



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

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

WEEK 2	LUNCH	INGREDIENTS
<b>MON</b> (Week 3 Thurs Tea)	<b>Cheesy Pasta With Peas And Sweetcorn (200g)</b>	Allergen Free Pasta, *Vegan Cheese White Sauce, Cornflour, Coconut, Pepper, Peas, Sweetcorn <b>ALLERGENS: NONE</b>
<b>TUE</b> (Week 3 Fri Tea)	<b>Minted Lamb Hotpot (200g)</b>	Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Mint Sauce <b>ALLERGENS: NONE</b>
<b>WED</b> (Week 3 Wed Tea)	<b>Cottage Pie (140g) With Swede And Carrots (60g)</b>	Minced Beef, Carrot, Peas, Garlic, Red Pepper, Swede, Gravy, Mixed Herbs, Potato, Vegetable Margarine, Onion <b>ALLERGENS: NONE</b>
<b>THU</b> (Week 1 Mon Tea)	<b>Sweet And Sour Chicken (110g) With White And Brown Rice (80g)</b>	Chicken, Red Pepper, Pineapple, Sugar, Vinegar, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White And Brown Rice <b>ALLERGENS: NONE</b>
<b>FRI</b> (Week 3 Mon Tea)	<b>Spinach And Falafel Burger (50g), Peas (55g) And Mashed Potato (70g)</b>	**Spinach and Falafel Burger, Peas, Garlic, Chickpeas, Cumin, Coriander, Lemon, Vegetable Margarine, Potatoes <b>ALLERGENS: NONE</b>

WEEK 3	LUNCH	INGREDIENTS
<b>MON</b> (Week 1 Thurs Tea)	<b>BBQ Chicken And Mediterranean Vegetables With Rice (195g)</b>	Chicken Breast, Red Pepper Sauce, BBQ Flavouring (Smoked Paprika), Garlic Powder, Courgette, Mixed Peppers, White Rice <b>ALLERGENS: NONE</b>
<b>TUES</b> (Week 2 Fri Tea)	<b>Cheesy Bean And Potato Pie (200g)</b>	Potato, <b>Vegan Cheese</b> , Mixed Beans, Chives <b>ALLERGENS: NONE</b>
<b>WED</b> (Week 1 Fri Tea)	<b>Beef Lasagne (197g)</b>	Beef Mince, Carrot, Broccoli, Onion, Mixed peppers, Swede, Red Pepper, Garlic, ***Free From Lasagne sheets, <b>Vegan Cheese White Sauce</b> , Cornflour, Coconut, Oregano, Basil <b>ALLERGENS: NONE</b>
<b>THU</b> (Week 1 Weds Tea)	<b>Vegetable And Bean Burger (50g), Baby Parsley Potatoes (100g), Peas And Sweetcorn (60g)</b>	Mixed Beans, Onions, Gluten Free Breadcrumbs, Peas, Carrots, Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn <b>ALLERGENS: NONE</b>
<b>FRI</b> (Week 1 Tues Tea)	<b>Katsu Chicken Curry (100g) With White And Brown Rice (70g)</b>	Diced Chicken, Broccoli, Cauliflower, Carrots, Red Pepper Sauce, Turmeric, Garlic, Coriander, Cumin, Curry Powder, Black Pepper, Long Grain White And Brown Rice <b>ALLERGENS: NONE</b>

\* **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.