



# Winter Regular Lunch Menu - ALLERGEN AND TOMATO FREE - 2024/25 - Ver 1.4

Week  
1

Lunch

Dessert

Monday

## CHICKEN CURRY SERVED RICE

INGREDIENTS:  
CHICKEN CURRY - Diced Chicken, Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic, Carrot, Roasted Red Peppers, Water, Salt, Citric Acid), Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper, Thyme), Curry Powder (Coriander, Turmeric (26%), Cumin Powder (8%), Salt (Salt, Anticaking Agent (Sodium Ferrocyanide)), Rice Flour, Fenugreek (8%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace), Broccoli, Carrot, Cauliflower.

RICE - Long Grain Rice.

**ALLERGENS: NONE**

Tuesday

## VEG MEATBALL RAGU SERVED WITH RICE

INGREDIENTS:  
VEG MEATBALL RAGU - Vegetable Meat Balls - (Water, Pea Protein, Vegetable Oils (Rapeseed, Shea, Coconut), Thickener (E461, E415), Dried Onion, Cornflour, Salt, Natural Flavouring, Fruit and Vegetable Concentrates (Caramelised Carrot, Carrot, Beetroot), Vegetable Fibres (Bamboo, Pea), Yeast Extract, Stabiliser (E425), Garlic, Spices, Black Pepper Extract, Onion Oil), Courgette, Onion, Yellow Pepper, Green Pepper, Red Pepper, Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic, Carrot, Roasted Red Peppers, Water, Salt, Citric Acid), Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper, Thyme).

RICE - Long Grain Rice.

**ALLERGENS: NONE**

Wednesday

## BEEF CHILLI SERVED WITH HALF JACKET POTATO

INGREDIENTS:  
BEEF CHILLI - Minced Beef, Sunflower-Oil, Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic, Carrot, Roasted Red Peppers, Water, Salt, Citric Acid), Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper, Thyme). Chilli Powder (Paprika, Chilli Powder), Kidney Beans (Red Kidney Beans, Water, Firming Agent (Calcium Chloride)), Onion.

JACKET POTATO - Jacket Potato.

**ALLERGENS: NONE**

Thursday

## VEGGIE SAUSAGE, POTATO WEDGES AND MUSHY PEAS

INGREDIENTS:  
VEGGIE SAUSAGE - Water, Pea Protein, Rapeseed Oil, Thickener (E461), Vegetable Fibres (Pea, Bamboo), Yeast Extract, Dried Onion, Salt, Spices, Natural Flavouring, Dextrose, Sage, Vegetable Concentrates (Beetroot, Caramelised Carrot, Carrot). Sausages Filled Into Plant-Based Casings.

POTATO WEDGES - Potato, Sunflower Oil.

MUSHY PEAS - Rehydrated Processed Peas (95%), Water, Sugar, Salt, Colours (Carotenes, Copper complexes of Chlorophyllins).

**ALLERGENS: NONE**

Friday

## VEGETABLE AND BEAN HOTPOT SERVED WITH MASHED POTATO

INGREDIENTS:  
VEGETABLE AND BEAN HOTPOT - Mixed Vegetables – (Carrot, Peas, Green Beans, Sweetcorn), Broad Beans), Borlotti Beans (Borlotti Beans, Water, Antioxidant (Ascorbic Acid)), Cannellini Beans (Cannellini Beans, Water, Antioxidant (Ascorbic Acid)), Butter Beans (Butter Beans, Water, Firming Agent (Calcium Chloride)), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Gravy – (Potato Starch, Maltodextrin, Salt, Vegetable Oils (Sunflower, Rapeseed, Palm), Colour (Plain Caramel), Flavourings, Sugar, Onion Powder, Yeast Extract, Garlic Powder).

MASHED POTATO - Mashed Potato – (Potato, Rapeseed oil, Palm oil, Salt, Emulsifier: E471, White Pepper, Flavour).

**ALLERGENS: NONE**

## JAM SPONGE

INGREDIENTS: Strawberry Jam (Sugar, Strawberries, Water, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate)), Gluten Free Sponge Mix- (Rice Flour, Caster Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents, (Sodium Hydrogen Carbonate, Monocalcium Phosphates), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum), Vegetable Margarine, Vegetable Margarine - Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Sparkling Water.

**ALLERGENS: NONE**

## CRANBERRY FLAPJACK

INGREDIENTS: Cranberries (Sugar, Cranberries (44%), Sunflower Oil., Gluten Free OAT Flakes (50%), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Glucose, Dextrose, Natural Flavouring, Salt, Flavouring.

**ALLERGENS: NONE**

## MIXED FRUIT SPONGE

INGREDIENTS: Gluten Free Sponge Mix ((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Veg Margarine (Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator (Citric Acid), Flavouring, Colour (Beta-Carotene), Vitamin A, Vitamin D), Mixed Fruit (Sultanas, Cranberries, Raisins, Sunflower Oil, Sugar), Sparkling Water.

**ALLERGENS: NONE**

## STRAWBERRY SMOOTHIE

INGREDIENTS: Water, Strawberry Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Dextrose, flavouring.

