



**MAINS + DESSERT + FRUIT**



**WEEK 1**    **MARCH 30 - APRIL 02**

R : REGULAR, DF GF : DAIRY FREE GLUTEN FREE

Monday

Tuesday

Wednesday

Thursday

Mains (R)

**Pasta e ceci**

**Jollof Rice**

**Pesto pasta**

**Baked Veggies**

Mains (DF GF)

**Lentil Cake**

**Jollof Rice**

**G&D T Pesto Pasta  
(Cold)**

**Baked Veggies**

Desserts (R)

**Carrot cake**

**Apple cake**

**Pear Cake**

**Banana Cake**

Desserts (DF GF)

**Apple / Carrot  
Cake**

**Apple / Carrot  
Cake**

**Apple / Pear Cake**

**Apple / Pear Cake**

Seasonal Fruit

**Fruit**

**Fruit**

**Fruit**

**Fruit**

**Good Friday**

We are committed to preparing nutritious vegetarian and vegan meals. These are produced in a kitchen environment which handles nuts, wheat, sesame, dairy, soya, mustard and gluten. Allergen cross-contact can occur through incidental contact with utensils, pots, pans and preparation surfaces.



**MAINS + DESSERT + FRUIT**



**WEEK 2**      **APRIL 7 - APRIL 10**

R : REGULAR, DF GF : DAIRY FREE GLUTEN FREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mains (R)

**Vegetable biryani**

**Tomato Basil Pasta**

**Stir Fried Rice with Veggies**

**Mac & Cheese**

Mains (DF GF)

**Vegetable biryani**

**G&D Free Tomato Pasta (Cold)**

**Stir Fried Rice with Veggies**

**Lentil cake**

**Easter Monday**

Desserts (R)

**Carrot Cake**

**Apple cake**

**Pears Cake**

**Carrot Cake**

Desserts (DF GF)

**Apple / Carrot Cake**

**Apple / Carrot Cake**

**Apple / Carrot Cake**

**Apple / Carrot Cake**

Seasonal Fruit

**Fruit**

**Fruit**

**Fruit**

**Fruit**

We are committed to preparing nutritious vegetarian and vegan meals. These are produced in a kitchen environment which handles nuts, wheat, sesame, dairy, soya, mustard and gluten. Allergen cross-contact can occur through incidental contact with utensils, pots, pans and preparation surfaces.

**PASTA E CECI**

**Durum wheat, semolina(gluten)**, chickpeas, carrot, black pepper, mixed herbs, sugar, sunflower oil, paprika powder, tomato, ginger and salt.

**JOLLOF RICE**

Rice, chickpeas, potato, cabbage, tomato, sunflower oil, salt, Indian spices, chili powder, green peace, turmeric, sugar, asafoetida, ginger.

**PESTO PASTA**

**Durum wheat, semolina (gluten)**, spinach, **cheese(milk)**, tomato, mixed herbs, coriander, basil, chickpea, salt, lemon juice, lemon oil, (**sulphate**), asafoetida, sunflower oil.

**BAKED VEGGIES**

Potato, mixed vegetables, **soya**, asafoetida, salt, sunflower oil, potato, **butter, cream (milk)**, emulsifier, stabilizer, antioxidants (**sulphites**), flavouring, black pepper, paprika powder, ginger, mixed herbs.

**VEGETABLE BIRYANI**

Rice, mixed vegetables, chickpeas, sunflower oil, salt, sugar, ginger, green peas, coriander powder, Indian spices, garam masala, cinnamon, mixed herbs, black pepper, and turmeric/**soya**.

**TOMATO BASIL PASTA**

**Durum wheat, semolina(gluten)**, mixed vegetables, black pepper, chickpeas, mixed herbs, sugar, sunflower oil, paprika powder, tomato, ginger, sweet corn, green peas, salt, basil.

