

Vegan Allergen Free Menu

MAIN COURSE

CONTENTS

DESSERT

	MAIN COURSE	CONTENTS	DESSERT	
WEEK 1	MON	Vege Sausages, New Potatoes, Carrots, Gravy	Vegetarian Sausages (Rehydrated Textured Pea, Onion, Rapeseed Oil, Chickpea Flour, Stabiliser – Methyl Cellulose, Salt, Sage, Natural Flavouring, Black Pepper) New Potatoes, Cabbage, Vegan Gravy *	Layered Apple and Peach Puree Apple, Peaches
	TUE	Macaroni Cheese and Broccoli	Gluten Free Macaroni (Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier – Mono and Diglycerides of Fatty Acids) Coconut Milk , (Coconut Extract, Guar Gum) Vegan Margarine , (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Gluten Free Flour , (Rice, Potato, Tapioca, Maize, Buckwheat) Vegan Cheese (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) Broccoli	Tinned mandarins Mandarin, Mandarin Orange Juice, Citric, Ascorbic Acid
	WED	Vegan Jambalaya	Vegetarian Sausages (Rehydrated Textured Pea, Onion, Rapeseed Oil, Chickpea Flour, Stabiliser – Methyl Cellulose, Salt, Sage, Natural Flavouring, Black Pepper) Garlic, Mixed Peppers, Onion, Tomato, Carrots, Peas, Green Beans, Sweetcorn, Cajun Spices, Basmati Rice	Jam & Coconut Sponge Jam (Sugar, Strawberries, Pectin, Citric Acid, Acidity Regulator,) Coconut, Gluten Free Self Raising Flour (Rice, Potato, Tapioca, Maize, Buckwheat, Mono Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Vegan Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Sugar
	THU	Mixed Bean Bolognese	Haricot beans, Cannellini Beans, Hidden Vegetable Sauce (Peppers, Carrots, Green Beans, Peas) Sunflower Oil, Onion, Mushrooms, Garlic, Basil, Gluten Free Pasta (Rice Flour, White and Yellow Maize Flour, Emulsifier)	Tropical fruit salad Pineapple, Melon, Mango, Kiwi
	FRI	Falafel, Chips and Peas	Carrots, Onion, Cumin, Garlic Chickpeas (Calcium Chloride) Oven Potato Chips (Potato, Sunflower Oil, Dextrose) Peas, Sunflower Oil	Chocolate and Coconut Pudding Coconut Milk, Cornflour, Coco powder (Acidity Regulator) Sugar

*(Potato Starch, Palm Oil, Salt, Maltodextrin, Dried Onion, Caster Sugar, Hydrolysed Maize Protein, Colour – Plain Caramel, Flavouring, Sage, Parsley, Emulsifier – Rapeseed Lecithin)

	MAIN COURSE	CONTENTS (ALLERGENS IN RED)	DESSERT	
WEEK 2	MON	Penne Pasta with Sun Dried Tomato, Cherry Tomatoes and Peas	Gluten Free Pasta (Rice Flour, White & Yellow Maize Flour, Emulsifier) Sun Dried Tomato Paste (Partially Rehydrated Sundried Tomatoes, Sunflower Oil, Tomato Puree, Salt, Garlic Powder, Black Pepper, White Vinegar) Cherry Tomatoes, Peas	Layered Apricot & Strawberry Puree Apricots, Strawberries
	TUE	Lentil & Vegetable Cottage Pie and Green Beans	Lentils (Water, Calcium Chloride) Potato, Onions, Garlic, Vegan Cheese (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) Carrots, Peas, Green Beans, Sweetcorn, Vegan Gravy*	Lemon Cake Gluten Free Self Raising Flour (Rice, Potato, Tapioca, Maize, Buckwheat, Mono Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Vegan Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Sugar, Lemon
	WED	Vegan Paella	Broad Beans, Courgettes, Mixed Peppers, Tomato puree, (Citric Acid) Sunflower Oil, Onions, Red Peppers, Garlic, Thyme, Paprika, Parsley, Lemon, Long Grain Rice	Apple & Rhubarb Fool Apple, Rhubarb, Plant cream (Lentil Protein, Coconut and Rapeseed Oil, Sugar, Modified Corn starch, Emulsifiers, Stabilizers, Guar Gum, Salt, Colourant)
	THU	Cauliflower, Potato and Vegetable korma	Potato, Peppers, Cauliflower, Onion, Garlic, Curry Spice, Vegan Gravy* Coconut Milk (Coconut Extract, Guar Gum) Rice	Homemade Raisin Shortbread Gluten Free Self Raising Flour (Rice, Potato, Tapioca, Maize, Buckwheat, Mono Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Vegan Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Sugar, Raisins
	FRI	Jacket Potato with Baked Beans & Vegan Cheese	Potato, Baked Beans (Haricot Beans, Tomato Puree, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Maltodextrin, Paprika Extract, Clove Extract, Capsicum Extract, Flavouring) Vegan Cheese (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) Potato, Mushrooms, Peppers, Onion, Garlic, Vegan Gravy* Coconut Milk (Coconut Extract, Guar Gum) Rice	Melon Mix Watermelon, Honeydew, Galia

