

Week  
1

Monday

Tuesday

Wednesday

Thursday

Friday

## VEGETABLE FINGERS, MASHED POTATO, PEAS

### INGREDIENTS:

VEGETABLE FINGERS - (Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (WHEAT Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato,

WHEAT Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric).

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

PEAS - Peas.

**ALLERGENS: GLUTEN: WHEAT**

## MINTED MEAT FREE HOTPOT

INGREDIENTS: Meat Free Mince - (Rehydrated Textured SOYA Protein (96%), Seasoning (Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper), Diced Onion, Diced Sweet Potato, Broccoli, Diced Carrots, Cauliflower, Diced Potato (Potato, Palm Oil), 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: SOYA**

## VEGETARIAN BOLOGNAISE

INGREDIENTS: Meat Free Mince (Rehydrated Textured SOYA Protein (96%), Seasoning (Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper), Diced Onion, Garlic Puree (Garlic, Acidity Regulator- Citric Acid), Mixed Peppers (Red And Green Peppers), Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (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), Tomato Paste, Penne Pasta (Durum WHEAT Semolina), Dried Basil, Water, Sunflower Oil.

**ALLERGENS: SOYA,**

**GLUTEN: WHEAT**

## CHEESY BEAN PIE

INGREDIENTS: Mash Potato (Potato (95%), Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Cheese (MILK, Water, Palm Oil, Potato Starch, MILK Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch)), Baked Beans (Haricot Beans, Tomatoes, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring) Chives, Grated Carrots.

**ALLERGENS: MILK**

## BBQ CHICKEN STYLE SERVED WITH RICE

INGREDIENTS: BBQ CHICKEN STYLE - Chicken Style Strips (Vegetable protein (SOYA), WHEAT Protein, Vegetable Oil, Starch, Flavourings, WHEAT Flour, Spices, Sea Salt, Cellulose Extract, Garlic), BBQ Sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose - Fructose Syrup, Modified Maize Starch, Concentrated Apple Juice, Salt, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper.), Vegetable Bouillon Paste (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.), Courgettes, Mixed Peppers (Red And Green Peppers).

RICE - Long Grain Rice.

**ALLERGENS: SOYA,**

**GLUTEN: WHEAT**

Lunch

## FROZEN RASPBERRY YOGHURT

INGREDIENTS: Water, Sugar, Palm Oil, Whey Solids (MILK), Whey Powder (MILK), Yogurt Powder (MILK), Dextrose, Skimmed MILK Powder, BUTTERMILK Powder, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum), Flavouring, Colour (Beetroot Red).

**ALLERGENS: MILK**

## POACHED PEARS WITH CUSTARD

INGREDIENTS: Pear Halves – (Water, Pear, Pear Juice from Concentrate, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), Orange Juice, Cinnamon, Custard – (Reconstituted Skimmed MILK, Reconstituted Buttermilk (MILK), Water, Sugar, Modified Maize Starch, Vegetable oils (Palm Oil, Coconut Oil), MILK Proteins, Flavouring, Colour (Beta-carotene, Paprika Extract)).

**ALLERGENS: MILK**

## STRAWBERRY RIPPLE ICE CREAM ROLL

INGREDIENTS: Water, Plain Sponge (23%)(WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Dextrose, EGG, SOYA Flour, EGG White, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Skimmed MILK Powder, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids)), Sugar, Palm Oil, Whey Solids (Milk), Whey Powder (MILK), Skimmed MILK Powder, Buttermilk Powder, Glucose, Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum, Carboxymethyl Cellulose, Pectin), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Colour (Beetroot Red), Flavouring, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate).

**ALLERGENS: SOYA, EGG, MILK,**

**GLUTEN: WHEAT**

## 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: Cornflakes (Maize, Sugar, Salt, BARLEY Malt Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12.), 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.), Golden Syrup (Partially Inverted Refiners Syrup), Milk Chocolate (Sugar, Vegetable Oil (Palm), Whey Powder (MILK), WHEAT Flour (With Calcium, Iron, Thiamin (B1), Niacin (B3))), Fat Reduced Cocoa Powder (6%), Emulsifiers (SOYA Lecithins, Polyglycerol Polyricinoleate), Flavouring).

