



Summer Vegetarian Tea Menu 2025 – Ver 1.1

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Lunch		<p>VEG PASTA BAKE</p> <p>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)).</p> <p>ALLERGENS: EGG, MILK, GLUTEN: WHEAT</p>	<p>VEGGIE FINGERS WITH POTATO WEDGES AND BAKED BEANS</p> <p>INGREDIENTS:</p> <p>FINGERS - Vegetables - (Sweetcorn, Carrot, Peas), Breadcrumbs (Wheat Flour, Yeast, Salt), Rapeseed Oil, Dried Potato, Wheat Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.</p> <p>POTATO WEDGES – Potato, Palm Oil.</p> <p>BAKED BEANS - (Beans, Tomatoes, Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.</p> <p>ALLERGENS: GLUTEN: WHEAT</p>	<p>VEG AND BEAN CHILLI WITH WHOLEMEAL PITTA BREAD</p> <p>INGREDIENTS:</p> <p>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</p> <p>ALLERGENS: SULPHITES, GLUTEN: WHEAT</p> <p>PITTA BREAD - Wholemeal Wheat Flour, Water, Yeast, Salt. (May Contain: Milk, Soya)</p> <p>ALLERGENS: GLUTEN: WHEAT, MILK, SOYA</p>	<p>SWEET AND SOUR CHICKEN STYLE WITH RICE</p> <p>INGREDIENTS:</p> <p>S&S - Chicken Style Strips - (Water, Soy Textured Protein, Wheat, Sunflower Oil, Seasoning - (Maize Starch, Salt, Yeast Extract, Flavourings, 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.</p> <p>Rice -White Rice.</p> <p>ALLERGENS: SOYA, GLUTEN: WHEAT</p>	<p>SLOW COOKED BEANS ANG VEG WITH MASHED POTATO</p> <p>INGREDIENTS:</p> <p>Stew - Butter Beans - (Firming Agent (Calcium Chloride), Carrot, Swede, Peas, Onion, Gravy-(Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, 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.</p> <p>MASHED POTATO - Potato-(Potato (95%), Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour)</p> <p>ALLERGENS: NONE</p>
	Dessert	<p>APPLE CRUMBLE</p> <p>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).</p> <p>ALLERGENS: NONE</p>	<p>WHITE CHOCOLATE AND SULTANA CRISPIE CAKE</p> <p>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).</p> <p>ALLERGENS: MILK, SOYA, GLUTEN: BARLEY, WHEAT</p>	<p>BLUEBERRY MUFFIN</p> <p>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.</p> <p>ALLERGENS: MILK, EGG, SOYA, GLUTEN: WHEAT</p>	<p>FRUIT SMOOTHIE</p> <p>INGREDIENTS:</p> <p>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.</p> <p>ALLERGENS: NONE</p>	<p>PINEAPPLE SPONGE</p> <p>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(i)), Milk Protein (Whey Powder, Acid Casein), Dried Egg White Powder, Flavouring, Thickener (Xanthan Gum), Sunflower Oil.</p> <p>ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT</p>



Summer Vegetarian Tea Menu 2025 – Ver 1.1

Week
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Lunch

Dessert

Monday

VEGETABLE AND APPLE CASSEROLE WITH RICE

INGREDIENTS:

CASSEROLE – Meat Free Mince –(Rehydrated Textured **Soya** Protein, Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper], Carrot, Leek, Swede, Stuffing Mix – ((**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Vegetable Oil - (Palm Oil, Sunflower Oil), Dried Onion (2.5%), Sage (1.0%), Parsley, Ammonium Hydrogen Carbonate, Yeast, Sage Extract)), Apple Sauce – (Water, Apple, Sugar, Thickener (Modified Maize Starch), Antioxidant (Ascorbic Acid), Preservative(Potassium Sorbate), Black Pepper, Vegetable Gravy – (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Sunflower, Palm), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract)).

RICE - White Rice.

**ALLERGENS: SOYA, GLUTEN:
WHEAT**

Tuesday

VEGETABLE AND BEAN COTTAGE PIE

INGREDIENTS: Borlotti Beans, Kidney

Beans, Cannellini Beans, Butter Beans, Chickpeas, Carrot, Peas, Onion, Black Pepper, Vegetable Gravy – (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Rapeseed, Sunflower, Palm), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract), Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Mashed Potato – (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Broccoli.

