



Summer Vegetarian Lunch Menu 2025 – Ver 1.1

Week 1	Monday	Tuesday	Wednesday	Thursday	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	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	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	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, Flavourings. ALLERGENS: GLUTEN: WHEAT	VEG 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
	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	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(i)), Milk Protein (Whey Powder, Acid Casein), Dried Egg White Powder, Flavouring, Thickener (Xanthan Gum), Sunflower Oil. ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT	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	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), Flavourings, Thickener (Xanthan Gum), Ground Cinnamon, Sunflower Oil, Carrot. ALLERGENS: MILK, SOYA, EGG, GLUTEN: WHEAT, BARLEY
Lunch					
Dessert					



Summer Vegetarian Lunch Menu 2025 – Ver 1.1

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>VEGAN FISHLESS FINGERS, MASHED POTATO AND MUSHY PEAS</p> <p>INGREDIENTS:</p> <p>FISHLESS FINGERS - Textured Rice Flake, Wheat Flour, Water, Rapeseed Oil, Wheat Gluten, Potato Starch, Natural Flavouring, Salt, Wheat Fibre, Spices, Yeast.</p> <p>MASHED POTATO - Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour.</p> <p>MUSHY PEAS - Rehydrated Processed Peas, Water, Sugar, Salt, Colours (Carotenes, Copper complexes of Chlorophyllins).</p> <p>ALLERGENS: GLUTEN: WHEAT</p>	<p>CHICKEN STYLE FAJITA WITH PITTA BREAD</p> <p>INGREDIENTS:</p> <p>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.</p> <p>ALLERGENS: SOYA, 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>CHEESY BEAN, CARROT AND POTATO PIE</p> <p>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.</p> <p>ALLERGENS: MILK</p>	<p>MEAT FREE MINCE BOLOGNAISE BAKE</p> <p>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.</p> <p>ALLERGENS: SOYA, MILK, GLUTEN: WHEAT</p>	<p>CHICKPEA AND VEGETABLE CREAMY COCONUT CURRY WITH RICE</p> <p>INGREDIENTS:</p> <p>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.</p> <p>RICE – White Rice</p> <p>ALLERGENS: NONE</p>
	<p>RICE PUDDING WITH APPLE</p> <p>INGREDIENTS: Rice Pudding (Skimmed Milk, Rice, Sugar, Acidity Regulator (Sodium Bicarbonates)), Apple (Apple, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)).</p> <p>ALLERGENS: MILK</p>	<p>RASPBERRY MOUSSE CAKE</p> <p>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.</p> <p>ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT</p>	<p>FUDGE BROWNIE</p> <p>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.</p> <p>ALLERGENS: EGG, MILK, SOYA, GLUTEN: WHEAT</p>	<p>VANILLA ICE CREAM</p> <p>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).</p> <p>ALLERGENS: MILK</p>	<p>JAM AND COCONUT SPONGE</p> <p>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.</p> <p>ALLERGENS: EGG, MILK, SOYA, SULPHITES, GLUTEN: WHEAT</p>
Dessert					



Summer Vegetarian Lunch Menu 2025 – Ver 1.1

Week
3

Lunch

Dessert

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

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

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

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

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

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

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

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

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

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