



Winter Vegetarian Menu 2021 - Inc Portion Weight - ALLERGEN & TOMATO FREE V1.4

WEEK 1	LUNCH	INGREDIENTS
MON (Week 2 Thurs Tea)	Vegetable Ragu (100g) White And Brown Rice (90g)	Borlotti Beans, Red Kidney Beans, Butter Beans, Cannellini Beans, Chick Peas, Water, Ascorbic Acid, Potato, Peas, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, White And Brown Rice, Sweet Potato ALLERGENS: NONE
TUE (Week 2 Wed Tea)	Vegetable And Bean Pie (150g) Served With Peas And Carrots (40g)	Cannellini Beans, Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans, Potato, Gravy, Black Pepper, Peas, Carrots, Broccoli ALLERGENS: NONE
WED (Week 2 Mon Tea)	Mixed Beans In Parsley Sauce (115g) With Potato, Carrot And Swede Mash (70g)	Kidney Beans, Borlotti Beans, White Beans, Chickpeas, Butter Beans, Potatoes, Parsley, Black pepper, *Vegan Cheese White Sauce, Cornflour, Coconut, Peas, Sweetcorn ALLERGENS: NONE
THU (Week 3 Tues Tea)	Vegetable And Bean Chilli Pasta Bake (200g)	Flageolet Beans, Borlotti Beans, Butter Beans, Kidney Beans, Red Pepper Sauce, Chilli Powder, Garlic Black Pepper, Carrots, Peas, Cut Beans, Sweetcorn, Broad Beans * Allergen Free Pasta. ALLERGENS: NONE
FRI (Week 2 Tues Tea)	Vegetable And Mixed Bean Hotpot (100g) With Mashed Potato (70g)	Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Gravy, Carrots, Broccoli ALLERGENS: NONE

WEEK 2	LUNCH	INGREDIENTS
MON (Week 3 Thurs Tea)	Cheesy Pasta With Peas And Sweetcorn (200g)	Allergen Free Pasta, *Vegan Cheese White Sauce, Cornflour, Coconut, Pepper, Peas, Sweetcorn ALLERGENS: NONE
TUE (Week 3 Fri Tea)	Minted Vegetable And Bean Hotpot (200g)	Mint Sauce, Carrot, Swede, Broccoli, Sweet potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Cannellini Beans, Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans ALLERGENS: NONE
WED (Week 3 Wed Tea)	Vegetable And Bean Cottage Pie (140g) With Swede And Carrots (60g)	Carrot, Peas, Garlic, Swede, Gravy, Mixed herbs, Potato, Vegetable Margarine, Cannellini Beans, Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans ALLERGENS: NONE
THU (Week 1 Mon Tea)	Sweet And Sour Vegetables And Beans (110g) With White And Brown Rice (90g)	Red Pepper, Pineapple, Sugar, Vinegar, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder, Carrots, Peas, White And Brown Rice, Cauliflower, Broccoli, Cannellini Beans, Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans ALLERGENS: NONE
FRI (Week 3 Mon Tea)	Spinach And Falafel Burger (50g), Peas (55g) And Mashed Potato (70g)	**Spinach and Falafel Burger, Peas, Garlic, Chickpeas, Cumin, Coriander, Lemon, Vegetable Margarine, Potatoes ALLERGENS: NONE

WEEK 3	LUNCH	INGREDIENTS
MON (Week 1 Thurs Tea)	BBQ Mixed Bean And Mediterranean Vegetables With Rice (195g)	Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans White Beans, Red Pepper Sauce, BBQ Flavouring (Smoked Paprika), Garlic Powder, Courgette, Mixed Peppers, White Rice ALLERGENS: NONE
TUES (Week 2 Fri Tea)	Cheesy Bean And Potato Pie (200g)	Potato, Vegan Cheese, Mixed Beans, Chives ALLERGENS: NONE
WED (Week 1 Fri Tea)	Vegetable Lasagne (167g)	Carrot, Broccoli, Onion, Mixed peppers, Swede, Red Pepper, Garlic, ***Free From Lasagne sheets, Vegan Cheese White Sauce, Cornflour, Oregano, Basil, Coconut ALLERGENS: NONE
THU (Week 1 Weds Tea)	Vegetable And Bean Burger (50g), Baby Parsley Potatoes (100g), Peas And Sweetcorn (60g)	Mixed Beans, Onions, Gluten Free Breadcrumbs, Peas, Carrots, Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn ALLERGENS: NONE
FRI (Week 1 Tues Tea)	Katsu Vegetable Curry (100g) With White And Brown Rice (70g)	Potatoes, Broccoli, Cauliflower, Carrots, Red Pepper Sauce, Turmeric, Garlic, Coriander, Cumin, Curry Powder, Black Pepper, Long Grain White And Brown Rice ALLERGENS: NONE

- * **Vegan Cheese White Sauce Contains:** Water, Coconut Oil (24%), Starch, Sunflower Kernel Grounded, Sea Salt, Thickener: Cellulose, Acidity Regulator: Lactic Acid (Non-Milk), Flavourings, Olive Extract, Colour: B-Carotene, Vitamin B12, Modified Starch^, Sea Salt, Flavourings, ^Not to be confused with GMO (Genetically Modified).
- ** **Spinach and Falafel Burger Contains:** Chickpeas, Spinach, Onion, Rapeseed Oil, Parsley, Cumin, Coriander, Lemon Juice, Black Pepper, Garlic, Chilli Powder.
- *** **Free From Lasagne Sheets Contains:** Cornflour, Rice Flour.