



Summer Menu 2021 VEGETARIAN Including Weight Per Portion - ALLERGEN AND TOMATO FREE - Ver 1.1

WEEK 1	LUNCH	INGREDIENTS
MON	Vegetable Ragu And Jacket Potato (200G)	Red Pepper Sauce, 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	Vegetables in Red Pepper Sauce With Rice (190g)	Mixed Vegetables, Rice, Red Pepper Sauce, Paprika, Cauliflower, Broccoli, Carrots, Peas ALLERGENS: NONE
THU	Vegetable And Bean Burger, Mashed Potato And Peas (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, Peas ALLERGENS: NONE
FRI	Red Pepper And Basil Vegetables Served With Broccoli (200G)	Cauliflower, Red Pepper Sauce, Basil, 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 Mixed Bean And Med Vegetables With Rice (195G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chick Peas, Red Pepper Sauce, Paprika, Courgette, Mixed Peppers, Long Grain Rice ALLERGENS: NONE
WED	Cheesy Mixed Bean And Potato Pie (200G)	Potato, Violife Cheese (Coconut), White Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Chives, Onion ALLERGENS: NONE
THU	Mixed Bean Bolognese Bake (200G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chick Peas, Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Red Pepper Sauce, Free From Pasta, Violife Cheese (Coconut) ALLERGENS: NONE
FRI	Mixed Bean Ragu With Wedges (195G)	Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chick Peas, Mixed Herbs, Red Pepper Sauce, 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, Red Pepper Sauce, Turmeric, Cumin, Fenugreek, Cardamom, Cumin, Chilli Powder, Broccoli, Cauliflower, Carrots, Free From Naan Bread. ALLERGENS: NONE
TUE	Slow Cooked Vegetables And Beans Served With Mashed Potato (200G)	Cannellini Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic ALLERGENS: NONE
WED	Vegetable Lasagne (192G)	Leek, Carrot, Broccoli, Onion, Mixed Peppers, Red Pepper Sauce, Garlic, Free From Lasagne Sheets, Violife Cheese (Coconut), Oregano, Basil ALLERGENS: NONE
THU	Mixed Bean Pasta Bake (200G)	Free From Pasta. Cannellini Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Red Pepper Sauce, Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Violife Cheese (Coconut) ALLERGENS: NONE
FRI	Vegan Burger, Peas With Mashed Potato (200G)	Vegan Burger, Potatoes, Peas ALLERGENS: NONE