**ALLERGEN ADVICE**



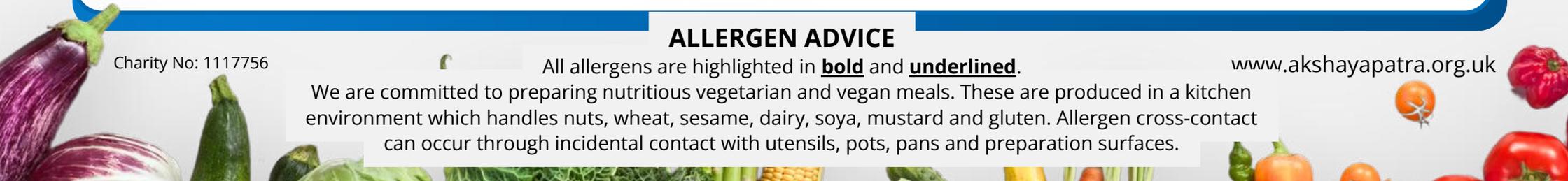
**STIR FRIED RICE WITH VEGGIES**

Rice, mixed vegetables, chickpeas/lentils, black pepper, mixed herbs, sugar, sunflower oil, paprika powder, tomato, potato, ginger, sweet corn, green peas, salt, **soya**, vinegar, tomato ketchup(potassium sorbate, citric acid, vinegar, tomato paste).

**MAC & CHEESE**

**Gluten(penne pasta, refined flour),**  
**milk(cheese, fresh cream, butter),**  
sunflower oil, mixed herbs, salt, sugar.

**ALLERGEN ADVICE**



**LENTIL CAKE**

Chickpea, sodium bicarbonate, **sulphate**, lemon, salt, sugar, sunflower oil, cumin, turmeric powder.

**JOLLOF RICE**

Rice, chickpeas, potato, cabbage, tomato, sunflower oil, salt, Indian spices, chili powder, green peace, turmeric, sugar, asafoetida, ginger.

**G&D T PESTO PASTA (COLD)**

Gluten-free flour (rice, potato, tapioca, maize, buckwheat), spinach, tomato, mixed herbs, coriander, basil, chickpea, salt, lemon juice, lemon oil (**sulphate**), asafoetida, sunflower oil.

**BAKED VEGGIES**

Potato, mixed vegetables, **soya**, asafoetida, salt, sunflower oil, potato, black pepper, paprika powder, ginger, mixed herbs.

**ALLERGEN ADVICE**



### APPLE CAKE

**Self-rising flour (gluten)**,  
Sugar, baking soda, baking  
powder, lemon juice,  
**(sulphate)**, **milk**, vanilla  
essence, cinnamon powder,  
sunflower oil, apple.

### CARROT CAKE

**Self-rising flour (gluten)**,  
Sugar, baking soda, baking  
powder, lemon juice,  
**(sulphate)**, **milk**, vanilla  
essence, sunflower oil, carrot.

### BANANA CAKE

**Self-rising flour (gluten)**,  
Sugar, baking soda, baking  
powder, lemon juice,  
**(sulphate)**, **milk**, vanilla  
essence, cinnamon powder,  
sunflower oil, banana.

### PEAR CAKE

**Self-rising flour (gluten)**,  
Sugar, baking soda, baking  
powder, lemon juice,  
**(sulphate)**, **milk**, vanilla  
essence, cinnamon powder,  
sunflower oil, pear.

### ALLERGEN ADVICE

All allergens are highlighted in **bold** and **underlined**.



### **APPLE / CARROT CAKE**

Flour blend (rice, potato, tapioca, maize, buckwheat), raising agents (mono- calcium phosphate, sodium bicarbonate), thickener (xanthan gum), sugar, baking soda, lemon juice, **(sulphate), soya milk**, vanilla essence, cinnamon powder, sunflower oil, apple.

### **APPLE / PEAR CAKE**

Flour blend (rice, potato, tapioca, maize, buckwheat), raising agents (mono- calcium phosphate, sodium bicarbonate), thickener (xanthan gum), sugar, baking soda, lemon juice, **(sulphate), soya milk**, vanilla essence, cinnamon powder, sunflower oil, apple.

