



## Winter Vegetarian Menu 2021 Inc Weight Per Portion Ver 1.8 – *\*This menu is subject to change. See website for the current version.*

WEEK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	<b>Veggie Meatball Ragu (100g) Served With White And Brown Rice (90g)</b>	<b>Veggie Meatballs</b> , Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Black Pepper, White And Brown Rice <b>ALLERGENS: WHEAT, GLUTEN, SOYA, BARLEY</b>	<b>Easi-Yo Fruit Yoghurt (60g)</b>	Water, Milk, Soy Lecithin, Fruit Puree <b>ALLERGENS: MILK, SOYA</b>	<b>Sweet And Sour Chicken Style Strips (110g) Served With White And Brown Rice (90g)</b>	<b>Meat Free Chicken Style Strips</b> , Tomato, Pineapple, Vinegar, Lemon, Garlic, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White And Brown Rice <b>ALLERGENS: GLUTEN, WHEAT, SOYA</b>	<b>Chocolate Brownie (50g)</b>	Flour, Cocoa Powder, Baking Powder, Caster Sugar, Vanilla Essence, Egg, Vegetable Margarine <b>ALLERGENS: EGG, GLUTEN, WHEAT, MILK. BARLEY, SOYA</b>
TUE	<b>Vegetable And Bean Pie (150g) Served With Peas And Carrots (40g)</b>	Cannellini Beans, Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans, Potato, Gravy, Black Pepper, Peas, Carrots, Broccoli <b>ALLERGENS: NONE</b>	<b>Apple And Blackberry Crumble (65g) And Custard (60g)</b>	Apple, Blackberries, Elderberry, Crumble Mix, Ready To Pour Custard <b>ALLERGENS: GLUTEN, MILK, WHEAT, EGG, SOYA</b>	<b>Breaded Veggie Cake, Jacket Potato Wedges, Peas and Sweetcorn. (222g)</b>	<b>Veggie Cake</b> , Potatoes, Peas, Carrots, Sweetcorn <b>ALLERGENS: GLUTEN, WHEAT, SULPHITES</b>	<b>Easi-Yo Fruit Yoghurt (60g)</b>	Water, Milk, Soy Lecithin, Fruit Puree <b>ALLERGENS: MILK, SOYA</b>
WED	<b>Quorn In Parsley Sauce (115g) With Potato, Carrot And Swede Mash (70g)</b>	<b>Diced Quorn</b> , Carrot, Swede, Peas, Potatoes, Béchamel Sauce, Parsley, Black Pepper. <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT</b>	<b>Fruit Shortbread (50g)</b>	Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour <b>ALLERGENS: GLUTEN, WHEAT, SUPHITES</b>	<b>Katsu Vegetable Curry (100g) With White And Brown Rice (70g)</b>	Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain White And Brown Rice, Ginger, Potatoes <b>ALLERGENS: NONE</b>	<b>Poached Pears (65g) Served With Custard (60g)</b>	Pears, Orange Juice, Cinnamon, Custard <b>ALLERGENS: MILK</b>
THU	<b>Meat Free Mince, Vegetable And Bean Chilli Pasta Bake (200g)</b>	<b>Meat Free Mince</b> , 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), Carrots, Peas, Cut Beans, Sweetcorn, Broad Beans, Pasta. <b>ALLERGENS: WHEAT, GLUTEN, SOYA</b>	<b>Lemon And Sultana Cake (50g)</b>	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Lemon Essence, Egg, Sultanas <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES</b>	<b>Cheesy Bean And Potato Pie (200g)</b>	Potato, Cheese, Baked Beans, Chives, Onion, Tomatoes, Paprika <b>ALLERGENS: MILK</b>	<b>Chocolate And Fruit Crispy Cake (50g)</b>	Rice Crispies, Chocolate, Mixed Fruit <b>ALLERGENS: BARLEY, GLUTEN, SOYA, MILK, SULPHITES</b>
FRI	<b>Quorn And Bean Hotpot (100g) With Mashed Potato (70g)</b>	<b>Diced Quorn</b> , Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Gravy <b>ALLERGENS: EGG</b>	<b>Fruit Jelly (92g)</b>	Fruit, Sugar, Flavoursings <b>ALLERGENS: NONE</b>	<b>Vegetarian Lasagne (197g)</b>	<b>Meat Free Mince</b> , Carrot, Onion, Mixed Peppers, Tomato, Garlic, Lasagne Sheets, Béchamel Sauce, Oregano, Basil, Cheese <b>ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA, EGG</b>	<b>Ice Cream Roll (80g)</b>	Milk, Wheat, Egg, Soya <b>ALLERGENS: GLUTEN, WHEAT, MILK. EGG, SOYA</b>

