



SAMPLE MENU 3 – Vegetarian Lunch Menu 2025

Lunch

Monday

VEG AND BEAN CHILLI WITH WHOLEMEAL PITTA BREAD

INGREDIENTS:
CHILLI – Kidney Beans - (Red Kidney Beans, Water, Firming Agent (Calcium Chloride)), Cannellini Beans - (Cannellini Beans, Water, Antioxidant(Ascorbic Acid)), Butter Beans - (Butter Beans, Water, Firming Agent (Calcium Chloride)), Chickpeas - (Chick Peas, Water, Antioxidant (Ascorbic Acid), Borlotti Beans – (Borlotti Beans, Water, Antioxidant(Ascorbic Acid)), Tomato Puree, Chopped Tomato - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onion, Red Peppers, Garlic Puree (Garlic, Acidity Regulator: Citric Acid), Cumin (May contain **Gluten/Wheat**), Lemon Juice (Lemon Juice from Concentrate, Lemon Oil, Preservative (Potassium **Metabisulphite**), Sunflower Oil, Paprika, Coriander, Oregano, Chilli Powder (Paprika, Chilli Powder), Black Pepper, Sunflower Oil

ALLERGENS: SULPHITES, GLUTEN: WHEAT

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

ALLERGENS: GLUTEN: WHEAT, MILK, SOYA

Tuesday

SLOW COOKED BEANS AND VEG WITH MASHED POTATO

INGREDIENTS:
Stew - Butter Beans - (Firming Agent (Calcium Chloride), Carrot, Swede, Peas, Onion, Gravy- (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavours, Vegetable Oils (Rapeseed, Sunflower, Palm), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract)), Mixed Herbs- (Marjoram, Thyme, Parsley, Basil, Savory), Garlic- (Garlic, Acidity Regulator: Citric Acid), Sunflower Oil.

MASHED POTATO - Potato-(Potato (95%), Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour)

ALLERGENS: NONE

Wednesday

QUORN PASTA BAKE

INGREDIENTS: Diced Quorn - (Mycoprotein, Rehydrated Free Range **Egg** White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate), Penne Pasta (Durum **Wheat** Semolina), Sweetcorn, Oregano, Black Pepper, Broccoli, Garlic (Garlic, 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), Bechamel Powder (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour, **Whey** Powder, Palm Oil, Whole **Milk** Powder, Sugar, Salt, Sunflower Oil, Yeast Extract, Onion Powder, Spices, Herb (Ground Bay Leaf)).

ALLERGENS: EGG, MILK, GLUTEN: WHEAT

Thursday

SWEET AND SOUR CHICKEN STYLE WITH RICE

INGREDIENTS:
S&S - Chicken Style Strips - (Water, **Soy** Textured Protein, **Wheat**, Sunflower Oil, Seasoning - (Maize Starch, Salt, Yeast Extract, Flavours, Maltodextrin, Palm Oil, Acid (Citric Acid)), **Soy** Protein Isolate 3%, **Wheat** Flour, Potato Starch, Modified Starch, Thickener (Methyl Cellulose, Microcrystalline Cellulose), Flavouring, Salt, Garlic Powder, Raising Agent (Ammonium Carbonates), Tomato Purée, Onion, Carrot, Pineapple Juice, Pineapple-(Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Mixed Peppers, Distilled Vinegar, Cornflour (Maize Starch), Ginger Puree - (Ginger, Water, Maltodextrin, Salt, Palm Fat, Spirit Vinegar, Sugar, Citrus Fibre, Thickener (Xanthan Gum), Garlic Puree-(Garlic, (Citric Acid)), Sunflower Oil.

Rice -White Rice.

ALLERGENS: SOYA, GLUTEN: WHEAT

Friday

VEGGIE FINGERS WITH POTATO WEDGES AND BAKED BEANS

INGREDIENTS:
FINGERS - Vegetables - (Sweetcorn, Carrot, Peas), Breadcrumbs (**Wheat** Flour, Yeast, Salt), Rapeseed Oil, Dried Potato, **Wheat** Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.

POTATO WEDGES – Potato, Palm Oil.

BAKED BEANS - (Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Flavours.

ALLERGENS: GLUTEN: WHEAT

Dessert

FRUIT SMOOTHIE

INGREDIENTS:
Water, Mango 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), Acidity Regulator(Citric Acid), Dextrose, Flavouring.

ALLERGENS: NONE

PINEAPPLE SPONGE

INGREDIENTS: Pineapple Pieces Pineapple- (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid),, 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(ii)), **Milk** Protein (**Whey** Powder, Acid Casein), Dried **Egg** White Powder, Flavouring, Thickener (Xanthan Gum), Sunflower Oil.

ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT

WHITE CHOCOLATE AND SULTANA CRISPIE CAKE

INGREDIENTS: White Chocolate (Sugar, Vegetable Oil (Palm), **Whey** Powder, **Wheat** Flour (With Calcium, Iron, Thiamin (B1), Niacin (B3))), Emulsifier (**Soya** Lecithins), Flavouring, Sultanas (Sultanas, Sunflower Oil), Rice Crispies (Rice, Sugar, Malted **Barley** Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12), Golden Syrup (Partially Inverted Refiners Syrup), Soft Spread (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).

ALLERGENS: MILK, SOYA, GLUTEN: BARLEY, WHEAT

APPLE CRUMBLE

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

ALLERGENS: NONE

BLUEBERRY MUFFIN

INGREDIENTS: Blueberries, Muffin 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, Thickener (Xanthan Gum), Sunflower Oil, Water.

ALLERGENS: MILK, EGG, SOYA, GLUTEN: WHEAT