



# EASTER HAF 2024

3 Weeks Menu		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 01/04/24	Meal 1	Beef and Sichuan Pepper Stir Fry Noodles	BBQ Chicken Drumstick with Veggie Rice	Chicken Tikka Pasta	Chicken Pie with Steamed Vegetables	Meat Biryani & Chana Daal
	Meal 2	Chicken Tikka Baguette	Lamb Kebab Wrap	Chicken Tikka Sandwich	Tuna Sweetcorn Sandwich	Cheese & Spring Onion Sandwich
	Side	Sliced Carrots & Cucumber	Corn on the Cob	Cucumber & Cherry Tomatoes	Green Beans, Potato & Peas	Cauliflower & Broccoli
WEEK 2 08/04/24	Meal 1	Spaghetti Bolognese	Sweet Chilli Chicken Wings with CousCous	Sweet Chilli Chicken Wings with CousCous	Chicken Sausage with Beans and Mash	Chicken Pilau with Daal
	Meal 2	Chicken Kebab Wrap	Tuna Sweetcorn Sandwich	Tuna Sweetcorn Sandwich	Cheese & Salad Sandwich	Chicken Tikka Sandwich
	Side	Lettuce, Tomato & Cucumber	Sliced Carrots & Cucumber	Sliced Carrots & Cucumber	Sweetcorn, Lettuce & Cucumber	Green Beans & Potato & Peas
WEEK 3 15/04/24	Meal 1	Easy Butter Chicken with Pilau Rice	Tomato Chicken Penne Pasta	Shepherd Pie with Garlic Bread	Macaroni Cheese & Peas	Vegetable Biryani with Sheek Kebab and Curry Sauce
	Meal 2	Chicken Tikka Sandwich	Chicken Kebab Wrap	Cheese & Spring Onion Sandwich	Tuna Sweetcorn Sandwich	Egg Mayo Cress Sandwich
	Side	Baby Carrots & Green Beans	Corn on the Cob	Lettuce, Tomato & Cucumber	Sliced Carrots & Cucumber	Sweetcorn, Lettuce & Cucumber

**Each Meal Comes with a Side, Dessert & Bottle Water**

**VEGETARIAN OPTION**  
 Meal served will be from the available selection on the day  
 Hot meals selection: VEG PASTA | VEG BIRYANI & CHANA DAAL | VEGETABLE LASAGNE WITH GARLIC BREAD | VEGAN SAUSAGES, BEANS & MASH | MACARONI CHEESE WITH PEAS  
 Chilled meals selection: HUMOUS & FALAFEL WRAP | OLIVES & HUMOUS SALAD | CHEESE & SPRING ONION SANDWICH | VEGAN CHICKEN WRAP | CHEESE SALAD SANDWICH

**ALLERGIES, INTOLERANCES AND SPECIFIC NEEDS**  
 PLEASE INFORM US PRIOR TO PLACING ORDERS  
 ALL ITEMS SUBJECT TO AVAILABILITY | ADVANCE ORDERS PLEASE

# INGREDIENTS- Main Menu

## Beef & Sichuan Pepper Stir fry Noodles

Beef, Salt, Pepper, Crushed Mild Chilli, Tomato Ketchup, **Soy** sauce, Capsicum, Garlic, Onion, Ginger, Veg Oil (containing **SOYA**) and **Egg** Noodles (**Wheat**, Egg).

## Shepards Pie & Garlic Bread

Vegetable Oil (containing **SOYA**), Onion, Olive Oil, Lamb Mince, **Plain Flour**, Bay Leaves, Thyme, Tomatoes, Lamb Stock, Black Pepper, Potatoes, Milk, Butter, Egg Yolk and Garlic Bread.

## BBQ Chicken Drumsticks with Veggie Rice

Chicken Drumsticks, Lemons, Rosemary, Onions, Garlic cloves, Thyme leaves, Olive Oil, Coconut **Milk**, BBQ sauce, Lemon Juice, Spring onion, **Yogurts (Milk)** Mix Vegetable, Pilau Rice, Herb & spice, Garlic Cloves, Ginger, Pepper, Vegetable stock, Ground Coriander, Ground Cumin, Chilli Powder, Garam Masala, Coriander Leaves, Veg Oil (containing **SOYA**), Parsley

## Chicken Tikka Pasta

**Pasta Durum Wheat Semolina**, Chicken Tikka (Chicken Breast), Tandoori Paste, Kashmiri Masala, Lemon Juice, Salt, **Yogurt (Milk)**, Ginger & Garlic, Spices, Tomato Sauce, Salt, Garlic, Ginger, Onions, Veg Oil (containing **SOYA**)

## Spaghetti Bolognese

Spaghetti Pasta (**WHEAT**), Beef mince, Tomato Paste, Garlic & Onion Paste, Rosemary Ginger, Corn Flour, Salt, Sugar, Pepper, Veg Oil (**SOYA**), Oregano, Cheese(**MILK**)

## Sweet Chili Chicken Wings with CousCous

Chicken Wings, Sugar, Salt, Sweet Chilli Sauce, Couscous (**Durum Wheat Semolina**), Veg Oil (Containing **SOYA**)

## Chicken Pie With Steamed Vegetable

Chicken mince, Pastry(Wheat), Mixed vegetables, Flour, Butter( Milk), Salt and Pepper, Herbs and Spices

## Chicken Sausage, Mash & Beans

Chicken Sausage (**Wheat**), Mashed Potatoes (**WHEAT, MILK**), Vegetable Oil (**SOYA**), Tomato Sauce, Beans, Onion Powder, Paprika

## Easy Butter Chicken with Pilau Rice

Chicken, Yoghurt (**MILK**), Onion, Butter (**MILK**), Spices, Tomato Puree, Fresh Ginger, Ground Cumin, Smoked Paprika, Chicken Stock, Garam Masala, Ground Coriander, Garlic Cloves, Rice, Vegetable Oil (**Soya**), Salt and Pepper.