WEEK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	<b>Macaroni Cheese With Peas and Sweetcorn (200g)</b>	Macaroni Pasta, Semolina, Bechamel Sauce, Onion, Nutmeg, Pepper, Cheese, Peas, Sweetcorn <b>ALLERGENS:</b> MILK, WHEAT, GLUTEN	<b>Vanilla Ice-Cream Pot (38g)</b>	Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring <b>ALLERGENS:</b> MILK	<b>Quorn In Parsley Sauce (115g) With Potato, Carrot And Swede Mash (70g)</b>	Diced Quorn, Carrot, Swede, Peas, Potatoes, Béchamel Sauce, Parsley, Black Pepper. <b>ALLERGENS:</b> EGG, GLUTEN, MILK, WHEAT	<b>Fruit Shortbread (50g)</b>	Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour <b>ALLERGENS:</b> GLUTEN, WHEAT, SUPHITES
TUE	<b>Minted Meat Free Mince Hotpot (200g)</b>	Meat Free Mince, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Mint Sauce <b>ALLERGENS:</b> SOYA	<b>Chocolate Brownie (50g)</b>	Flour, Cocoa Powder, Baking Powder, Caster Sugar, Vanilla Essence, Egg, Vegetable Margarine, Salt, Syrup <b>ALLERGENS:</b> EGG, GLUTEN, WHEAT, MILK, BARLEY, SOYA	<b>Meat Free Mince, Vegetable And Bean Chilli Pasta Bake (200g)</b>	Meat Free Mince, 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), Carrots, Peas, Cut Beans, Sweetcorn, Broad Beans, Pasta. <b>ALLERGENS:</b> WHEAT, GLUTEN, SOYA	<b>Lemon And Sultana Cake (50g)</b>	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Lemon Essence, Egg, Sultanas <b>ALLERGENS:</b> EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES
WED	<b>Vegetarian Cottage Pie (140g) Served With Swede And Carrots (60g)</b>	Meat Free Mince, Carrot, Onion, Garlic, Swede, Gravy, Mixed Herbs, Potato, Vegetable Margarine, Peas <b>ALLERGENS:</b> SOYA	<b>Rice Pudding And Fruit (100g)</b>	Pudding Rice, Milk, Fruit <b>ALLERGENS:</b> MILK, SULPHITES	<b>BBQ Chicken Style Strips And Mediterranean Vegetables With Rice (195g)</b>	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, Tomatoes <b>ALLERGENS:</b> GLUTEN, WHEAT, SOYA	<b>Easi-Yo Fruit Yoghurt (60g)</b>	Water, Milk, Soy Lecithin, Fruit Puree <b>ALLERGENS:</b> MILK, SOYA
THU	<b>Sweet And Sour Chicken Style Strips (110g) Served With White And Brown Rice (90g)</b>	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 <b>ALLERGENS:</b> GLUTEN, WHEAT, SOYA	<b>Carrot Cake (50g)</b>	Wheat Flour, Sugar, Vegetable Oil, Egg, Soya Flour <b>ALLERGENS:</b> WHEAT, GLUTEN, EGGS, SOYA, MILK	<b>Quorn And Bean Hotpot (100g) With Mashed Potato (70g)</b>	Diced Quorn, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Gravy <b>ALLERGENS:</b> EGG	<b>Apple And Blackberry Crumble (65g) And Custard (60g)</b>	Apple, Blackberries, Elderberry, Crumble Mix, Ready To Pour Custard <b>ALLERGENS:</b> GLUTEN, MILK, WHEAT, EGG, SOYA
FRI	<b>Quorn Fishless Finger(50g), Baked Beans (55g) And Mashed Potato (70g)</b>	Quorn Finger, Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine <b>ALLERGENS:</b> GLUTEN, WHEAT	<b>Fruit Smoothie (60g)</b>	Fruit <b>ALLERGENS:</b> NONE	<b>Vegetable And Bean Pie (150g) Served With Peas And Carrots (40g)</b>	Cannellini Beans, Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans, Potato, Gravy, Black Pepper, Peas, Carrots <b>ALLERGENS:</b> NONE	<b>Fruit Jelly (92g)</b>	Fruit, Sugar, Flavourings <b>ALLERGENS:</b> NONE