**ALLERGENS: NONE**

## CHOC CHIP MUFFIN

INGREDIENTS: Gluten Free Sponge Mix - (Rice Flour, Caster Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents, (Sodium Hydrogen Carbonate, Monocalcium Phosphates), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum), Vegetable Margarine, Vegetable Margarine - Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Free From Chocolate Chips (Sugar, Cocoa Butter, Cocoa Liqueur, Rice Syrup, Rice Starch, Inulin, Rice Flour, Emulsifier: Sunflower Lecithin), Sparkling Water.

**ALLERGENS: NONE**

**Week 2**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

**Lunch**

**SWEET AND SOUR CHICKEN SERVED WITH RICE**

**INGREDIENTS:**  
 SWEET AND SOUR CHICKEN - Diced Chicken, Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic, Carrot, Roasted Red Peppers, Water, Salt, Citric Acid), Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper, Thyme), Mixed Vegetables (Carrot, Peas, Green Beans, Sweetcorn, Broad Beans), Pineapple (Water, Sugar, Acidity Regulator (Citric Acid)), Paprika, Fresh Lemon Juice.

RICE - Long Grain Rice.

**ALLERGENS: NONE**

**COTTAGE PIE**

**INGREDIENTS:** Minced Beef, Diced Onion, Garlic (Garlic, Citric Acid), Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Mashed Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Carrot, Swede, Vegetable Gravy (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract), Sunflower oil.

**ALLERGENS: NONE**

**SPINACH AND FALAFEL BAKE, SWEET POTATO FRIES AND PEAS**

**INGREDIENTS:**  
 SPINACH AND FALAFEL BAKE - Chick Peas (62%), Spinach (15%), Onions, Gram Flour Blend (Channa Dall Split Chickpeas, Yellow Split Pea), Garlic Powder, Lemon Juice from Concentrate, Ground Cumin, Salt, Coriander, Ground Coriander, Parsley, Stabilisers (Hydroxypropyl Methyl Cellulose, Guar Gum), Chilli Powder, Black Pepper, Ground Turmeric,

SWEET POTATO FRIES - (Sweet Potato (87%), Sunflower Oil, Modified Potato Starch, Potato Starch, Rice Flour, Dextrin, Salt, Thickener (Xanthan Gum), Spice Extract (Paprika Extract), Raising Agent (Sodium Bicarbonate, Disodium Diphosphate)).

PEAS – Peas.

**ALLERGENS: NONE**

**ROAST CHICKEN SERVED WITH MASHED POTATOES, CARROTS AND PEAS**

**INGREDIENTS:**  
 CHICKEN BREAST – (Rice Bran Oil, Modified Tapioca Starch, Salt Stabiliser (Penta Sodium Triphosphate)), Vegetable Gravy - (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract).

MASHED POTATO – (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper).

CARROTS AND PEAS - Carrot, Peas.

**ALLERGENS: NONE**

**CHICKEN PASTA BAKE**

**INGREDIENTS:**  
 Diced Chicken, Mixed Peppers (Red And Green Peppers), Black Pepper, Free From Pasta (Rice Flour (40%), Wholegrain Rice Flour (31%), Maize flour (26%), Quinoa Flour (3%), Emulsifier: Mono- and Diglycerides of Fatty Acids), Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic, Carrot, Roasted Red Peppers, Water, Salt, Citric Acid), Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper, Thyme), Sweetcorn, Oregano, Violife Vegan Mature Cheese (Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B- Carotene, Olive Extract, Vitamin B12).

**ALLERGENS: NONE**

**Dessert**

**APPLE CRUMBLE**

**INGREDIENTS:** Apple Filling- (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Crumble Mix- (Rice Flour, Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Tapioca Starch, Potato Starch, Maize Starch, Dextrose, Buckwheat Flour, Vegetable Fibre, Salt, Paprika Extract).

**ALLERGENS: NONE**

**CHOCOLATE FUDGE BROWNIE**

**INGREDIENTS:** Sponge Mix-((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Vegetable Margarine - Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Sparkling Water, Cocoa Powder (Fat Reduced Cocoa Powder, Cocoa Butter Minimum Content 10%).

**ALLERGENS: NONE**

**CARROT CAKE WITH CINNAMON**

**INGREDIENTS:** Grated Carrots, Sponge Mix-((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Veg Margarine (Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Cinnamon, Sparkling Water.

**ALLERGENS: NONE**

**ORANGE AND MANGO SMOOTHIE**

**INGREDIENTS:** Water, Mango Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Acidity Regulator (Citric Acid), Dextrose, Flavouring.

**ALLERGENS: NONE**

**RICE PUDDING WITH JAM**

**INGREDIENTS:** Pudding Rice (Short Grain Rice), Strawberry jam (Sugar, Strawberries, Water, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate).), Vanilla Essence (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.), Caster Sugar, Rice Milk (Water, Organic Rice, Rice Oil, Salt).