**ALLERGENS: SOYA, MILK,**

**GLUTEN: WHEAT, BARLEY**

Dessert



# Winter Vegetarian TEAS Menu 2024/25 – Ver 1.3.1

Week  
2

Lunch

Dessert

Monday

## VEGETARIAN CHILLI SERVED WITH HALF JACKET POTATO

### INGREDIENTS:

VEGETARIAN CHILLI - Meat Free Mince - (Rehydrated Textured **SOYA** Protein (96%), Seasoning (Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper), Chilli Sauce – (Tomato Passata, Tomato, Red Kidney Beans, Onion, Red Pepper, Tomato Paste, Sugar, Garlic Puree, Water, Roasted Cumin Powder, Lemon Juice, Vegetable Oil, Salt, Paprika, Coriander Leaf, Parsley, Roasted Coriander Powder, Oregano, Chilli Powder, Ground Roasted Black Pepper), Baked Beans – (Haricot Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring), Sunflower Oil, Onions.

JACKET POTATO - Jacket Potato.

**ALLERGENS: SOYA**

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.), Garlic Paste (Garlic, Acidity Regulator: Citric Acid), Ratatouille Mix - Courgette, Tomato, Green Pepper, Red Pepper, Onion, Aubergine, Chopped Tomato (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Tomato Paste (Tomato Paste and Acidity Regulator), 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).

RICE - Long Grain Rice.

**ALLERGENS: NONE**

Wednesday

## KATSU CHICKEN STYLE CURRY SERVED WITH NAAN BREAD

### INGREDIENTS:

KATSU CURRY - Chicken Style Strips – (Vegetable Protein (**SOYA**), Wheat Protein (**GLUTEN**), Vegetable Oil, Starch, Flavourings, Wheat Flour (**GLUTEN**), Spices, Sea Salt, Cellulose Extract, Garlic), Katsu Curry Sauce – (Water, Tomato Purée From Concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Purée, Soy Sauce - (Water, Sugar, Rice Vinegar, **SOYA BEAN, WHEAT**, Salt), Garlic Purée, Turmeric, Ground Coriander, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Black Pepper, Garlic Powder, Stabiliser (Xanthan Gum), Ground Cassia, Cumin Seed, Ground Fennel, Ground Cloves), Broccoli, Carrot, Cauliflower, Veg Bouillon Paste (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).

NAAN BREAD –**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raising Agent (Monocalcium Phosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose.

**ALLERGENS: SOYA, GLUTEN: WHEAT**

Thursday

## VEGETABLES AND LENTILS IN PARSLEY SAUCE SERVED WITH GREEN BEANS

### INGREDIENTS:

VEGETABLE AND LENTILS IN PARSLEY SAUCE - Green Lentils, Carrot, Swede, Peas, Sweetcorn, Black Pepper, Peas, Bechamel Powder – (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Cornflour, Skimmed **MILK** Powder, Palm Oil, Sugar, Flavourings, Onion Powder, Salt, Ground White Pepper, Ground Bay, Ground Nutmeg), Garlic Paste (Garlic, Citric Acid), **Milk Powder** (Skimmed **MILK** Solids (24%), Lactose (**MILK**), Whey Powder (**MILK**), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, **MILK** Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A), Dried Parsley.

GREEN BEANS - Green Beans.

**ALLERGENS: MILK, GLUTEN: WHEAT**

Friday

## VEGGIE SAUSAGE AND BEAN HOTPOT SERVED WITH MASHED POTATO

### INGREDIENTS:

VEGGIE SAUSAGE AND BEAN HOTPOT - Vegetarian Sausage- (Rehydrated Textured **SOYA** Protein, Water, Rapeseed Oil, **SOYA** Protein Concentrate, Seasoning (**SULPHITES**) (Dextrose, Salt, Flavouring, Onion Powder, Yeast Extract, Colour (Red Iron Oxide)), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser (Methyl Cellulose), Tomato Purée, Salt, Raising Agent (Ammonium Carbonates). Baked Beans In Tomato Sauce - (Haricot-Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika,) 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 (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract).

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

**ALLERGENS: SULPHITES, SOYA GLUTEN: WHEAT**

## JAM AND COCONUT SPONGE

INGREDIENTS: **Jam** - ((Sugar, Apple, Raspberries, Rhubarb, Plum, Gelling Agent (Pectin), Colour (Anthocyanins), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Preservative (**SULPHUR-DIOXIDE**)),

Sponge Mix((Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum)), Desiccated Coconut-((Coconut, Preservative (**SODIUM METABISULPHITE**)), 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: SULPHITES**

## CRANBERRY FLAPJACK

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

**ALLERGENS: NONE**

## STRAWBERRY AND VANILLA MOUSSE

INGREDIENTS: Water, Sugar, Palm Oil, Whey Solids (**MILK**), Whey Powder (**MILK**), Dextrose, **SKIMMED MILK POWDER**, **BUTTERMILK** Powder, Emulsifier - (Mono And Di-Glycerides Of Fatty Acids, Stabilisers (Guar Gum, Locust Bean Gum, Sodium Alginate), Flavouring, Colours (Beetroot Red, Beta Carotene).