*(Potato Starch, Palm Oil, Salt, Maltodextrin, Dried Onion, Caster Sugar, Hydrolysed Maize Protein, Colour – Plain Caramel, Flavouring, Sage, Parsley, Emulsifier – Rapeseed Lecithin)

	MAIN COURSE	CONTENTS (ALLERGENS IN RED)	DESSERT	
WEEK 3	MON	Moroccan Bean Tagine	Borlotti & Haricot Beans (Calcium Chloride) Tinned Tomatoes (Citric Acid) Garlic, Onion, Spices (Cumin, Paprika, Ginger, Coriander, Cinnamon) Vegan Gravy* Free From Cous-Cous (Maize Flour) Carrots, Peas, Green Beans, Sweetcorn	Tinned Peaches (Water, Sugar, Citric Acid)
	TUE	Vegetarian Meatballs with Sweet Red Peppers, Tomatoes and Rice	Vegetarian Meatballs (Rehydrated Textured Pea Protein, Tomato Puree, Onion, Rapeseed Oil, Chickpea Flour, Methyl Cellulose, Salt Natural Flavouring, Black Pepper) Mixed Peppers, Tinned Tomatoes (Citric Acid) Onion, Garlic, Basil, Vegan Gravy*, Basmati Rice	Courgette & Lime Cake Gluten Free Self Raising Flour (Rice, Potato, Tapioca, Maize, Buckwheat, Mono Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Vegan Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Sugar, Courgette, Lime
	WED	Bean, Vegetable and Potato Hotpot with Green Beans	Borlotti Beans, (Calcium Chloride) Onions, Mushrooms, Carrots, Broccoli, Green Beans, Vegan Gravy* Potato, Green Beans	Vegan Fruit Jelly
	THU	Hidden Roasted Vegetable Penne with Grilled Cheese	Gluten Free Pasta (Rice Flour, White & Yellow Maize Flour, Emulsifier) Vegetables (Courgette, Carrots, Peas, Green Beans, Sweetcorn) Onion, Garlic, Tinned Tomatoes (Citric Acid), Vegan Cheese (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) Olive Oil	Fresh Fruit Salad Melon, Watermelon, Grapes, Pineapple
	FRI	Vegetable Rissole with Chips & Peas	Mushrooms, Peppers, Carrot, Onion, Potato, Garlic, Oil, Chips (Potato, Sunflower Oil, Dextrose) Peas, Butter Beans (Calcium Chloride)	Vegan Strawberry Fool Strawberry, Plant cream (Lentil Protein, Coconut and Rapeseed Oil, Sugar, Modified Corn starch, Emulsifiers, Stabilizers, Guar Gum, Salt, Colourant) Sugar

*(Potato Starch, Palm Oil, Salt, Maltodextrin, Dried Onion, Caster Sugar, Hydrolysed Maize Protein, Colour – Plain Caramel, Flavouring, Sage, Parsley, Emulsifier – Rapeseed Lecithin)

Allergens may change due to suppliers' substitutes, always check the allergen label on the food tray that is delivered to you every day. Although we never add nuts to our nursery menus, we do on occasion buy products from suppliers who use nuts in their factories or production lines and we do use nuts in our kitchen for other catering work that we do.