

Summer Menu 2019 REGULAR AND VEGETARIAN Including Weight Per Portion

- ALLERGEN AND TOMATO FREE Ver 1.1

| WEEK 1 | LUNCH | INGREDIENTS |
|---------------------------------------|---|---|
| MON (Week 2 Tues Tea) | Vegetable Ragu And Jacket Potato (183G) | Red Pepper Sauce, Diced Onion, Carrot, Red Lentils, Kidney Beans, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato ALLERGENS: NONE |
| TUE (Week 2 Mon Tea) | Vegetables in Red Pepper Sauce with rice (190g) | Rice, Red Pepper Sauce Cauliflower, Broccoli, Carrots, Peas ALLERGENS: NONE |
| WED (Week 3 Tue Tea) | Macaroni Cheese with Peas and Sweetcorn (215G) | Allergen Free Macaroni, Violife Cheese Sauce, Peas, Sweetcorn, Parsley ALLERGENS: NONE |
| THU (Week 2 Thu Tea) | Vegetable and Bean Burger, Mash Potato And Peas (180G) | Vegetable and Bean Burger (Onions, Peas, Carrots, Kidney Beans, Haricot Beans, White Rice, Garlic) Potato, Peas ALLERGENS: NONE |
| FRI (Week 2 Fri Tea) | Summer Vegetable Stew (210g) | Olive Oil, Leeks, Garlic, Thyme, Potatoes, Vegetable Stock, Green Beans, Petit Pois ALLERGENS: NONE |

| WEEK 2 | LUNCH | INGREDIENTS |
|--|---|--|
| MON (Week 3 Wed Tea) | Spinach and Falafel, Baby Potatoes In A Parsley Butter, Peas And Sweetcorn. (222G) | Spinach and Falafel Burger (Chick Peas, Spinach, Onion, Rapeseed Oil, Parsley, Cumin, Coriander, Lemon, Black Pepper, Garlic, Chilli Powder) New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn ALLERGENS: NONE |
| TUE (Week 3 Thurs Tea) | BBQ Mixed Bean & Mediterranean Vegetables With Rice (195g) | BBQ Marinade (, Borlotti Beans, Cannellini Beans, Courgette, Mixed Peppers, White Rice ALLERGENS: NONE |
| WED (Week 3 Fri Tea) | Cheesy Mixed Bean And Potato Pie (200G) | Potato, Violife Cheese, White Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Chives, Onion ALLERGENS: NONE |
| THU (Week 3 Mon Tea) | Vegetable Lasagne (192G) | Leek, Carrot, Broccoli, Onion, Mixed Peppers, Red Pepper Sauce, Garlic, Free From Lasagne Sheets, Violife Cheese, Oregano ALLERGENS: NONE |
| FRI (Week 1 Fri Tea) | Vegetable Ragu With Potato Wedges (190G) | Broccoli, Cauliflower, Carrots, Courgette, Onion, Peas, Mixed Herbs, Red Pepper Sauce, Mixed Peppers, Garlic, Potatoes ALLERGENS: NONE |

| WEEK 3 | LUNCH | INGREDIENTS |
|---|---|---|
| MON (Week 3 Wed Tea) | Vegetable Curry With Rice (210G) | Cauliflower, Broccoli, Carrots, Peas, Allergen and Tomato Free Curry Powder, Turmeric, Long Grain Rice, ALLERGENS: NONE |
| TUES (Week 1 Thurs Tea) | Slow Cooked Vegetables And Beans With Carrot And Swede Mash (180G) | White Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Carrot, Turnip, Swede, Peas, Mixed, Peppers, Potato, Onion, ALLERGENS: NONE |
| WED (Week 1 Tues Tea) | Mixed Bean Chilli Pasta Bake (200G) | Kidney Beans, Borlotti Beans, White Beans, Chick Peas, Butter Beans, Red Pepper Sauce, Mild Chilli Powder, Free From Pasta ALLERGENS: NONE |
| THU (Week 1 Mon Tea) | Moroccan Mixed Vegetables With Rice (167g) | Cauliflower, Broccoli, Carrots, Courgette, Paprika, Ginger, Onion, Cinnamon, Cumin, Long Grain Rice, Mixed Peppers, Red Pepper Sauce ALLERGENS: NONE |
| FRI (Week 1 Wed Tea) | Mixed Beans In Creamy White Sauce (140g) With Mashed Potato (60g) | White Beans, Kidney Beans, Chick Peas, Borlotti Beans, Butter Beans, Corn Flour, Violife Cheese, Parsley, Black Pepper, Onion, Peas, Potato ALLERGENS: NONE |