>	<p>VEGGIE FRITTATA (200G)</p> <p>INGREDIENTS: EGGS. Cooked New Potato, Spring Onions, Peas, Cherry Tomatoes, Cheddar Cheese- MILK</p> <p>ALLERGENS: EGG, MILK</p>
	Dessert	<p>BANANA BREAD (50G)</p> <p>INGREDIENTS: 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. 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: Water, Strawberry Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Dextrose, Flavouring</p> <p>ALLERGENS: NONE</p>	<p>LEMON AND BLUEBERRY CAKE (50G)</p> <p>INGREDIENTS: Plain Flour- WHEAT Flour, 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 Hydrogencarbonate), Blueberries</p> <p>ALLERGENS: GLUTEN: WHEAT, EGGS, MILK, SULPHITES</p>	<p>ICE CREAM AND WAFER (80G)</p> <p>INGREDIENTS: Ice Cream- Water, Invert Sugar Syrup, Vegetable Fat (Palm Oil, Palm Kernel Oil) SKIMMED MILK POWDER, Milk Proteins, 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>

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<p>CHICKEN WITH CARROT AND TOMATO SAUCE SERVED (110G) WITH RICE (90)G</p> <p>INGREDIENTS: <i>Diced Chicken, Diced Onions, Garlic (Citric Acid) Carrots, Chopped Tomatoes - Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree Tomatoes, Acidity Regulator (Citric Acid), Chicken Stock-Cornflour, Potato Starch, Salt, Flavourings, Onion Powder, Palm Oil, Sugar, Garlic Powder, Ground Turmeric, Long Grain Rice</i></p> <p>ALLERGENS: NONE</p>	<p>CHEESY BEAN PIE (200G)</p> <p>INGREDIENTS: <i>Potato, CHEESE, Baked Beans, Chives, Onion, Tomatoes, Paprika</i></p> <p>ALLERGENS: MILK</p>	<p>SALMON AND SWEET POTATO FISHCAKE. (57G) WITH COUNTRY MIXED VEG (140G)</p> <p>INGREDIENTS: <i>Salmon Fishcakes MINCED,SALMON (FISH) (21%),Sweet Potato (14%),Dehydrated Potato Flake (Dried Potato, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471).); Wheat Flour (WHEAT Flour, Calcium Carbonates,Iron,Niacin, Thiamine),Rapeseed Oil, Salt, Yeast, Dried Onion,Parsley,Oregano, Acid: Citric Acid (E330); Black Pepper,Flavouring, Garlic,Country Mixed Veg Carrots, Green Beans, Broccoli, Peas, And Sweetcorn.</i></p> <p>ALLERGENS: FISH, GLUTEN: WHEAT</p>	<p>BBQ CHICKEN (110G) SERVED WITH SWEET POTATO WEDGES (70G)</p> <p>INGREDIENTS: <i>Diced Chicken, 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 tomato, Acidity Regulator (Citric Acid), Worcestershire Sauce. SOY - Water, Salt, SOYBEAN (12%),WHEAT Flour, Cornflour- Maize Starch, Chicken Stock -cornflour, Potato Starch, Salt,Flavourings, Onion Powder, Palm Oil, Sugar, Garlic Powder, Ground Turmeric. Brown Sugar Sweet Potato Wedges</i></p> <p>ALLERGENS: GLUTEN:WHEAT, SOYA</p>	<p>TURKEY BOLOGNAISE (200G)</p> <p>INGREDIENTS: <i>Turkey Mince, Diced Onion, 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- Chopped Tomatoes - Tomatoes, Tomato. Juice, Acidity Regulator (Citric Acid), Sage, Thyme, Chicken Stock - Cornflour, Potato Starch, Salt, Flavourings, Onion Powder, Palm Oil, Sugar, Garlic Powder, Ground Turmeric. FUSILLI PASTA- DURUM WHEAT semolina(100%).</i></p> <p>ALLERGENS: GLUTEN:WHEAT</p>
	Dessert	<p>STRAWBERRY RIPPLE ICE CREAM ROLL (50G)</p> <p>INGREDIENTS: <i>Water, Plain Sponge (23%)(WHEAT Flour (With Calcium, Iron, Niacin, Thiamin), Water, Sugar, Dextrose, EGG, SOYA Flour, EGG WHITE, Raising Agents (Disodium Diphosphate, Sodium Carbonate), SKIMMED MILK POWDER, Emulsifiers(Mono- And Di-Glycerides Of Fatty Acids, Polyglycerol Esters Of Fatty Acids)),Sugar Palm Oil, Whey Solids (MILK), WHEY POWDER (MILK), Skimmed Milk POWDER, BUTTERMILK POWDER, Glucose, Stabiliser s(Guar Gum, Xanthan Gum, Locust Bean Gum, Carboxymethyl Cellulose, Pectin), Emulsifier (Mono- And Di-Glycerides Of Fatty Acids), Colour(Beetroot Red), Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate).</i></p> <p>ALLERGENS: GLUTEN: WHEAT,EGG, MILK, SOYA</p>	<p>APPLE CAKE (50G)</p> <p>INGREDIENTS: <i>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</i></p> <p>ALLERGENS: GLUTEN: WHEAT, MILK, EGGS</p>	<p>BLUEBERRY MUFFIN. (50G)</p> <p>INGREDIENTS: <i>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.</i></p> <p>ALLERGENS: GLUTEN: WHEAT,EGGS, MILK, SOYA, SESAME</p>	<p>RASPBERRY FROZEN YOGHURT (80G)</p> <p>INGREDIENTS: <i>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)</i></p> <p>ALLERGENS: MILK</p>

