



SAMPLE MENU 3 - Regular 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

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

Dessert

Tuesday

SLOW COOKED LAMB WITH MASHED POTATO

INGREDIENTS:
LAMB - Minced Lamb, 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.

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

TUNA PASTA BAKE

INGREDIENTS: **Tuna** (Skipjack **Tuna**, Water, Salt, Stabiliser (Xanthan Gum)), 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: FISH, 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 WITH RICE

INGREDIENTS:
S&S - Chicken, 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: NONE

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

CHICKEN GOUJONS WITH POTATO WEDGES AND BAKED BEANS

INGREDIENTS:
GOUJON - Chicken Breast Fillet (66%), Water, Rapeseed Oil, Rice Flour, Gram Flour, Potato Starch, Rice Starch, Salt, Maize Starch, Potato Protein, Emulsifier (Xanthan Gum), Dextrose, Acidity Regulator (Sodium Carbonate).

POTATO WEDGES – Potato, Palm Oil.

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

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