

SS 2025

Week 1	Afternoon Tea	Ingredients	Side Dish
Monday	Spaghetti Hoops w/ Haricot Beans (G) (T)	Cooked Wholewheat Pasta Loops (Water, Durum WholeWHEAT Semolina), Haricot Beans, TOMATO Puree, Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, WHEAT Flour, Antioxidant (Ascorbic Acid), Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavourings	Bread (G) (S) (Wholemeal WHEAT Flour, Water, Yeast, WHEAT, GLUTEN, SOYA, Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid))
Tuesday	Chicken	Chicken	Mint Yoghurt (D) Natural Yoghurt (MILK), Mint, Cucumber
	Hummus	Chickpeas, Olive Oil	Sub Roll (G) (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)
Wednesday	Salsa Tex Mex Pasta (G) (T)	Kidney Bean, Cannellini Bean, Butter Bean, Pasta (WHEAT), Sweetcorn, Carrot, TOMATO, Coriander, Lime, Onion, Garlic, Barbecue Sauce (Water, Sugar, TOMATO Concentrate, Modified Starch, Mango Puree, Acid: Acetic Acid, Salt, Colour (E150d), Garlic Powder, Smoke Flavourings, Preservative (Potassium Sorbate)	
Thursday	Turkish Bulgur Wheat & Couscous in Tomato Sauce w/ Chickpea & Vegetables (T) (G)	Chickpea, Couscous (WHEAT), Bulgur WHEAT, Courgette, Carrots, TOMATO, Onion, Garlic, Vegetable Stock (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, Coriander	
Friday	Tuna, Sweetcorn and Mayonnaise (F) (E)	Tuna (FISH), Sweetcorn, Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Stabiliser (Xanthan Gum), EGG yolk powder (EGG Yolk Powder, Salt, Maltodextrin), Salt, Preservatives (Acetic Acid, Potassium Sorbate), Acidity Regulator (Lactic Acid, Colour (Mixed Carotenoids)	Lettuce Pitta Bread (G) (WHEAT Flour (with Calcium, Iron, Niacin, Thiamine), Water, Yeast, Salt, Preservative(Calcium Propionate).
	Egg, Sweetcorn and Mayonnaise (E)	EGG, Sweetcorn, Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Stabiliser (Xanthan Gum), EGG Yolk Powder (EGG Yolk Powder, Salt, Maltodextrin), Salt, Preservatives (Acetic Acid, Potassium Sorbate), Acidity Regulator (Lactic Acid, Colour (Mixed Carotenoids)	

ALLERGEN KEY:

C = Celery D = Milk/Dairy E = Egg F = Fish G = Cereals containing Gluten CR = Crustaceans L = Lupin MO = Molluscs N = Nuts PN = Peanuts M = Mustard S = Soybeans SD = Sulphur Dioxide SE = Sesame Seeds
+ T = Tomato

Our kitchen does not handle Crustaceans, Lupin, Nuts & Molluscs, please see our Allergen Policy for further information.

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Week 2	Afternoon Tea	Ingredients	Side Dish
Monday	Baked Beans (T)	Haricot Beans, <i>TOMATO</i> , Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring.	Bread (G) (S) (Wholemeal WHEAT Flour, Water, Yeast, WHEAT GLUTEN, SOYA , Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono-and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)
Tuesday	Stir Fry Vegetable Egg Noodles (E) (G)	Chickpea, Carrot, Bell Peppers, Green Beans, Peas, Spring Onion, Ginger, Pineapple Juice, Egg Noodles (WHEAT Flour, Durum WHEAT Flour, EGG , Salt, Acidity Regulator (Potassium Carbonates)	
Wednesday	Smooth Leek & Vegetable Soup (T)	Lentils, Leek, Carrot, Peas, Potato, <i>TOMATO</i> , Onion, Garlic, Pepper, Vegetable Stock (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.) Spices, Herbs	Bread (G) (S) (Wholemeal WHEAT Flour, Water, Yeast, WHEAT GLUTEN, SOYA , Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono-and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)
Thursday	Cheese & Broccoli Egg Bites (E) (D)	Broccoli, Cheese (MILK), EGG , MILK , Potato	
Friday	Vegan Garlic & Herb Hummus Sandwich (G)(S)	Chickpeas, Olive Oil, Garlic, Herbs, Bread (Wholemeal WHEAT Flour, Water, Yeast, WHEAT, GLUTEN, SOYA , Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono-and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)	Cucumber