**ALLERGENS: MILK**

## MIXED FRUIT SPONGE

INGREDIENTS: Sponge Mix - (Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum), Mixed Fruits-(Sultanas (30%) (Sultanas, Sunflower Oil), Raisins (30%) (Raisins, Sunflower Oil), Currants (30%)(Currants, Sunflower Oil), Mixed Peel (10%) (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sugar, Preservative (**SULPHUR DIOXIDE**, Potassium Sorbate), Acidity Regulator(Citric Acid)), 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), Sparkling Water.

**ALLERGENS: SULPHITES**

## CHOC CHIP MUFFIN

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), Chocolate Chips (Sugar, Vegetable Oil (Palm), Fat-Reduced Cocoa Powder, Emulsifiers (**SOYA** Lecithin, Sorbitan Triesterate), Natural Flavouring, **MILK**), Sparkling Water.

**ALLERGENS: MILK, SOYA**



# Winter Vegetarian TEAS Menu 2024/25 – Ver 1.3.1

Week  
3

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch

## SWEET AND SOUR CHICKEN STYLE SERVED WITH RICE

INGREDIENTS:

SWEET AND SOUR CHICKEN STYLE - Chicken Style Strips – (Vegetable Protein (**SOYA**), Wheat Protein (**GLUTEN**), Vegetable Oil, Starch, Flavourings, Wheat Flour (**GLUTEN**), Spices, Sea Salt, Cellulose Extract, Garlic), Sweet and Sour Sauce - (Water, Tomato Purée from Concentrate, Onion, Sugar, Carrot, Pineapple Juice from Concentrate, Pineapple, Green Pepper, Spirit Vinegar, Modified Maize Starch, Red Pepper, Bamboo Shoot, Salt, Ginger Puree, Garlic Puree, Colours (Paprika Extract, Anthocyanins), Flavouring).

RICE - Long Grain Rice.

**ALLERGENS: SOYA,  
GLUTEN: WHEAT**

## VEGETARIAN COTTAGE PIE

INGREDIENTS: Meat Free Mince - (Rehydrated Textured **SOYA** Protein (96%), Seasoning (Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper), Diced Onion, Garlic (Citric Acid), Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Mash Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Swede, Carrot, 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: SOYA**

## VEG PASTA BAKE

INGREDIENTS: Quorn (Mycoprotein, Rehydrated Free Range **EGG** White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate.), Tri Colour Pasta (Durum **WHEAT** Semolina, Tomato Powder, Spinach Powder.), Sweetcorn, Oregano, Black Pepper, Mixed Peppers (Red And Green Pepper), Garlic (Garlic, Acidity Regulator: Citric Acid.), Tomato Paste, Chopped Tomato (Tomatoes, Tomato Juice, Acidity Regulator (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.), Cheese (**MILK**, Water, Palm Oil, Potato Starch, **MILK** Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch)).

**ALLERGENS: MILK, EGG,  
GLUTEN - WHEAT**

## VEGETABLE FINGERS, SWEET POTATO FRIES AND BEANS

INGREDIENTS:

VEGETABLE FINGERS - Vegetable Fingers – (Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (**WHEAT** Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, **WHEAT** Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric),

BAKED BEANS - Baked Beans - (Haricot Beans, Tomatoes, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring),

SWEET POTATO FRIES - 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).

**ALLERGENS: GLUTEN: WHEAT**

## ROAST QUORN, MASHED POTATOES, CARROTS AND PEAS

INGREDIENTS:

ROAST QUORN - Roast Quorn – (Mycoprotein, Rehydrated Free-Range **EGG** White, **MILK** Protein, Natural Flavouring, Pea Fibre), Vegetable Gravy (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Palm, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract).

MAHSED POTATO - Mashed Potato – (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper),

CARROTS AND PEAS - Carrots, Peas.

**ALLERGENS: EGG, MILK**

## 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).

**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 FRUIT JAM

INGREDIENTS: Skimmed **MILK** (87%), Rice (9%), Sugar, Acidity Regulator: Sodium-Bicarbonates, Sunflower Oil, Mixed Fruit Jam – (Sugar, Apple, Raspberries, Rhubarb, Plum, Gelling Agent (Pectin), Colour (Anthocyanins), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Preservative (SULPHUR DIOXIDE).

**ALLERGENS: MILK, SULPHITES**

Dessert