



Winter Vegetarian Menu 2020 Inc Weight Per Portion Ver 1.3 – **This menu is subject to change. See website for the current version.*

WEEK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Meat Free Mince Chilli (100g) Served With Jacket Potato (90g)	Meat Free Mince, Kidney Beans, Tomato, Red Pepper, Cumin, Paprika, Oregano, Garlic, Carrot, Coriander, Swede, Onion, Chilli Powder, Cocoa Powder, Jacket Potato ALLERGENS: BARLEY, GLUTEN, SOYA	Easi-Yo Fruit Yoghurt (60g)	Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA	Sweet And Sour Chicken Style Strips (110g) Served With White And Brown Rice (90g)	Meat Free Chicken Style Strips, Tomato, Pineapple, Vinegar, Lemon, Garlic, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White And Brown Rice ALLERGENS: GLUTEN, WHEAT, SOYA	Chocolate Brownie (50g)	Flour, Cocoa Powder, Baking Powder, Caster Sugar, Vanilla Essence, Egg, Vegetable Margarine ALLERGENS: EGG, GLUTEN, WHEAT, MILK
TUE	Vegetable And Mixed Bean Casserole (160g) Served With Broccoli (40g)	Cannellini Beans, Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans, Carrot, Potato, Cauliflower, Broccoli, Onion, Gravy, Mixed Herbs, Black Pepper ALLERGENS: NONE	Apple & Blackberry Crumble (65g) And Custard (60g)	Apple, Blackberries, Elderberry, Crumble Mix, Ready To Pour Custard ALLERGENS: GLUTEN, MILK, WHEAT, EGG, SOYA	Breaded Veggie Cake, Baby Potatoes In A Parsley Butter, Peas, Sweetcorn. (222g)	Veggie Cake, New Potatoes, Vegetable Margarine, Parsley, Peas, Carrots, Sweetcorn ALLERGENS: GLUTEN, WHEAT, SULPHITES	Easi-Yo Fruit Yoghurt (60g)	Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA
WED	Mixed Bean Pie Topped With Carrot And Swede Mash (175g) With Green Beans(40g)	Mixed Beans, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce, Parsley, Black Pepper, Garlic ALLERGENS: GLUTEN, MILK, WHEAT	Fruit Shortbread (50g)	Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour ALLERGENS: GLUTEN, WHEAT, SUPHITES	Vegetable Curry (100g) With White And Brown Rice (70g)	Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain White And Brown Rice, Ginger, Potatoes ALLERGENS: NONE	Poached Pears (65g) Served With Custard (60g)	Pears, Orange Juice, Cinnamon, Custard ALLERGENS: MILK
THU	Veggie Meatball Ragu (120g) Served With White And Brown Rice (90g)	Veggie Meatballs, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, White And Brown Rice ALLERGENS: WHEAT, GLUTEN, SOYA, BARLEY	Ginger Cake (60g)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Ground Ginger, Egg ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA	Meat Free Mince And Apple Casserole (110g) With White And Brown Rice (90g)	Meat Free Mince, Carrot, Mixed Herbs, Leek, Swede, Courgette, Stuffing Mix, Apple Sauce, White And Brown Rice, Gravy ALLERGENS: WHEAT, GLUTEN, BARLEY, SOYA	Chocolate Crispy Cake (50g)	White And Brown Rice Crispies, Chocolate ALLERGENS: BARLEY, GLUTEN, SOYA, MILK
FRI	Vegetarian Sausage And Bean Hotpot (100g) With Mashed Potato (70g)	Quorn Sausages, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Gravy ALLERGENS: WHEAT, GLUTEN, EGG, MILK, BARLEY	Fruit Jelly (50g)	Fruit, Sugar, Flavoursings ALLERGENS: NONE	Vegetarian Lasagne (167g)	Meat Free Mince, Carrot, Onion, Mixed Peppers, Tomato, Garlic, Lasagne Sheets, Béchamel Sauce, Oregano, Basil, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA, EGG	Ice Cream Roll (80g)	Milk, Wheat, Egg, Soya ALLERGENS: GLUTEN, WHEAT, MILK. EGG, SOYA

