



Autumn-Winter Regular Lunch Menu 2025/26 – Ver 1.0

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	<p>CHICKEN AND VEGETABLE CREAMY COCONUT CURRY WITH NAAN BREAD CURRY - Chicken, 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)), Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Carrot, Broccoli, Cauliflower, Peas, Coconut Milk (Coconut Extract, Water, Thickener(Carboxymethyl Cellulose), Emulsifier(Polysorbate 60)), Cornflour (Maize Starch). ALLERGENS: NONE</p> <p>NAAN BREAD - WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Raising Agent (Monocalcium Phosphates, Sodium Bicarbonate), Rapeseed Oil, Yeast, Salt, Kalonji Seeds, Dextrose. ALLERGENS: GLUTEN: WHEAT</p>	<p>PORK RAGU WITH BROWN RICE RAGU - Minced Pork, Chopped Tomatoes - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree - (Tomato), Diced Onion, Carrot, Mixed Peppers - (Red, Green, Yellow), Broccoli, Garlic Powder, Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Sunflower Oil. ALLERGENS: NONE</p> <p>BROWN RICE – Brown Rice. ALLERGENS: NONE</p>	<p>BEEF CHILLI WITH JACKET POTATO CHILLI – Kidney Beans, Minced Beef, Tomato Puree, Chopped Tomato - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Onion, Red Peppers, Carrot, Garlic Powder, Cumin (May contain GLUTEN/WHEAT), Lemon Juice Sunflower Oil, Paprika, Coriander, Oregano, Chilli Powder (Paprika, Chilli Powder), Black Pepper, Sunflower Oil. ALLERGENS: GLUTEN: WHEAT</p> <p>JACKET POTATO - Jacket Potato. ALLERGENS: NONE</p>	<p>LITTLE DISH SUPERSTARS CHICKEN NUGGETS WITH HIDDEN VEG, POTATO WEDGES, PEAS AND SWEETCORN CHICKEN SUPERSTARS - British Chicken Breast, Cauliflower, Potato Flour, Onion Powder, Garlic Purée, *Gluten Free Breadcrumb Coating contains: Rice Flour, Sunflower Oil, Chickpea Flour, Water, Corn Starch, Corn Flour, Salt. ALLERGENS: NONE</p> <p>POTATO WEDGES - Potato, Palm Oil. ALLERGENS: NONE</p> <p>PEAS AND SWEETCORN – Peas, Sweetcorn. ALLERGENS: NONE</p>	<p>ROOT VEGETABLE AND BEAN HOTPOT SERVED WITH MASHED POTATO VEG AND BEAN HOTPOT – Carrot, Swede, Parsnip, Baked Beans In Tomato Sauce (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener - Steviol Glycosides, Herb Extract), Butter Beans, Cannellini Beans, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Gravy (Potato Maltodextrin, Potato Starch, Natural Flavouring, Sugar, Onion Powder, Vegetable Oil (Palm, Sunflower, Coconut, Rapeseed)), Salt, Stabilizer: Guar Gum, Caramelised Sugar, Chilean Salt, Anti-Caking Agent: Silicon Dioxide And Vitamin D). ALLERGENS: NONE</p> <p>MASHED POTATO - Mashed Potato – (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour). ALLERGENS: NONE</p>
	<p>LEMON BERRY BITES - DESSERT Blueberries, Lemon Juice, Vanilla Extract (Infused Fresh Vanilla Pods, Glycerine (Palm Free)), Sunflower Oil, EGG, Raisins, Flaxseed, Banana, Bicarbonate of Soda (Sodium Bicarbonate), Plain Flour (WHEAT Flour(WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates))), Maize Starch). ALLERGENS: EGG, GLUTEN: WHEAT</p>	<p>TUNA CAKES - STARTER Tuna (Skipjack Tuna (FISH), Water, Salt.), Mashed Potato (Potato, Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Peas, Sunflower Oil, Black Pepper. ALLERGENS: FISH</p>	<p>PURPLE POWER CRUMBLE - DESSERT Oats (WHEAT), Oat Flour (WHEAT), Coconut Oil, Desiccated Coconut (Coconut, Preservative (Sodium METABISULPHITE)), Flaxseed, Cinnamon, Dates, Beetroot (Beetroot, Water, Acidity Regulator(Citric Acid), Antioxidant(Ascorbic Acid)), Blueberries, Apple Juice (Apple Juice, Antioxidant (Ascorbic Acid)), Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Raisins. ALLERGENS: SULPHITES, GLUTEN: WHEAT</p>	<p>CREAMY TOMATO BASIL SOUP - STARTER Passata (Tomato Puree, Water), Tomatoes (Chopped Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), 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), Rice Milk (Water, Organic Rice, Organic Sunflower Oil, Salt), Basil, Cornflour (Maize Starch). ALLERGENS: NONE</p>	<p>CHOCO BEAN DREAM - DESSERT Butter Beans, Courgette, Cocoa, Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Vanilla Extract (Infused Fresh Vanilla Pods, Glycerine (Palm Free)), Rice Milk (Water, Organic Rice, Organic Sunflower Oil, Salt), Raisins, Flaxseed, Bicarbonate of Soda (Sodium Bicarbonate), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates))), Maize Starch). ALLERGENS: NONE</p>