**ALLERGENS: NONE**



# Winter Regular Lunch Menu - ALLERGEN AND TOMATO FREE - 2024/25 - Ver 1.4

Week  
3

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch

## SPINACH & FALAFEL BAKE, MASHED POTATO, PEAS

INGREDIENTS:

SPINACH AND FALAFEL - Spinach and Falafel Bake (Chickpeas (62%), Spinach (15%), Onions, Gram Flour Blend (Channa Dall Split Chickpeas, Yellow Split Pea), Garlic Powder, Lemon Juice from Concentrate, Ground Cumin, Salt, Coriander, Ground Coriander, Parsley, Stabilisers (Hydroxypropyl Methyl Cellulose, Guar Gum), Chilli Powder, Black Pepper, Ground Turmeric),

MASHED POTATO - Mashed Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour).

PEAS - Peas.

**ALLERGENS: NONE**

## BBQ CHICKEN WITH RICE

INGREDIENTS:

BBQ CHICKEN - Diced Chicken, Red Pepper Sauce (Apple(Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Apple Juice, Garlic Puree (Garlic, Acidity regulator: Citric Acid), Carrot, Roasted Red Peppers (Water, Salt, Citric Acid), Veg Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel),Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper, Thyme), Courgettes, Mixed Peppers (Red and Green Pepper), Paprika.

RICE - Long Grain Rice.

**ALLERGENS: NONE**

## CHEESY BEAN PIE

INGREDIENTS: Mash Potato (Potato, Rapeseed

Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Haricot Beans, Red Pepper Sauce (Apple(Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Apple Juice, Garlic Puree (Garlic, Acidity regulator: Citric Acid), Carrot, Roasted Red Peppers (Water, Salt, Citric Acid), Veg Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel),Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper, Thyme), Violife Vegan Mature Cheese (Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavouring, Rowanberry Extract, Acidity Regulator (Citric Acid), Colour: B-Carotene, Olive Extract, Vitamin B12), Grated Carrots, Chives.

**ALLERGENS: NONE**

## CHICKEN BOLOGNAISE

INGREDIENTS: Chicken Mince, Onion, Garlic Puree (Garlic,

Acidity Regulator(Citric Acid), Mixed Peppers (Red And Green Peppers), Carrot, Veg Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper), Red Pepper Sauce – (Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Apple Juice (Water, Apple Juice), Garlic, Carrot, Roasted Red Peppers, Water, Salt, Citric Acid), Vegetable Bouillon (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper, Thyme), Free From Pasta (Rice Flour (40%), Wholegrain Rice Flour (31%), Maize flour (26%), Quinoa Flour (3%), Emulsifier: Mono- and Diglycerides of Fatty Acids), Dried Thyme, Dried Sage, Sunflower Oil.

**ALLERGENS: NONE**

## MINTED LAMB HOTPOT

INGREDIENTS: Minced Lamb, Diced Onion, Diced Sweet potato, Broccoli, Diced Carrots, Cauliflower, Diced Potato, Bisto Gravy(Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract.), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory Mint Sauce (Water, Rehydrated Mint (29%), Sugar, Acidity Regulator (Acetic Acid), Modified Potato Starch, Salt, Colour (Water, Polysorbate 80, Copper Complexes of Chlorophyllins, Propylene Glycol, Potassium Hydroxide, Flavouring), Sunflower Oil.

**ALLERGENS: NONE**

## FROZEN-RASPBERRY SMOOTHIE

INGREDIENTS: Water, Raspberry Pulp (30%), Invert Sugar Syrup, Sugar, Emulsifiers(Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Colour(Beetroot Red), Flavouring, Dextrose.

**ALLERGENS: NONE**

## POACHED PEARS

INGREDIENTS : Pear Halves (Water, Pear), Pear Juice from Concentrate, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid, Orange Juice, Cinnamon.

**ALLERGENS: NONE**

## FROZEN STRAWBERRY SMOOTHIE

INGREDIENTS: Water, Strawberry Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Dextrose, Flavouring.

**ALLERGENS: NONE**

## PINEAPPLE SPONGE

INGREDIENTS: Pineapple, Water, Sugar, Acidity Regulator: Citric Acid, Sponge Mix-(Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Vegetable Margarine - Vegetable Oils(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Mono- and Di-Glycerides of Fatty Acids, Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), Sparkling Water.

**ALLERGENS: NONE**

## CHOCOLATE-CORNFLAKE CAKE

INGREDIENTS : Allergen Free Cornflakes – (Maize, Dried rice Syrup, Salt, Rice Bran Extract), Vegetable Margarine – (Vegetable oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, Preservative (Potassium Sorbate), Acid (Citric Acid) Emulsifier (Mono and Diglycerides of Fatty Acid), Flavourings, Vitamins (A and D), Golden Syrup, ), Allergen Free Chocolate – ( Sugar, Cocoa Butter, Rice Powder (Dried Rice Syrup, Rice Starch, Rice Flour), Cocoa Mass, Inulin, Shea Oil, Emulsifier (Lecithin), Sea Salt, Flavourings).

**ALLERGENS: NONE**

Dessert