



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

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

WEEK 2	LUNCH	INGREDIENTS
MON <i>(Week 3 Thurs Tea)</i>	Cheesy Pasta With Peas And Sweetcorn (200g)	Allergen Free Pasta, *Vegan Cheese White Sauce, Cornflour, Coconut, Pepper, Peas, Sweetcorn ALLERGENS: NONE
TUE <i>(Week 3 Fri Tea)</i>	Minted Lamb Hotpot (200g)	Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Mint Sauce ALLERGENS: NONE
WED <i>(Week 3 Wed Tea)</i>	Cottage Pie (140g) With Swede And Carrots (60g)	Minced Beef, Carrot, Peas, Garlic, Red Pepper, Swede, Gravy, Mixed Herbs, Potato, Vegetable Margarine, Onion ALLERGENS: NONE
THU <i>(Week 1 Mon Tea)</i>	Sweet And Sour Chicken (110g) With White And Brown Rice (80g)	Chicken, Red Pepper, Pineapple, Sugar, Vinegar, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White And Brown Rice ALLERGENS: NONE
FRI <i>(Week 3 Mon Tea)</i>	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 <i>(Week 1 Thurs Tea)</i>	BBQ Chicken And Mediterranean Vegetables With Rice (195g)	Chicken Breast, Red Pepper Sauce, BBQ Flavouring (Smoked Paprika), Garlic Powder, Courgette, Mixed Peppers, White Rice ALLERGENS: NONE
TUES <i>(Week 2 Fri Tea)</i>	Cheesy Bean And Potato Pie (200g)	Potato, Vegan Cheese, Mixed Beans, Chives ALLERGENS: NONE
WED <i>(Week 1 Fri Tea)</i>	Beef Lasagne (197g)	Beef Mince, Carrot, Broccoli, Onion, Mixed peppers, Swede, Red Pepper, Garlic, ***Free From Lasagne sheets, Vegan Cheese White Sauce, Cornflour, Coconut, Oregano, Basil ALLERGENS: NONE
THU <i>(Week 1 Weds Tea)</i>	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 <i>(Week 1 Tues Tea)</i>	Katsu Chicken Curry (100g) With White And Brown Rice (70g)	Diced Chicken, 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.