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WEEK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Minted Meat Free Mince Hotpot (220g)	Meat Free Mince, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Mint Sauce, Tomato ALLERGENS: BARLEY, SOYA, GLUTEN	Strawberry Ice-Cream Pot (90g)	Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red) ALLERGENS: MILK	Mixed Bean Pie Topped With Carrot And Swede Mash (175g) With Green Beans(40g)	Mixed Beans, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce, Parsley, Black Pepper, Garlic ALLERGENS: GLUTEN, MILK, WHEAT	Fruit Shortbread (50g)	Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour ALLERGENS: GLUTEN, WHEAT, SUPPHITES
TUE	Roast Quorn Dinner (180g)	Quorn Slices, Gravy, Potato, Carrots, Peas ALLERGENS: WHEAT, GLUTEN, EGG, MILK	Jam And Coconut Sponge Cake (60g)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Coconut, Egg, Fruit Jam ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES	Vegetarian Sausage And Bean Hotpot (100g) With Mashed Potato (70g)	Quorn Sausages, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Gravy ALLERGENS: WHEAT, GLUTEN, EGG, MILK, BARLEY	Ginger Cake (60g)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Ground Ginger, Egg ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA
WED	Vegetarian Cottage Pie (140g) Served with Swede & Carrots (60g)	Meat Free Mince, Carrot, Onion, Garlic, Swede, Gravy, Mixed Herbs, Potato, Vegetable Margarine, Peas ALLERGENS: SOYA, GLUTEN, BARLEY	Rice Pudding And Fruit (100g)	Pudding White And Brown Rice, Milk, Fruit ALLERGENS: MILK	Vegetable And Mixed Bean Casserole (160g) Served With Broccoli (40g)	Cannellini Beans, Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans, Carrot, Potato, Cauliflower, Broccoli, Onion, Gravy, Mixed Herbs, Black Pepper ALLERGENS: NONE	Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA
THU	Sweet And Sour Chicken Style Strips (110g) Served With White And Brown Rice (90g)	Meat Free Chicken Style Strips, Tomato, Pineapple, Vinegar, Lemon, Garlic, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White And Brown Rice ALLERGENS: GLUTEN, WHEAT, SOYA	Fruit Smoothie (50g)	Fruit ALLERGENS: NONE	Meat Free Mince Chilli (100g) Served With Jacket Potato (90g)	Meat Free Mince, Kidney Beans, Tomato, Red Pepper, Cumin, Paprika, Oregano, Garlic, Carrot, Coriander, Swede, Onion, Chilli Powder, Cocoa Powder, Jacket Potato ALLERGENS: BARLEY, GLUTEN, SOYA	Apple & Blackberry Crumble (65g) And Custard (60g)	Apple, Blackberries, Crumble Mix, Ready To Pour Custard ALLERGENS: GLUTEN, MILK, WHEAT, EGG, SOYA
FRI	Quorn Fishless Finger(50g), Baked Beans (55g) And Mashed Potato (70g)	Quorn Finger, Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine ALLERGENS: GLUTEN, WHEAT	Fruit Flapjack (50G)	Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit ALLERGENS: OATS, WHEAT, GLUTEN, BARLEY, EGGS, SOYA, MILK, SULPHITES	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 ALLERGENS: NONE	Chocolate Crispy Cake (50g)	White And Brown Rice Crispies, Chocolate ALLERGENS: BARLEY, GLUTEN, SOYA, MILK



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WEEK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Meat Free Mince And Apple Casserole (110g) With White And Brown Rice (90g)	Meat Free Mince , Carrot, Mixed Herbs, Leek, Swede, Courgette, Stuffing Mix , Apple Sauce, White And Brown Rice, Gravy ALLERGENS: WHEAT, GLUTEN, BARLEY, SOYA	Poached Pears (65g) Served With Custard (60g)	Pears, Orange Juice, Cinnamon, Custard ALLERGENS: MILK	Quorn Fishless Finger(50g), Baked Beans (55g) And Mashed Potato (70g)	Quorn Finger , Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine ALLERGENS: GLUTEN, WHEAT	Jam And Coconut Sponge Cake (60g)	Wheat Flour, Soya Flour , Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Coconut , Egg, Fruit Jam ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES
TUES	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 ALLERGENS: NONE	Chocolate Crispy Cake (50g)	White And Brown Rice Crispies, Chocolate ALLERGENS: BARLEY, GLUTEN, SOYA, MILK	Veggie Meatball Ragu (120g) Served With White And Brown Rice (90g)	Veggie Meatballs , Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, White And Brown Rice ALLERGENS: WHEAT, GLUTEN, SOYA, BARLEY	Rice Pudding And Fruit (100g)	Pudding White And Brown Rice, Milk , Fruit ALLERGENS: MILK
WED	Vegetarian Lasagne (167g)	Meat Free Mince , Carrot, Onion, Mixed Peppers, Tomato, Garlic, Lasagne Sheets , Béchamel Sauce, Oregano, Basil, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA, EGG	Ice Cream Roll (80g)	Milk, Wheat, Egg, Soya ALLERGENS: GLUTEN, WHEAT, MILK. EGG, SOYA	Roast Quorn Dinner (180g)	Quorn Slices , Gravy, Potato, Carrots, Peas ALLERGENS: WHEAT, GLUTEN, EGG, MILK	Fruit Flapjack (50G)	Oats , Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, SULPHITES
THU	Breaded Veggie Cake, Baby Potatoes In A Parsley Butter, Peas, Sweetcorn. (222g)	Veggie Cake , New Potatoes, Vegetable Margarine, Parsley, Peas, Carrots, Sweetcorn ALLERGENS: GLUTEN, WHEAT, SULPHITES	Chocolate Brownie (50g)	Flour, Cocoa Powder, Baking Powder , Caster Sugar, Vanilla Essence, Egg , Vegetable Margarine, Salt, Syrup ALLERGENS: EGG, GLUTEN, WHEAT, MILK	Minted Meat Free Mince Hotpot (220g)	Meat Free Mince , Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Mint Sauce, Tomato ALLERGENS: BARLEY, SOYA, GLUTEN	Strawberry Ice-Cream Pot (90g)	Water, Sugar, Palm Oil, Milk , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red) ALLERGENS: MILK
FRI	Vegetable Curry (100g) With White And Brown Rice (70g)	Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain White And Brown Rice, Ginger, Potatoes ALLERGENS: NONE	Easi-Yo Fruit Yoghurt (60G)	Water, Milk , Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA	Vegetarian Cottage Pie (140g) Served with Swede & Carrots (60g)	Meat Free Mince , Carrot, Onion, Garlic, Swede, Gravy, Mixed Herbs, Potato, Vegetable Margarine, Peas ALLERGENS: SOYA, GLUTEN, BARLEY	Fruit Smoothie (50g)	Fruit ALLERGENS: NONE