



SPRING/SUMMER VEGETARIAN MENU 2019

Ver 1.1

WEEK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MONDAY	Vegetable Ragu And Jacket Potato (183G)	Chopped Tomatoes, Passata, Diced Onion, Carrot, Red Lentils, Kidney Beans, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato ALLERGENS: NONE	Low Fat Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soya, Fruit Puree ALLERGENS: MILK, SOYA	Moroccan Meat Free Mince With Vegetables With Rice (167g)	Meat Free Mince, Mixed Vegetables, Paprika, Ginger, Onion, Cinnamon, Cumin, Carrot, Long Grain Rice, Mixed Peppers, Tomatoes ALLERGENS: GLUTEN, BARLEY, SOYA	Apple And Pear Crumble (120G)	Apple, Pear, Crumble Topping ALLERGENS: GLUTEN, WHEAT, EGG, MILK, SOYA
TUESDAY	Sweet And Sour Chicken Style Strips With Rice (190G)	Meat Free Chicken Style Strips, Rice, Sweet And Sour Sauce (Sugar, Carrot, Onion, Pineapple, Sugar, Sliced Green Peppers, Tomato, White Rice Vinegar, Sliced Red Peppers, Modified Maize Starch, Spirit Vinegar, Bamboo Shoots, Rapeseed Oil, Ginger, Garlic Puree, Salt), Mixed Vegetables. ALLERGENS: GLUTEN, WHEAT, SOYA	Lemon And Sultana Cake (50G)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Lemon Essence, Egg, Sultanas ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES	Vegetarian Chilli Pasta Bake (200G)	Meat Free Mince, Kidney Beans, Kidney Beans, Tomatoes, Chilli Sauce (Tomatoes, Water, Red Kidney Beans, Tomato Puree, Onion, Red Pepper, Modified Maize Starch, Sugar, Salt, Acidity Regulator (Lactic Acid), Cumin, Paprika, Coriander Powder, Dried Oregano, Garlic Powder, Fat Reduced Cocoa Powder, Chilli Powder, Black Pepper), Mixed Vegetables, Pasta. ALLERGENS: WHEAT, GLUTEN, BARLEY, SOYA	Chocolate And Raisin Krispie Cake (50G)	Milk Chocolate, Raisins, Vegetable Margarine, Rice Krispies ALLERGENS: GLUTEN, BARLEY, WHEAT, MILK, SOYA
WEDNESDAY	Macaroni Cheese With Peas and Sweetcorn (200G)	Macaroni Pasta, Semolina, Bechamel Sauce, Onion, Nutmeg, Pepper, Cheese, Peas, Sweetcorn ALLERGENS: MILK, WHEAT, GLUTEN	Fruit Jelly (50G)	Fruit, Sugar, Flavoursings ALLERGENS: NONE	Mixed Bean Pie Topped With Carrot and Swede (140g) With Green Beans (60g)	White Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce, Parsley, Black Pepper, Garlic ALLERGENS: GLUTEN, MILK, WHEAT	Fruit Smoothie (50G)	Fruit ALLERGENS: NONE
THURSDAY	Quorn Fishless Finger, Mash Potato And Spaghetti Hoops (180G)	Quorn Fingers, Potatoes, Whole-wheat Spaghetti Hoops ((Water, Durum Wholewheat Semolina), Tomato Puree, Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Wheat Flour, Antioxidant (Ascorbic Acid), Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavoursings) ALLERGENS: WHEAT, GLUTEN	Fruit Flapjack (50G)	Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, SULPHITES	Slow Cooked Vegetables And Beans With Carrot And Swede Mash (180G)	White Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Carrot, Turnip, Swede, Peas Tomato, Mixed, Peppers, Potato, Onion, ALLERGENS: MILK	Ice Cream Pot (90G)	Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colourings ALLERGENS: MILK
FRIDAY	Summer Vegetable Stew (210g)	Olive Oil, Leeks, Garlic, Thyme, Potatoes, Gravy, Green Beans, Sweetcorn, Cauliflower, Broccoli, Sweet Potato ALLERGENS: NONE	Raspberry Ripple Mousse (50G)	Water, Milk, Raspberry ALLERGENS: MILK	Quorn Meatball Ragu With Wedges (190G)	Quorn Meatballs, Mixed Herbs, Tomatoes, Mixed Peppers, Garlic, Potato Wedges, Courgette, Onion, Aubergine ALLERGENS: GLUTEN, WHEAT, BARLEY, EGG	Chocolate Brownie (70G)	Wheat Flour, Vegetable Oil, Dried Glucose Syrup, Fat Reduced Cocoa Powder, Egg Powder, Emulsifier, Salt, Chocolate Flavouring, Milk. ALLERGENS: EGG, GLUTEN, WHEAT, BARLEY, MILK, SOYA