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	<p>SWEET AND SOUR CHICKEN WITH RICE SWEET AND SOUR - Chicken, Tomato Purée, Onion, Carrot, Green Beans, Pineapple- (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Mixed Peppers, Distilled Vinegar, Cornflour (Maize Starch), Ground Ginger, Garlic Powder, Sunflower Oil. ALLERGENS: NONE</p> <p>Rice -White Rice. ALLERGENS: NONE</p>	<p>COTTAGE PIE WITH HIDDEN VEGGIES Minced Beef, Diced Onion, Garlic Powder, Mixed Herbs - (Marjoram, Thyme, Parsley, Basil, Savory), Mash Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Carrot, Swede, Peas, Green Lentils, Gravy (Potato Maltodextrin, Potato Starch, Natural Flavouring, Sugar, Onion Powder, Vegetable Oil (Palm, Sunflower, Coconut, Rapeseed), Salt, Stabilizer: Guar Gum, Caramelised Sugar, Chilean Salt, Anti-Caking Agent: Silicon Dioxide And Vitamin D), Sunflower Oil. ALLERGENS: NONE</p>	<p>VEGETABLE FINGERS, POTATO WEDGES AND BAKED BEANS VEGETABLE FINGERS - Vegetable Fingers (Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (WHEAT Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, WHEAT Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric). ALLERGENS: GLUTEN: WHEAT</p> <p>POTATO WEDGES - Potato, Palm Oil. ALLERGENS: NONE</p> <p>BAKED BEANS – Baked Beans In Tomato Sauce (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener - Steviol Glycosides, Herb Extract. ALLERGENS: NONE</p>	<p>ROAST CHICKEN SERVED WITH MASHED POTATOES, CARROTS AND PEAS ROAST CHICKEN – Chicken Breast (Chicken Breast, Salt), Gravy (Potato Maltodextrin, Potato Starch, Natural Flavouring, Sugar, Onion Powder, Vegetable Oil (Palm, Sunflower, Coconut, Rapeseed), Salt, Stabilizer: Guar Gum, Caramelised Sugar, Chilean Salt, Anti-Caking Agent: Silicon Dioxide And Vitamin D). ALLERGENS: NONE</p> <p>MASHED POTATO - Mashed Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour). ALLERGENS: NONE</p> <p>CARROTS AND PEAS - Carrots, Peas. ALLERGENS: NONE</p>	<p>SALMON SUPER GREEN PASTA BAKE Salmon- (Pink Salmon (FISH), Salt), Fusilli Pasta (Durum WHEAT Semolina), Oregano, Black Pepper, Green Beans, Broccoli, Peas, Garlic Powder, Tomato Paste, Chopped Tomato (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Parsley, Pepper, Cheese (Cheddar Cheese (MILK), Anti-caking Agent (Potato Starch). ALLERGENS: FISH, MILK, GLUTEN: WHEAT</p>
	<p>BERRY NICE APPLE RICE - DESSERT Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Strawberries, Pudding Rice (Short Grain Rice), MILK, Dates, Cinnamon, Nutmeg. ALLERGENS: MILK</p>	<p>COURGETTE AND RED PEPPER MUFFIN STARTER Courgette, Red Pepper, Carrot, Plain Flour (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), MILK, Garlic, EGG. ALLERGENS: EGG, MILK, GLUTEN: WHEAT</p>	<p>BANANA FLAPJACK - DESSERT Oats (WHEAT), Banana, Dates, Coconut Oil, Cinnamon, Vanilla Extract (Infused Fresh Vanilla Pods, Glycerine (Palm Free)). ALLERGENS: GLUTEN: WHEAT</p>	<p>CARROT AND LENTIL SOUP – STARTER Carrot, Leeks, Red Lentils, 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, Parsley, Cornflour (Maize Starch). ALLERGENS: NONE</p>	<p>PUMPKIN SWEET POTATO AND APRICOT CRUMBLE - DESSERT Oats (WHEAT), Oat Flour (WHEAT), Coconut Oil, Flaxseed, Cinnamon, Dates, Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Sweet Potato, Pumpkin, Apricots (Apricot, Water, Grape Juice from Concentrate). ALLERGENS: GLUTEN: WHEAT</p>