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<p>BEEF MINI BURGER (42G), SWEET POTATO FRIES (90G) AND BAKED BEANS (90G)</p> <p>INGREDIENTS: Mini Burger- Angus Beef (98.9%), Salt & 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)). Baked Beans- Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose- Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika</p> <p>ALLERGENS: NONE</p>	<p>CHICKEN KATSU CURRY (150G) SERVED WITH NAAN BREAD (40G)</p> <p>INGREDIENTS: Diced Chicken Sunflower Oil, Diced Onions 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 Coriander, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Black Pepper, Garlic Powder, Stabiliser (Xanthan Gum), Ground Cassia, Cumin Seed, Ground Fennel, Ground Cloves. Powder Naan Bread - WHEAT FLOUR (WHEAT FLOUR, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raising Agent (Monocalcium Phosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose.</p> <p>ALLERGENS: GLUTEN: WHEAT, SOYA</p>	<p>MACARONI CHEESE (200G)</p> <p>INGREDIENTS: 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, Flavoursings, Onion Powder, Salt, Ground White Pepper, Ground Bay, Ground Nutmeg.</p> <p>ALLERGENS: MILK, GLUTEN: WHEAT</p>	<p>COTTAGE PIE (200G)</p> <p>INGREDIENTS: Minced Beef, 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 (Monoand Diglycerides Of Fatty Acids), Acid (Citric Acid), Colour Carotenes), Vitamin A And D, Flavoursings. MILK</p> <p>ALLERGENS: MILK</p>	<p>CHICKEN FAJITA (140G) SERVED WITH PITTA BREAD (60G)</p> <p>INGREDIENTS: Diced Chicken, Onion, Mixed Peppers, Smoked Paprika, Ground Cumin, Coriander, Olive Oil, Garlic, Chopped Tomatoes - Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid) Soy Sauce - Water, Salt, SOYABEAN (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, Thiamin), Water, Yeast, Salt, Preservative (Calcium Propionate)</p> <p>ALLERGENS: SOYA, GLUTEN: WHEAT</p>
Dessert	<p>STRAWBERRY AND VANILLA MOUSSE (90G)</p> <p>INGREDIENTS: 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)</p> <p>ALLERGENS: MILK</p>	<p>PEACH AND BERRY CRUMBLE (65G) SERVED WITH ICE CREAM (30G)</p> <p>INGREDIENTS: 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, Breadcrumb (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 Di- Glycerides of Fatty Acids), Stabilisers (Guar Gum, Carboxymethyl Cellulose, Locust Bean Gum), Flavouring, Colours (Curcumin, Annatto norbixin).</p> <p>ALLERGENS: GLUTEN: WHEAT, MILK; EGG, SOYA</p>	<p>CHOCOLATE AND PEAR TRAY BAKE (50G)</p> <p>INGREDIENTS: 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 D, Flavoursings. MILK CHOCOLATE Sugar, Vegetable Oil (Palm), Whey Powder (MILK), WHEAT Flour (With Calcium, Iron Thiamin (B1), Niacin (B3), Fat, Reduced Cocoa Powder. (6%), Emulsifiers (SOYA Lecithins, Polyglycerol Polyrinoleate)</p> <p>ALLERGENS: MILK, GLUTEN: WHEAT, EGG, SOYA, BARLEY</p>	<p>ORANGE AND MANGO SMOOTHIE (80G)</p> <p>INGREDIENTS: 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.</p> <p>ALLERGENS: NONE</p>	<p>FRUIT OAT CRISPY SQUARES (50G)</p> <p>INGREDIENTS: PORRIDGE OATS, RICE CRISPIES, DRIED APRICOTS, Sunflower Seeds, Butter, Golden Syrup, WHITE CHOCOLATE, Raisins</p> <p>ALLERGENS: GLUTEN: WHEAT, BARLEY, OATS, SOYA, SULPHITES, MILK</p>