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WEEK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MONDAY	Vegetable Sausage, Baby Potatoes In A Parsley Butter, Peas And Sweetcorn. (222G)	Vegetable Sausage , New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn ALLERGENS: GLUTEN, WHEAT	Low Fat Rice Pudding With Fruit (100G)	Rice Pudding , Fruit ALLERGENS: MILK	Sweet And Sour Chicken Style Strips With Rice (190G)	Meat Free Chicken Style Strips , Rice, Sweet And Sour Sauce (Sugar, Carrot, Onion, Pineapple, Sugar, Sliced Green Peppers, Tomato, White Rice Vinegar, Sliced Red Peppers, Modified Maize Starch, Spirit Vinegar, Bamboo Shoots, Rapeseed Oil, Ginger, Garlic Puree, Salt), Mixed Vegetables. ALLERGENS: GLUTEN, WHEAT, SOYA	Lemon And Sultana Cake (50G)	Wheat Flour, Soya Flour , Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Lemon Essence, Egg, Sultanas ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES
TUESDAY	BBQ Meat Free Chicken Style Strips And Mediterranean Vegetables With Rice (195G)	Meat Free Chicken Style Strips , BBQ Sauce (Concentrated Tomato Puree, Glucose-Fructose Syrup, Spirit Vinegar, Molasses, Sugar, Modified Starch, Salt, Smoke Flavouring, Spices, Onion Powder, Flavourings, Preservative (Potassium Sorbate), Garlic Powder), Courgette, Mixed Peppers, White Rice, Tomato ALLERGENS: WHEAT, GLUTEN, SOYA	Low Fat Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soya , Fruit Puree ALLERGENS: MILK, SOYA	Vegetable Ragu And Jacket Potato (183G)	Chopped Tomatoes, Passata, Diced Onion, Carrot, Red Lentils, Kidney Beans, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato ALLERGENS: NONE	Low Fat Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soya , Fruit Puree ALLERGENS: MILK, SOYA
WEDNESDAY	Cheesy Bean And Potato Pie (200G)	Potato, Cheese, Mustard , Baked Beans, Chives, Milk, Onion, Tomatoes ALLERGENS: MILK, MUSTARD	Baked Apples and Cinnamon (50G)	Apple, Cinnamon ALLERGENS: NONE	Vegetable Curry With Rice (210G)	Broccoli, Cauliflower, Carrots, Potatoes, Tomatoes, Curry Powder, Turmeric, Long Grain Rice, ALLERGENS: NONE	Rhubarb And Apple With Custard	Rhubarb, Apple, Custard ALLERGENS: MILK
THURSDAY	Vegetarian Lasagne (192G)	Meat Free Mince , Carrot, Onion, Mixed Peppers, Tomatoes, Garlic, Lasagne Sheets, White Sauce, Cheese , Oregano ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA	Ice Cream Roll (90G)	Water, Sugar, Palm Oil, Milk, Buttermilk , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour ALLERGENS: MILK, EGG, SOYA, WHEAT, GLUTEN	Quorn Fishless Finger, Mash Potato And Spaghetti Hoops (180G)	Quorn Fingers , Potatoes, Wholewheat Spaghetti Hoops ((Water, Durum Wholewheat Semolina), Tomato Puree, Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Wheat Flour, Antioxidant (Ascorbic Acid), Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavourings) ALLERGENS: WHEAT, GLUTEN	Fruit Flapjack (50G)	Oats , Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, SULPHITES
FRIDAY	Quorn Meatball Ragu With Wedges (190G)	Quorn Meatballs , Mixed Herbs, Tomatoes, Mixed Peppers, Garlic, Potato Wedges, Courgette, Onion, Aubergine ALLERGENS: GLUTEN, WHEAT, BARLEY, EGG	Chocolate Brownie (70G)	Wheat Flour , Vegetable Oil, Dried Glucose Syrup, Fat Reduced Cocoa Powder, Egg Powder , Emulsifier, Salt, Chocolate Flavouring , Milk. ALLERGENS: EGG, GLUTEN, WHEAT, BARLEY, MILK, SOYA	Summer Vegetable Stew (210g)	Olive Oil, Leeks, Garlic, Thyme, Potatoes, Gravy, Green Beans, Sweetcorn, Cauliflower, Broccoli, Sweet Potato ALLERGENS: NONE	Raspberry Ripple Mousse (50G)	Water, Milk , Raspberry ALLERGENS: MILK



