



SUMMER/AUTUMN MENU VEGETARIAN 2017

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WEEK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MONDAY	Vegetable bolognaise (183G)	Chopped tomatoes, Passata, Diced onion, Carrot, Red lentils, Kidney beans, Mixed peppers, Broccoli, Garlic, Mixed herbs, Wholemeal fusilli pasta . ALLERGENS: GLUTEN, WHEAT	Muller Little Stars fromage frais (60G)	Fromage Frais, Water, Sugar, Corn flour (Strawberry: Strawberry puree, Beetroot Juice concentrate) (Raspberry: Raspberry Puree, Carrot juice concentrate) (Peach: Peach Puree) ALLERGENS: MILK	Meat Free Mince and apple with rice (167G)	Meat free mince, mixed vegetables, apple sauce , Long grain rice, Mixed peppers, vegetable gravy ALLERGENS: CELERY, GLUTEN, WHEAT, BARLEY, SOYA, SULPHUR DIOXIDE AND SULPHATES	Pineapple upside down cake (120G)	Pineapple, Flour , Caster sugar, Vegetable margarine, Eggs , Glaze cherries ALLERGENS: GLUTEN, WHEAT, EGGS, SULPHITES
TUESDAY	Sweet and sour chicken style strips with rice (190G)	Meat free chicken style strips, Rice, Sweet and Sour Sauce with Vegetables, Mixed Vegetables. ALLERGENS: GLUTEN, WHEAT, SOYA	Chocolate chip muffin (50G)	Eggs, Vegetable spread, Caster sugar, Flour , Dark chocolate chips. ALLERGENS: EGG, MILK, WHEAT, GLUTEN, SOYA	Cheesy bean and potato pie (200G)	Potato, Cheese , Béchamel, Baked Beans, Chives, Milk ALLERGENS: MILK, GLUTEN, WHEAT	Apple and strawberry crumble (120G)	Apple, Strawberry, Crumble topping ALLERGENS: GLUTEN, WHEAT, EGGS, MILK, SOYA
WEDNESDAY	Veggie burger with potato wedges and Peas (180G)	Veggie Burger, Potato Wedges, Peas ALLERGENS: GLUTEN, WHEAT, BARLEY, MILK, EGGS	Frozen Fruit yoghurt (90G)	Fruit, condensed milk , Greek yoghurt, ALLERGENS: MILK	Mixed Bean and sweetcorn pasta bake (190G)	Wholemeal pasta , Mixed bean, Tomato, Passata, Sweetcorn, Onion, Mixed peppers, Basil ALLERGENS: GLUTEN, WHEAT	Chocolate and raisin krispie cake (50G)	Milk chocolate , Raisins, Vegetable margarine, Rice krispies ALLERGENS: GLUTEN, BARLEY, WHEAT, MILK, SOYA
THURSDAY	Veggie finger, mash potato and spaghetti hoops (180G)	Veggie Fingers, Potatoes, Spaghetti hoops. ALLERGENS: WHEAT, GLUTEN	Peach melba sponge and custard (110G)	Peach slices, Flour , Caster sugar, Vegetable margarine, Eggs , Ready to pour custard ALLERGENS: GLUTEN, WHEAT, EGGS, MILK	Vegetarian chilli and potato wedges (140G)	Meat free mince, Mixed beans , Tomatoes, Passata, Mixed vegetables, Mild chilli powder, Potato wedges. ALLERGENS: GLUTEN, BARLEY, SOYA, MUSTARD	Muller Little Stars fromage frais (60G)	Fromage Frais, Water, Sugar, Corn flour (Strawberry: Strawberry puree, Beetroot Juice concentrate) (Raspberry: Raspberry Puree, Carrot juice concentrate) (Peach: Peach Puree) ALLERGENS: MILK
FRIDAY	Cheesy vegetable omelette served with baked beans (180G)	Eggs, Mild cheddar , Mixed peppers, Broccoli, Sweetcorn, Mixed herbs, baked beans ALLERGENS: EGGS, MILK	Carrot cake (55G)	Flour , Vegetable oil, Eggs, cinnamon, carrots , soft brown sugar, wholemeal flour , ground cinnamon, ground nutmeg, mixed spice , sultanas bicarbonate of soda, baking powder ALLERGENS: EGGS, GLUTEN, WHEAT, CELERY, MILK	Meat free mince, spinach and vegetable curry with rice (210G)	Meat free mince, spinach, Sweet potato, Broccoli, Cauliflower, Curry powder, Turmeric, Long grain rice, ALLERGENS: GLUTEN, BARLEY, SOYA	Rhubarb and apple with custard (150G)	Rhubarb, apple, Ready to pour custard ALLERGENS: MILK

