



SAMPLE MENU 1 - Regular Lunch Menu 2025

Lunch

Monday

CHICKEN RAGU WITH JACKET POTATO

INGREDIENTS:
RAGU - Minced Chicken, Chopped Tomatoes - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Tomato Puree - (Tomato), Chicken Stock - (Chicken Stock (Water, Chicken Stock), Flavouring, Glucose Syrup, Salt, Yeast Extracts, Sugar), 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

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

PORK AND APPLE CASSEROLE WITH RICE

INGREDIENTS:
PORK CASSEROLE - Minced Pork, 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: GLUTEN: WHEAT

Thursday

FISHCAKES WITH SWEET POTATO FRIES AND BAKED BEANS

INGREDIENTS:
FISHCAKE – Minced White **Fish**, Water, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dried Potato, Sunflower Oil, Rapeseed Oil, Palm Oil, Salt, Stabiliser (Methyl Cellulose), Yeast, Onion Powder, Parsley, Sugar, Turmeric, Colour (Paprika Extract), Black Pepper Extract, Parsley Extract.

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: FISH, GLUTEN: WHEAT

Friday

CHICKEN PASTA BAKE

INGREDIENTS:
Chicken, 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: MILK, GLUTEN: WHEAT

Dessert

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