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WEEK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MONDAY	Vegetable Curry With Rice (210G)	Broccoli, Cauliflower, Carrots, Potatoes, Tomatoes, Curry Powder, Turmeric, Long Grain Rice, ALLERGENS: NONE	Rhubarb And Apple With Custard	Rhubarb, Apple, Custard ALLERGENS: MILK	Vegetarian Lasagne (192G)	Meat Free Mince , Carrot, Onion, Mixed Peppers, Tomatoes, Garlic, Lasagne Sheets, White Sauce, Cheese, Oregano ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA	Ice Cream Roll (90G)	Water, Sugar, Palm Oil, Milk, Buttermilk , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour ALLERGENS: MILK, EGG, SOYA, WHEAT, GLUTEN
TUESDAY	Slow Cooked Vegetables And Beans With Carrot And Swede Mash (180G)	White Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Carrot, Turnip, Swede, Peas, Tomato, Mixed, Peppers, Potato, Onion, ALLERGENS: MILK	Ice Cream Pot (90G)	Water, Sugar, Palm Oil, Milk , Emulsifier, Stabilisers, Flavouring, Colourings ALLERGENS: MILK	Macaroni Cheese With Peas and Sweetcorn (200G)	Macaroni Pasta , Semolina, Bechamel Sauce, Onion, Nutmeg, Pepper, Cheese, Peas, Sweetcorn ALLERGENS: MILK, WHEAT, GLUTEN	Fruit Jelly (50G)	Fruit, Sugar, Flavourings ALLERGENS: NONE
WEDNESDAY	Vegetarian Chilli Pasta Bake (200G)	Meat Free Mince , Kidney Beans, Kidney Beans, Tomatoes, Chilli Sauce (Tomatoes, Water, Red Kidney Beans, Tomato Puree, Onion, Red Pepper, Modified Maize Starch, Sugar, Salt, Acidity Regulator (Lactic Acid), Cumin, Paprika, Coriander Powder, Dried Oregano, Garlic Powder, Fat Reduced Cocoa Powder, Chilli Powder, Black Pepper), Mixed Vegetables, Pasta . ALLERGENS: WHEAT, GLUTEN, BARLEY, SOYA	Chocolate And Raisin Krispie Cake (50G)	Milk Chocolate , Raisins, Vegetable Margarine, Rice Krispies ALLERGENS: GLUTEN, BARLEY, WHEAT, MILK, SOYA	Vegetable Sausage, Baby Potatoes In A Parsley Butter, Peas And Sweetcorn. (222G)	Vegetable Sausage , New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn ALLERGENS: GLUTEN, WHEAT	Low Fat Rice Pudding With Fruit (100G)	Rice Pudding , Fruit ALLERGENS: MILK
THURSDAY	Moroccan Meat Free Mince With Vegetables With Rice (167g)	Meat Free Mince , Mixed Vegetables, Paprika, Ginger, Onion, Cinnamon, Cumin, Carrot, Long Grain Rice, Mixed Peppers, Tomatoes ALLERGENS: GLUTEN, BARLEY, SOYA	Apple And Pear Crumble (120G)	Apple, Pear, Crumble Topping ALLERGENS: GLUTEN, WHEAT, EGG, MILK, SOYA	BBQ Meat Free Chicken Style Strips And Mediterranean Vegetables With Rice (195G)	Meat Free Chicken Style Strips , BBQ Sauce (Concentrated Tomato Puree, Glucose-Fructose Syrup, Spirit Vinegar, Molasses, Sugar, Modified Starch, Salt, Smoke Flavouring, Spices, Onion Powder, Flavourings, Preservative (Potassium Sorbate), Garlic Powder), Courgette, Mixed Peppers, White Rice, Tomato ALLERGENS: WHEAT, GLUTEN, SOYA	Low Fat Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soya , Fruit Puree ALLERGENS: MILK, SOYA
FRIDAY	Mixed Bean Pie Topped With Carrot and Swede (140g) With Green Beans (60g)	White Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce , Parsley, Black Pepper, Garlic ALLERGENS: GLUTEN, MILK, WHEAT	Fruit Smoothie (50G)	Fruit ALLERGENS: NONE	Cheesy Bean And Potato Pie (200G)	Potato, Cheese, Mustard , Baked Beans, Chives, Milk, Onion, Tomatoes ALLERGENS: MILK, MUSTARD	Baked Apples and Cinnamon (50G)	Apple, Cinnamon ALLERGENS: NONE