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WEEK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MONDAY	Vegetarian lasagne (192G)	Meat free mince, Leek, Carrot, Broccoli, Onion, Mixed peppers, Tomatoes, Passata, Garlic, Lasagne sheets, White sauce, Cheese, Oregano ALLERGENS: GLUTEN, MILK, WHEAT, EGG, BARLEY, SOYA	Rice pudding and raspberries (100G)	Rice pudding, Raspberries ALLERGENS: MILK	Sweet and sour chicken style strips with rice (190G)	Meat free chicken style strips, Rice, Sweet and Sour Sauce with Vegetables, Mixed Vegetables. ALLERGENS: GLUTEN, WHEAT, SOYA	Chocolate chip muffin (50G)	Eggs, Vegetable spread, Caster sugar, Flour, Dark chocolate chips. ALLERGENS: EGG, MILK, WHEAT, GLUTEN, SOYA
TUESDAY	Vegetable sausage, baby potatoes in a parsley butter, peas and sweetcorn. (222G)	Vegetable sausage, new potatoes, Vegetable margarine, Parsley, Peas, Sweetcorn ALLERGENS: CELERY, GLUTEN, WHEAT	Muller Little Stars fromage frais (60G)	Fromage Frais, Water, Sugar, Corn flour (Strawberry: Strawberry puree, Beetroot Juice concentrate) (Raspberry: Raspberry Puree, Carrot juice concentrate) (Peach: Peach Puree) ALLERGENS: MILK	Vegetable bolognese (183G)	Chopped tomatoes, Passata, Diced onion, Carrot, Red lentils, Kidney beans, Mixed peppers, Broccoli, Garlic, Mixed herbs, Wholemeal fusilli pasta. ALLERGENS: GLUTEN, WHEAT	Peach melba sponge and custard (110G)	Peach slices, Flour, Caster sugar, Vegetable margarine, Eggs, Ready to pour custard ALLERGENS: GLUTEN, WHEAT, EGGS, MILK
WEDNESDAY	Macaroni cheese with peas and sweetcorn (215G)	Macaroni pasta, cheese sauce, mild cheddar, peas, sweetcorn, garlic granules, black pepper ALLERGENS: MILK, GLUTEN, WHEAT	Cocoa and beetroot cake (60G)	Beetroot, cocoa powder, wholemeal flour, baking powder, bicarbonate of soda, vegetable oil, caster sugar, eggs ALLERGENS: GLUTEN, WHEAT, EGG, MILK	Veggie burger with potato wedges and Peas (180G)	Veggie Burger, Potato Wedges, Peas ALLERGENS: GLUTEN, WHEAT, BARLEY, MILK, EGGS	Choc-ice (65G)	Milk powder, Coconut oil, Sugar, Cocoa powder, Soya lecithin, Stabilisers, Flavouring, Colour (Beta-carotene) ALLERGENS: MILK, SOYA, NUTS
THURSDAY	BBQ meat free chicken style strips and Mediterranean vegetables with mixed rice (195G)	Meat free chicken style strips, BBQ marinade, Courgette, Mixed Peppers, Peppers, White rice, Brown rice ALLERGENS: WHEAT, GLUTEN, SOYA	Strawberry ice-cream pot (90G)	Water, Sugar, Palm oil, Milk, Buttermilk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot red) ALLERGENS: MILK	Cheesy vegetable omelette served with baked beans (180G)	Eggs, Mild cheddar, Mixed peppers, Broccoli, Sweetcorn, Mixed herbs, baked beans ALLERGENS: EGGS, MILK	Carrot cake (55G)	Flour, Vegetable oil, Eggs, cinnamon, carrots, soft brown sugar, wholemeal flour, ground cinnamon, ground nutmeg, mixed spice, sultanas bicarbonate of soda, baking powder ALLERGENS: EGGS, GLUTEN, WHEAT, CELERY, MILK
FRIDAY	Quorn meatball bolognese (190G)	Quorn meatballs, Mixed herbs, Tomatoes, Passata, Mixed peppers, Garlic, Wholemeal pasta ALLERGENS: GLUTEN, WHEAT, BARLEY, EGGS	Chocolate brownie (70G)	Flour, Cocoa powder, bicarbonate of soda, caster sugar, light brown sugar, vanilla extract, milk, Eggs, Vegetable margarine, ALLERGENS: EGGS, GLUTEN, WHEAT, MILK	Veggie finger, mash potato and spaghetti hoops (180G)	Veggie Fingers, Potatoes, Spaghetti hoops. ALLERGENS: WHEAT, GLUTEN	Frozen Fruit yoghurt (90G)	Fruit, fruit juice, condensed milk, icing sugar ALLERGENS: MILK

