



Summer Menu 2021 REGULAR Including Weight Per Portion - ALLERGEN FREE - Ver 1.1

WEEK 1	LUNCH	INGREDIENTS
MON	Beef Ragu And Jacket Potato (200G)	Minced Beef, Chopped Tomato, Passata, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato ALLERGENS: NONE
TUE	Vegetable And Bean Cottage Pie (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chick Peas, Carrot, Peas, Onion, Garlic, Vegetable Gravy, Mixed Herbs, Potato, Broccoli, Vegetable Margarine ALLERGENS: NONE
WED	Sweet And Sour Chicken With Rice (190G)	Chicken Breast, Rice, Sweet And Sour Sauce (Sugar, Water, Tomato Puree, Pineapple, Spirit Vinegar, Maize Starch, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder), Mixed Vegetables. ALLERGENS: NONE
THU	Vegetable And Bean Burger, Mashed Potato And Baked Beans (175G)	Vegetable and Bean Burger (Onion, Peas, Carrots, Kidney Beans, Haricot Beans, White Rice, Gluten Free Breadcrumbs, Rapeseed Oil, Maize Flour, Rice Flour, Garlic Puree), Potatoes, Baked Beans (Haricot Beans, Tomato, Water, Sugar, Glucose Fructose Syrup, Maize Starch, Salt, Onion, Paprika) ALLERGENS: NONE
FRI	Tomato And Basil Chicken Served With Broccoli (200G)	Chicken, Tomato and Basil Sauce (Tomato, Sugar, Lemon, Onion, Starch, Maize, Salt, Garlic, Basil, Rapeseed Oil, Oregano, Black Pepper) Broccoli, Mixed Peppers, Carrots, Peas, Green Beans, Sweetcorn, Broad Beans. ALLERGENS: NONE

WEEK 2	LUNCH	INGREDIENTS
MON	Spinach and Falafel Pattie, Mashed Potato, Peas And Sweetcorn (190G)	Spinach and Falafel Pattie (Chick Peas, Spinach, Onion, Rapeseed Oil, Parsley, Cumin, Coriander, Lemon, Black Pepper, Garlic, Chilli Powder) Potato, Vegetable Margarine, Peas, Sweetcorn ALLERGENS: NONE
TUE	BBQ Chicken And Med Vegetables With Rice (195G)	Chicken, BBQ Sauce (Tomato, Fructose Syrup, Spirit Vinegar, Molasses, Cornflour, Salt, Smoke Flavouring, Onion Powder, Potassium Sorbate, Garlic), Courgette, Mixed Peppers, Long Grain Rice ALLERGENS: NONE
WED	Cheesy Bean And Potato Pie (200G)	Potato, Violife Cheese (Coconut), Baked Beans, Tomato, Chives, Onion ALLERGENS: NONE
THU	Turkey Bolognaise Bake (200G)	Minced Turkey, Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Tomato Passata, Free From Pasta, Violife Cheese (Coconut) ALLERGENS: NONE
FRI	Chicken Ragu With Wedges (195G)	Diced Chicken, Mixed Herbs, Tomatoes, Passata, Mixed Peppers, Garlic, Courgette, Onion, Aubergine, Potato Wedges ALLERGENS: NONE

WEEK 3	LUNCH	INGREDIENTS
MON	Lentil And Vegetable Curry Served With Naan Bread (200G)	Lentils, Potato, Curry Sauce (Tomato, Sugar, Maize Starch, Ginger, Rapeseed Oil, Garlic, Coriander, Salt, Turmeric, Citric Acid, Cumin, Fenugreek, Cardamom, Cumin, Ground Cassia, Ground Fennel, Chilli Powder, Cloves, Black Pepper) Broccoli, Cauliflower, Carrots, Free From Naan Bread. ALLERGENS: NONE
TUES	Slow Cooked Lamb Mince And Vegetables Served With Mashed Potato (200G)	Minced Lamb, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic ALLERGENS: NONE
WED	Beef Lasagne (175G)	Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Garlic, Free From Lasagne Sheets, Violife Cheese (Coconut), Oregano, Basil ALLERGENS: NONE
THU	Chicken Pasta Bake (200G)	Free From Pasta. Diced Chicken, Tomato Sauce (Onion, Salt, Citric Acid, Garlic, Basil, Oregano) Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Violife Cheese (Coconut) ALLERGENS: NONE
FRI	Chicken Goujons, Spaghetti With Mashed Potato (200G)	Chicken Strips, Potatoes, Free From Spaghetti ALLERGENS: NONE