Starter or Dessert					



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	<p>FISH FINGERS, MASHED POTATO AND GREEN VEGGIES FISH FINGERS - Alaska Pollock (FISH) (58%), Breadcrumbs*, Rapeseed Oil. *Breadcrumb Coating (WHEAT Flour, Water, Potato Starch, Salt, Refined FISH Oil, Paprika, Yeast, Turmeric). ALLERGENS: FISH, GLUTEN: WHEAT</p> <p>MASHED POTATO - Mashed Potato (Potato, Rapeseed Oil, SG Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour). ALLERGENS: NONE</p> <p>GREEN VEGGIES – Peas, Green Beans. ALLERGENS: NONE</p>	<p>TOMATO AND BASIL CHICKEN WITH BROWN RICE TOMATO AND BASIL CHICKEN - Diced Chicken, Green Lentils, Garlic Powder, Basil, Tomatoes - (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomato Puree - (Tomato), Sweetcorn, Mixed Peppers. ALLERGENS: NONE</p> <p>BROWN RICE – Brown Rice. ALLERGENS: NONE</p>	<p>CHEESY BEAN PIE WITH BROCCOLI Mash Potato (Potato (95%), Rapeseed Oil, Palm Oil, Salt, Emulsifier: E471, White Pepper, Flavour), Cheese (Cheddar Cheese (MILK), Anti-caking Agent (Potato Starch), Baked Beans In Tomato Sauce (Beans, Tomatoes, Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener - Steviol Glycosides, Herb Extract), Butter Beans, Chives, Grated Carrots. ALLERGENS: MILK</p> <p>BROCCOLI - Broccoli. ALLERGENS: NONE</p>	<p>CHICKEN BOLOGNAISE Chicken Mince, Diced Onion, Garlic Powder, Carrot, Mixed Peppers (Red and Green Peppers), Tomato Paste, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Mixed Herbs, Penne Pasta (Durum WHEAT Semolina), Basil, Sunflower Oil. ALLERGENS: GLUTEN: WHEAT</p>	<p>MINTED LAMB HOTPOT WITH VEGGIES Minced Lamb, Onion, Sweet Potato, Broccoli, Carrot, Cauliflower, Potato, Gravy (Potato Maltodextrin, Potato Starch, Natural Flavouring, Sugar, Onion Powder, Vegetable Oil (Palm, Sunflower, Coconut, Rapeseed), Salt, Stabilizer: Guar Gum, Caramelised Sugar, Chilean Salt, Anti-Caking Agent: Silicon Dioxide And Vitamin D), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Mint, Sunflower oil. ALLERGENS: NONE</p>
	<p>MAGIC MANGO AND CARROT SLICE - DESSERT Carrot, Sunflower Oil, EGG, Plain Flour (WHEAT Flour(WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Mango, Raisins, Desiccated Coconut (Coconut, Preservative (Sodium METABISULPHITE)), Pineapple (Pineapple Pieces, Pineapple Juice, Acidity Regulator: Citric Acid), Vanilla Extract (Infused Fresh Vanilla Pods, Glycerine (Palm Free)), Cinnamon, Ginger, Nutmeg, Bicarbonate of Soda (Sodium Bicarbonate), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates))), Maize Starch). ALLERGENS: EGG, SULPHITES, GLUTEN: WHEAT</p>	<p>CHICKPEA AND SWEET POTATO CAKE - STARTER Sweet Potato, Chickpea, Onion, Plain Flour (WHEAT Flour(WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Cheese (Ceddar Cheese (MILK), Anti-Caking Agent (Potato Starch)), Parsley, Sunflower oil. ALLERGENS: MILK, GLUTEN: WHEAT</p>	<p>POACHED PEARS - DESSERT Orange Juice, Pears (Pear, Water, Pear Juice from Concentrate, Acidity Regulator (Citric Acid)), Cinnamon. ALLERGENS: NONE</p>	<p>COCONUT AND BUTTERNUT SQUASH SOUP - STARTER Onion, Ginger, Garlic, Butternut Squash, 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), Coconut Milk (Coconut Extract, Water, Stabilisers (Guar Gun, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)), Cornflour (Maize Starch). ALLERGENS: NONE</p>	<p>APPLE PEACH AND APRICOT CRUMBLE - DESSERT Oats (WHEAT), Oat Flour (WHEAT), Coconut Oil, Desiccated Coconut (Coconut, Preservative (Sodium METABISULPHITE)), Flaxseed, Apple (Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)), Peach (Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid)), Apricots (Apricot, Water, Grape Juice from Concentrate), Dates. ALLERGENS: SULPHITES, GLUTEN: WHEAT</p>