WEEK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MONDAY	Vegetarian chilli and potato wedges (140G)	Meat free mince, Mixed beans, Tomatoes, Passata, Mixed vegetables, Mild chilli powder, Potato wedges. ALLERGENS: GLUTEN, BARLEY, SOYA, MUSTARD	Choc-ice (65G)	Milk powder, Coconut oil, Sugar, Cocoa powder, Soya lecithin , Stabilisers, Flavouring, Colour (Beta-carotene) ALLERGENS: MILK, SOYA, NUTS	Vegetable sausage, baby potatoes in parsley butter, peas and sweetcorn. (222G)	Vegetable sausage, new potatoes, Vegetable margarine, Parsley, Peas, Sweetcorn ALLERGENS: CELERY, GLUTEN, WHEAT	Muller Little Stars fromage frais (60G)	Fromage Frais, Water, Sugar, Corn flour (Strawberry: Strawberry puree, Beetroot Juice concentrate) (Raspberry: Raspberry Puree, Carrot juice concentrate) (Peach: Peach Puree) ALLERGENS: MILK
TUESDAY	Meat free mince, spinach and vegetable curry with rice (210G)	Meat free mince, spinach, Sweet potato, Broccoli, Cauliflower, Curry powder, Turmeric, Long grain rice, ALLERGENS: GLUTEN, BARLEY, SOYA	Rhubarb and apple with custard (150G)	Rhubarb, apple, Ready to pour custard ALLERGENS: MILK	Macaroni cheese with peas and sweetcorn (215G)	Macaroni pasta, cheese sauce, mild cheddar, peas, sweetcorn, garlic granules, black pepper ALLERGENS: MILK, GLUTEN, WHEAT	Chocolate brownie (70G)	Flour, Cocoa powder, bicarbonate of soda, caster sugar, light brown sugar, vanilla extract, milk, Eggs, Vegetable margarine, ALLERGENS: EGGS, GLUTEN, WHEAT, MILK
WEDNESDAY	Cheesy bean and potato pie (200G)	Potato, Cheese, Béchamel, Baked Beans, Chives, Milk ALLERGENS: MILK, GLUTEN, WHEAT	Chocolate and raisin krispie cake (50G)	Milk chocolate, Raisins, Vegetable margarine, Rice krispies ALLERGENS: GLUTEN, BARLEY, WHEAT, MILK, SOYA	Quorn meatball bolognaise (190G)	Quorn meatballs, Mixed herbs, Tomatoes, Passata, Mixed peppers, Garlic, Wholemeal pasta ALLERGENS: GLUTEN, WHEAT, BARLEY, EGGS	Cocoa and beetroot cake (60G)	Beetroot, cocoa powder, wholemeal flour, baking powder, bicarbonate of soda, vegetable oil, caster sugar, eggs ALLERGENS: GLUTEN, WHEAT, EGG, MILK
THURSDAY	Meat Free Mince and apple with rice (167G)	Meat free mince, mixed vegetables, apple, Long grain rice, Mixed peppers, vegetable gravy ALLERGENS: CELERY, GLUTEN, WHEAT, BARLEY, SOYA, SULPHUR DIOXIDE AND SULPHATES	Pineapple upside down cake (120G)	Pineapple, Flour, Caster sugar, Vegetable margarine, Eggs, ALLERGENS: GLUTEN, WHEAT, EGGS	Vegetarian lasagne (192G)	Meat free mince, Leek, Carrot, Broccoli, Onion, Mixed peppers, Tomatoes, Passata, Garlic, Lasagne sheets, White sauce, Cheese, Oregano ALLERGENS: GLUTEN, MILK, WHEAT, EGG, BARLEY, SOYA	Rice pudding and raspberries (100G)	Rice pudding, Raspberries ALLERGENS: MILK
FRIDAY	Mixed Bean and sweetcorn pasta bake (190G)	Wholemeal pasta, Mixed bean, Tomato, Passata, Sweetcorn, Onion, Mixed peppers, Basil ALLERGENS: GLUTEN, WHEAT	Apple and strawberry crumble (120G)	Apple, Strawberry, Crumble topping ALLERGENS: GLUTEN, WHEAT, EGGS, MILK, SOYA	BBQ meat free chicken style strips and Mediterranean vegetables with mixed rice (195G)	Meat free chicken style strips, BBQ marinade, Courgette, Mixed Peppers, Peppers, White rice, Brown rice ALLERGENS: WHEAT, GLUTEN, SOYA	Strawberry ice-cream pot (90G)	Water, Sugar, Palm oil, Milk, Buttermilk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot red) ALLERGENS: MILK