

WEEK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS
MON	Meat Free Mince Chilli (100g) Served With Jacket Potato (90g)	Meat Free Mince, Kidney Beans, Tomato, Passata, Carrot, Swede, Onion, Chilli Powder, Jacket Potato <b>ALLERGENS: BARLEY, GLUTEN, SOYA</b>	Easi-Yo Fruit Yoghurt (60g)	Water, Milk, Soy Lecithin, Fruit Puree <b>ALLERGENS: MILK, SOYA</b>
TUE	Vegetable Casserole With Broccoli (200g)	Swede, Carrot, Potato, Cauliflower, Broccoli, Onion, Vegetable Stock, Tomato, Mixed Herbs, Black Pepper <b>ALLERGENS: NONE</b>	Ginger Cake (60g)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Ground Ginger, Egg <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA</b>
WED	Mixed Bean Pie Topped With Carrot And Swede Mash (130g) With Green Beans(40g)	Mixed Beans, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Bechamel Sauce, Parsley, Black Pepper, Garlic <b>ALLERGENS: GLUTEN, MILK, WHEAT</b>	Fruit Shortbread (50g)	Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour <b>ALLERGENS: GLUTEN, WHEAT</b>
THU	Quorn Meatball Ragu (120g) Rice (100g)	Quorn Meatballs, Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice <b>ALLERGENS: WHEAT, GLUTEN, EGG</b>	Apple & Blackberry Crumble (65g) And Custard (60g)	Apple, Blackberries, Crumble Mix, Ready To Pour Custard <b>ALLERGENS: GLUTEN, MILK, WHEAT</b>
FRI	Vegetarian Sausage And Bean Hotpot (120g) With Mashed Potato (60g)	Quorn Sausages, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Vegetable Gravy <b>ALLERGENS: WHEAT, GLUTEN, EGG, MILK</b>	Fruit Jelly (50g)	Fruit, Sugar, Flavourings <b>ALLERGENS: NONE</b>

\*This menu is subject to change. See website for the current version

WEEK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS
MON	<b>Vegetable Curry (100g) With Rice (70g)</b>	Broccoli, Cauliflower, Carrots, Peas, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain Rice, Ginger <b>ALLERGENS: NONE</b>	<b>Strawberry Ice-Cream Pot (90g)</b>	Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red) <b>ALLERGENS: MILK</b>
TUE	<b>Roast Quorn Dinner With Yorkshire Pudding (180g)</b>	Quorn Slices, Vegetable Gravy, Beef, Potato, Carrots, Yorkshire Pudding, Tomato, Peas. <b>ALLERGENS: WHEAT, CELERY, EGG, MILK</b>	<b>Jam And Coconut Sponge Cake (60g)</b>	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Coconut, Egg, Fruit Jam <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES</b>
WED	<b>Vegetarian Shepherd's Pie (180g)</b>	Meat Free Mince, Carrot, Onion, Garlic, Swede, Vegetable Gravy, Mixed Herbs, Potato, Vegetable Margarine, Tomato <b>ALLERGENS: SOYA, GLUTEN, BARLEY</b>	<b>Rice Pudding And Sultanas (100g)</b>	Pudding Rice, Milk, Sultanas <b>ALLERGENS: MILK</b>
THU	<b>Chicken Style Strips Sweet And Sour (110g) With Rice (80g)</b>	Meat Free Chicken Style Strips, Tomato, Pineapple, Sugar, Vinegar, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, Rice <b>ALLERGENS: GLUTEN, WHEAT, SOYA</b>	<b>Fruit Smoothie (50g)</b>	Fruit <b>ALLERGENS: NONE</b>
FRI	<b>Quorn Fishless Finger(50g), Baked Beans (55g) And Mashed Potato (90g)</b>	Quorn Finger, Rice Flake (Rice, Emulsifier: Sodium Alginate), Wheat Flour, Mycoprotein, Natural Flavouring, Rapeseed Oil, Methylcellulose, Yeast, Salt, Paprika, Colour: Paprika Extract, Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine <b>ALLERGENS: GLUTEN, WHEAT</b>	<b>Fruit Flapjack (50g)</b>	Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit <b>ALLERGENS: OATS, GLUTEN</b>

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## Winter Regular Menu 2019 Inc Weight Per Portion Ver 1.4

WEEK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS
MON	Somerset Pork And Apple Casserole (110g) With Rice (90g)	Minced Pork, Carrot, Mixed Herbs, Leek, Onion, Swede, Courgette, Stuffing Mix, Apple Sauce, Rice, Tomato, Vegetable Gravy <b>ALLERGENS: WHEAT, GLUTEN</b>	Poached Pears (65g) Served With Custard (60g)	Pears, Orange Juice, Cinnamon, Custard <b>ALLERGENS: MILK</b>
TUES	Chicken And Leek Pie With Mixed Veg (200g)	Chicken, Leek, Potato, Béchamel Sauce, Seasoning, Black Pepper, Puff Pastry <b>ALLERGENS: WHEAT, GLUTEN, MILK</b>	Chocolate Crispy Cake (50g)	Rice Crispies, Chocolate <b>ALLERGENS: BARLEY, GLUTEN, SOYA, MILK</b>
WED	Beef Lasagne (167g)	Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Passata, Garlic, Lasagne Sheets, Béchamel Sauce, Oregano, Basil, Cheese <b>ALLERGENS: GLUTEN, MILK, WHEAT, EGG</b>	Ice Cream Roll (80g)	Milk, Wheat, Egg, Soya <b>ALLERGENS: GLUTEN, WHEAT, MILK, EGG, SOYA</b>
THU	Breaded Fishcakes, Potatoes In Parsley Butter, Peas And Sweetcorn. (210g)	Fishcake, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn <b>ALLERGENS: FISH, GLUTEN, WHEAT</b>	Chocolate Brownie (50g)	Flour, Cocoa Powder, Baking Powder, Caster Sugar, Vanilla Essence, Eggs, Vegetable Margarine, Salt, Syrup <b>ALLERGENS: EGG, GLUTEN, WHEAT, MILK</b>
FRI	Minted Lamb Hotpot (200g)	Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Vegetable Gravy, Tomato, Mint Sauce <b>ALLERGENS: NONE</b>	Easi-Yo Fruit Yoghurt (60g)	Water, Milk, Soy Lecithin, Fruit Puree <b>ALLERGENS: MILK, SOYA</b>

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