



SAMPLE MENU 2 - Regular Lunch Menu 2025

Lunch

Monday

FISH FINGERS, MASHED POATO AND MUSHY PEAS

INGREDIENTS:
FISH FINGERS - Minced Alaska **Pollock (Fish)**, **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Rapeseed Oil, Water, Yeast, Salt, Colours: Capsanthin, Curcumin; Turmeric.

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

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

ALLERGENS: FISH, GLUTEN: WHEAT

Tuesday

CHICKEN FAJITA WITH PITTA BREAD

INGREDIENTS:
FAJITA – Chicken, Sunflower Oil, Onion, Mixed Peppers, Veg Boullion (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), Garlic – (Garlic, Acidity Regulator: Citric acid), Paprika, Cumin (**May contain Gluten/Wheat**), **Chopped Tomatoes** – (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Paste, Coriander.

ALLERGENS: GLUTEN: WHEAT

PITTA BREAD - Wholemeal **Wheat** Flour, Water, Yeast, Salt. (**May Contain: Milk, Soya**)

ALLERGENS: GLUTEN: WHEAT, MILK, SOYA

Wednesday

CHEESY BEAN, CARROT AND POTATO 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, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings), Chives, Grated Carrot.

ALLERGENS: MILK

Thursday

BEEF BOLOGNAISE BAKE

INGREDIENTS: Minced Beef, Carrot, Onion, Mixed Peppers, 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), Garlic (Garlic, Acidity Regulator: Citric acid), Basil, Oregano, Tomato Puree, Sweetcorn, Penne Pasta (Durum **Wheat**, Semolina), Cheese (**Milk**, Palm Oil, Potato Starch, **Milk** Protein, Trisodium Citrate, Salt, Tricalcium Phosphate, Citric Acid, Beta Carotene, Starter Culture, Microbial Rennet, Anti-Caking Agent (Potato Starch), Sunflower Oil.

ALLERGENS: MILK, GLUTEN: WHEAT

Friday

CHICKPEA AND VEGETABLE CREAMY COCONUT CURRY WITH RICE

INGREDIENTS:
Curry - Tikka Paste (Tomatoes, Concentrated Tomato Puree, Coriander, Ground Cumin, Ground Coriander, Ginger Puree, Garlic Puree, Sugar, Rapeseed Oil, Modified Maize Starch, Salt, Chilli Powder, Ground Cardamom, Acidity Regulator (Citric Acid), Ground Turmeric, Dried Fenugreek, Ground Nutmeg, Ground Fenugreek, Ground Black Pepper, Colour (Paprika Extract)), Chickpeas, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Carrot, Coconut Milk (Coconut Extract, Water, Thickeners(Carboxymethyl Cellulose), Emulsifier(Polysorbate 60)), Potato, Cornflour (Maize Starch), Peas.

RICE – White Rice

ALLERGENS: NONE

Dessert

RICE PUDDING WITH APPLE

INGREDIENTS: Rice Pudding (Skimmed **Milk**, Rice, Sugar, Acidity Regulator (Sodium Bicarbonates)), Apple (Apple, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)).

ALLERGENS: MILK

RASPBERRY MOUSSE CAKE

Sugar, Palm Kernel Oil, PalmOil, **Wheat** Flour, **Egg**, **Milk** Proteins, Raspberries, Emulsifiers (Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, **Soya** Lecithin, Polyglycerol Esters of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Glucose Syrup, Gelling Agents (Pectin, Sodium Alginate), Potato Starch, Acidity Regulators (Citric Acid, Trisodium Citrate, Potassium Phosphates), Flavouring, Colour (Beetroot Red), Elderberry Juice, Skimmed Milk Powder, Whole **Milk** Powder, Stabiliser (Hydroxyl Propyl Cellulose), Thickeners (Acetylated Distarch Adipate, Xanthan Gum, Carrageenan), Dextrose, Salt, **Wheat** Starch.

ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT

FUDGE BROWNIE

INGREDIENTS: **Wheat** Flour (Wheat, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder, Dried Whole **Egg** Powder, Dried Glucose, Salt, Emulsifier (Rice Starch, E475, E471), Chocolate Flavouring, Flavouring, Natural Flavouring, May Contain **Milk** and **Soya**, Sunflower Oil.

ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT

VANILLA ICE CREAM

INGREDIENTS: Water, Sugar, **Buttermilk** Powder, **Whey** Powder, Palm Oil, Dextrose, Emulsifier (Mono and diglycerides of fatty acids), Stabilisers (Cellulose Gum, Guar Gum, Locust Bean Gum), Flavourings, Colours (Annatto Norbixin, Curcumin).

ALLERGENS: MILK

JAM AND COCONUT SPONGE

INGREDIENTS: Sponge Mix - (**Wheat** Flour (Wheat, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dextrose, Raising Agents (E500(ii), E450(i)), Dried Whole **Egg** Powder, Buttermilk Powder, **Whey** Powder, Emulsifier (Glucose Syrup, E472b, E477, **Soya** Flour), Leavening Agent (E450(vii), E341(i)), **Milk** Protein (**Whey** Powder, Acid Casein), Dried **Egg** White Powder, Flavouring, Thickeners (Xanthan Gum), Jam – (Sugar, Apple, Raspberries, Rhubarb, Plum, Gelling Agent (Pectin), Colour (Anthocyanins), Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Preservative (**Sulphur Dioxide**)). Coconut (Coconut, Preservative (Sodium **Metabisulphite**)), Sunflower Oil.

ALLERGENS: EGG, MILK, SOYA, SULPHITES, GLUTEN: WHEAT