ALLERGENS: NONE

Wednesday

QUORN PASTA BAKE

INGREDIENTS:

Diced 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, Green, Yellow), 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: EGG, MILK, GLUTEN:
WHEAT**

Thursday

VEGGIE FINGERS WITH SWEET POTATO FRIES AND BAKED BEANS

INGREDIENTS:

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

SWEET POTATO FRIES – (Sweet Potato, Sunflower Oil, Modified Potato Starch, Rice Flour, Potato Dextrin, Salt, Raising Agents (E450i, E500ii), Paprika Extract, Stabilizer (E415)).

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

ALLERGENS: GLUTEN: WHEAT

Friday

VEGGIE RAGU WITH JACKET POTATO

INGREDIENTS:

RAGU - Borlotti beans, Red Kidney Beans, Butter Beans, Cannellini Beans, Chick Peas, Chopped Tomatoes - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree - (Tomato), Vegetable Stock – (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), Diced Onion, Carrot, Mixed Peppers - (Red, Green, Yellow), Broccoli, Garlic - (Garlic (98%), Acidity Regulator: Citric Acid), Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Sunflower Oil.

JACKET POTATO - Jacket Potato.

ALLERGENS: NONE

LEMON SPONGE

INGREDIENTS: Lemon Essence -

(Water, Monopropylene Glycol & Flavouring), 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**

CARROT CAKE

INGREDIENTS: **Wheat** Flour (**Wheat**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Whole **Egg** Powder, Malted **Barley**, Maize Starch, Raising Agents (E500(ii), E450), Palm Oil, **Soya** Flour, Modified Maize Starch, **Whey** Powder, Acid Casein (**Milk**), Sodium Carbonate, Disodium Phosphate, Salt, Emulsifier (Rice Starch, E475, E471), Colour (Caramel Powder), Flavoursings, Thickener (Xanthan Gum), Ground Cinnamon, Sunflower Oil, Carrot.

**ALLERGENS: MILK, SOYA, EGG,
GLUTEN: WHEAT, BARLEY**

POACHED PEARS WITH CUSTARD

INGREDIENTS:

POACHED PEARS - Pear Halves, Water, Pear Juice from Concentrate, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Cinnamon, Orange Juice.

CUSTARD - Skimmed **Milk**, Rehydrated **Buttermilk** Powder, Sugar, Modified Maize Starch, Palm Oil, Rehydrated **Whey** Powder, Flavouring, Colours: Curcumin, Annatto Norbixin.

ALLERGENS: MILK

CRANBERRY FLAPJACK

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

ALLERGENS: NONE

STRAWBERRY FROZEN YOGHURT

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

ALLERGENS: MILK



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Week
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Lunch

Dessert

Monday

MEAT FREE MINCE BOLOGNAISE BAKE

INGREDIENTS: Meat Free Mince - (Rehydrated Textured **Soya** Protein, Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid)], White Pepper, 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: SOYA, MILK, GLUTEN: WHEAT

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

Tuesday

CHICKEN STYLE FAJITA WITH PITTA BREAD

INGREDIENTS:
FAJITA – Chicken Style Strips - (Water, **Soy** Textured Protein, **Wheat**, Sunflower Oil, Seasoning - (Maize Starch, Salt, Yeast Extract, Flavourings, 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), Sunflower Oil, Onion, Mixed Peppers, 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), 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: SOYA,
GLUTEN: WHEAT**

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

**ALLERGENS: GLUTEN: WHEAT,
MILK, SOYA**

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**

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

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**

Thursday

VEGAN FISHLESS FINGERS, MASHED POTATO AND MUSHY PEAS

INGREDIENTS:
FISHLESS FINGERS - Textured Rice Flake, **Wheat** Flour, Water, Rapeseed Oil, **Wheat** Gluten, Potato Starch, Natural Flavouring, Salt, **Wheat** Fibre, Spices, Yeast.

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: 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

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, Thickener(Carboxymethyl Cellulose), Emulsifier(Polysorbate 60)), Potato, Cornflour (Maize Starch), Peas.

RICE – White Rice

ALLERGENS: NONE

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, Thickener (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**