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WEEK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	<b>BBQ Chicken Style Strips And Mediterranean Vegetables With Rice (195g)</b>	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, Tomatoes <b>ALLERGENS: GLUTEN, WHEAT, SOYA</b>	<b>Ice Cream Roll (80g)</b>	Milk, Wheat, Egg, Soya <b>ALLERGENS: GLUTEN, WHEAT, MILK, EGG, SOYA</b>	<b>Quorn Fishless Finger(50g), Baked Beans (55g) And Mashed Potato (70g)</b>	Quorn Finger, Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine  <b>ALLERGENS: GLUTEN, WHEAT</b>	<b>Jam And Coconut Sponge Cake (50g)</b>	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Coconut, Egg, Fruit Jam <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES</b>
TUES	<b>Cheesy Bean And Potato Pie (200g)</b>	Potato, Cheese, Baked Beans, Chives, Onion, Tomatoes, Paprika <b>ALLERGENS: MILK</b>	<b>Chocolate And Fruit Crispy Cake (50g)</b>	Rice Crispies, Chocolate, Mixed Fruit <b>ALLERGENS: BARLEY, GLUTEN, SOYA, MILK, SULPHITES</b>	<b>Veggie Meatball Ragu (100g) Served With White And Brown Rice (90g)</b>	Veggie Meatballs, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Black Pepper, White And Brown Rice <b>ALLERGENS: WHEAT, GLUTEN, SOYA, BARLEY</b>	<b>Rice Pudding And Fruit (100g)</b>	Pudding Rice, Milk, Fruit <b>ALLERGENS: MILK, SULPHITES</b>
WED	<b>Vegetarian Lasagne (197g)</b>	Meat Free Mince, Carrot, Onion, Mixed Peppers, Tomato, Garlic, Lasagne Sheets, Béchamel Sauce, Oregano, Basil, Cheese <b>ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA, EGG</b>	<b>Poached Pears (65g) Served With Custard (60g)</b>	Pears, Orange Juice, Cinnamon, Custard <b>ALLERGENS: MILK</b>	<b>Macaroni Cheese With Peas and Sweetcorn (200g)</b>	Macaroni Pasta, Semolina, Béchamel Sauce, Onion, Nutmeg, Pepper, Cheese, Peas, Sweetcorn <b>ALLERGENS: MILK, WHEAT, GLUTEN</b>	<b>Carrot Cake (50g)</b>	Wheat Flour, Sugar, Vegetable Oil, Egg, Soya Flour <b>ALLERGENS: WHEAT, GLUTEN, EGGS, SOYA, MILK</b>
THU	<b>Breaded Veggie Cake, Jacket Potato Wedges, Peas and Sweetcorn. (222g)</b>	Veggie Cake, Potatoes, Peas, Carrots, Sweetcorn <b>ALLERGENS: GLUTEN, WHEAT, SULPHITES</b>	<b>Jam And Coconut Sponge Cake (50g)</b>	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Coconut, Egg, Fruit Jam <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES</b>	<b>Minted Meat Free Mince Hotpot (220g)</b>	Meat Free Mince, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Mint Sauce, Tomato <b>ALLERGENS: SOYA</b>	<b>Vanilla Ice-Cream Pot (38g)</b>	Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring <b>ALLERGENS: MILK</b>
FRI	<b>Katsu Vegetable Curry (100g) With White And Brown Rice (70g)</b>	Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain White And Brown Rice, Ginger, Potatoes <b>ALLERGENS: NONE</b>	<b>Easi-Yo Fruit Yoghurt (60g)</b>	Water, Milk, Soy Lecithin, Fruit Puree <b>ALLERGENS: MILK, SOYA</b>	<b>Vegetarian Cottage Pie (150g) Served With Peas And Carrots (40g)</b>	Meat Free Mince, Carrot, Onion, Garlic, Swede, Gravy, Mixed Herbs, Potato, Vegetable Margarine, Peas <b>ALLERGENS: SOYA</b>	<b>Fruit Smoothie (60g)</b>	Fruit <b>ALLERGENS: NONE</b>