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Week 3	Afternoon Tea	Ingredients	Side Dish
Monday	Spaghetti Hoops w/ Haricot Beans (G) (T)	Cooked WholeWHEAT Pasta Loops (Water, Durum WholeWHEAT Semolina), Haricot Beans, TOMATO Puree, Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, WHEAT Flour, Antioxidant (Ascorbic Acid), Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavoursings	Bread (G) (S) (Wholemeal WHEAT Flour, Water, Yeast, WHEAT GLUTEN, SOYA, Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)
Tuesday	Beetroot Hummus Sandwich (G) (S)	Beetroot, Chickpeas, Butter Bean, Olive Oil, Bread (Wholemeal WHEAT Flour, Water, Yeast, WHEAT, GLUTEN, SOYA, Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)	Carrot
Wednesday	Minestrone Soup (G) (T) (C)	Cannellini Beans, Vermicelli (WHEAT Flour, Water), Peas, CELERY, Cabbage, Carrot, Onion, TOMATO , Vegetable Stock (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.), Spices, Herbs	
Thursday	Tomato & Bell Pepper Couscous Salad (G) (T)	Kidney Beans, Couscous (WHEAT), Peas, Bell Peppers, TOMATO , Onion, Garlic, Coriander, Vegetable Stock (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.)	
Friday	Yellow Split Pea Daal (T)	Yellow Split Pea, Carrot, TOMATO , Onion, Garlic, Turmeric, Coriander, Mild Curry Powder, Coriander, Vegetable Stock (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,	Bread (G) (S) (Wholemeal WHEAT Flour, Water, Yeast, WHEAT GLUTEN, SOYA, Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)

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Week 4	Afternoon Tea	Ingredients	Side Dish
Monday	Baked Beans (T)	Haricot Beans, <i>TOMATO</i> , Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring.	Bread (G) (S) (Wholemeal WHEAT Flour, Water, Yeast, WHEAT GLUTEN , SOYA , Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)
Tuesday	Ham Sub	Ham	Spinach & Herb Dip (D) Natural Yoghurt (MILK), Spinach, Herbs Sub Roll (G) (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)
	White Bean Spread	Cannellini Beans, Olive Oil, Lemon	
Wednesday	Bean & Pasta Salad (G) (E)	Butter Beans, Pea, Pasta (WHEAT), Mayonnaise (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, Stabiliser (Xanthan Gum), EGG yolk powder (EGG Yolk Powder, Salt, Maltodextrin), Salt, Preservatives (Acetic Acid, Potassium Sorbate), Acidity Regulator (Lactic Acid, Colour (Mixed Carotenoids) Lemon Juice, Onion, Garlic, Onion, Coriander, Herbs, Spices	
Thursday	Cheese & Tomato Quiche (T) (G) (E) (D)	Cannellini Beans, <i>TOMATO</i> , Cheese (MILK), EGG , MILK , Shortcrust Pastry (WHEAT flour, vegetable oils and fats (palm, rapeseed), water, sugar, salt, emulsifier (mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid)).	
Friday	Carrot & Orange Soup (T)	Lentils, Carrot, Orange, Coriander, <i>TOMATO</i> , Onion, Vegetable Stock (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.)	Bread (G) (S) (Wholemeal WHEAT Flour, Water, Yeast, WHEAT GLUTEN , SOYA , Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Spirit Vinegar, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)

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