## Tomato Chicken & Basil Penne Pasta

Pasta (Durum **Wheat** Semolina), Chicken Breast, Tomato, Lemon Juice, Salt, Ginger, Onion, Garlic, Spices, Tomato Sauce, veg stock, Basil and Cheese, **Soya**.

## Macaroni Cheese with Peas

Mixed Vegetables, Peas, Macaroni Pasta (**Wheat Flour**), Veg Oil, Garlic Powder, Tomato, Salt and Pepper, Peas, Cheese (**MILK**)

For Allergen, Please See Ingredients in **Bold**

# INGREDIENTS- Menu

## Cheese & Salad Sandwich

White Bread, **Wheat Flour (54.7%)**: **WHEAT Flour** (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier E472a, Preservative E282, Rapeseed Oil, Flour Treatment Agent E300, Sliced **Cheese** (19.5%), Tomatoes (7.8%), Cucumbers (7.8%), Lettuce, Iceberg (7.8%), Margarine (2.3%).

## Cheese & Spring Onion Sandwich

White Bread, **Wheat Flour (53.0%)**: **WHEAT Flour** (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier E472a, Preservative E282, Rapeseed Oil, Flour Treatment Agent E300, **Cheese Cheddar** (30.3%), Mayonnaise (Egg 7.6%), Spring Onion (5.3%), Carrots (3.8%).

## Chicken Kebab Wrap

Tortilla Bread made from **Wheat Flour**, Rapeseed Oil, Sugar, Salt, Lettuce, Iceberg (8.1%), Chicken Seekh Kebab (46.3%): Chicken Mince, Onion, Green Chillies, Coriander, Mint Leaves, Salt, Garlic, Ginger, Crushed Chillies, Garam Masala. Cumin Seeds, Herbs & Spices.

## Chicken Tikka Baguette

Baguette Bread: **Wheat Flour (47.3%)** with added calcium, iron, niacin and thiamine, Water, Yeast, Salt, Emulsifier E472a, Preservative E282, Rapeseed Oil, Flour Treatment Agent E300, Salt Chicken Tikka (30.7%): Chicken Breast, Tandoori Paste, Kashmiri Masala, Lemon Juice, Salt, **Yogurt (Milk)**, Ginger & Garlic, Spices, Lettuce, Iceberg (7.1%), **Mayonnaise (Egg 7.1%)**, Cucumbers (3.6%), Smooth (1.4%).

## Chicken Tikka Sandwich

Sliced Bread made by **Wheat Flour (50.0%)**: **WHEAT Flour** (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier E472a, Preservative E282, Rapeseed Oil, Flour Treatment Agent E300, Chicken Tikka (30.7%): Chicken Breast, Tandoori Paste, Kashmiri Masala, Lemon Juice, Salt, **Yogurt (Milk)**, Ginger & Garlic, Spices, Lettuce, Iceberg (7.1%), **Mayonnaise (Egg 7.1%)**, Cucumbers (3.6%), Smooth (1.4%).

## Chicken Tikka Wrap

Chicken Tikka (53.3%): Chicken Breast, Tandoori Paste, Kashmiri Masala, Lemon Juice, Salt, Yogurt, Ginger & Garlic, Spices, Tortillas made with **wheat flour (33.3%)**: **WHEAT Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1), Water, Rapeseed Oil, Palm Oil, Raising Agents: Sodium Carbonates (E500), Malic Acid (E296), Diphosphate (E450), Sugar, Salt, Lettuce, **Mayonnaise (Egg)(4.7%)**

## Egg Mayo Cress Sandwich

White Bread, **Wheat Flour (56.9%)**: **WHEAT Flour** (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier E472a, Preservative E282, Rapeseed Oil, Flour Treatment Agent E300, **Boiled Egg (24.4%)**, **Mayonnaise (Egg) (14.6%)**, Salad Cress (2.4%), Salt (1.6%).

## Lamb Kebab Wrap

Tortilla Bread made by **Wheat Flour**, Rapeseed Oil, Sugar, Salt, Lettuce, Iceberg (8.1%), Lamb Seekh Kebab: Lamb Mince, Onion, Green Chillies, Coriander, Mint Leaves, Salt, Garlic, Ginger, Crushed Chillies, Garam Masala, Tomato Sauce, Cumin Seeds, Herbs & Spices.

## Tuna Sweetcorn Sandwich

Sliced Bread **Wheat Flour (47.3%)** with added calcium, iron, niacin and thiamine, Water, Yeast, Salt, Emulsifier E472a, Preservative E282, Rapeseed Oil, Flour Treatment Agent E300, **Tuna (27.0%)**, **Mayonnaise (Egg) (12.2%)**, Sweetcorn (13.5%).

## Veg Pasta

Pasta (**Durum Wheat Semolina**), Mixed Veg, Olive Oil, Garlic, Onion, Baby Spinach Leaves, Cream (**Milk**), Shredded Cheese, Parsley or Basil & Herbs

## Cheese & Spring Onion Sandwich

White Bread, **Wheat Flour (53.0%)**: **WHEAT Flour** (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier E472a, Preservative E282, Rapeseed Oil, Flour Treatment Agent E300, **Cheese, Cheddar**, English (30.3%), **Mayonnaise (Egg 7.6%)**, Spring Onion (5.3%), Carrots (3.8%).

## VEG BIRYANI & CHANA DAAL

Veg Oil (containing **SOYA**), Cauliflower, Onion, Vegetables Stock, Curry Paste, Chilli, Saffron, **Mustard Seed**, Basmati Rice, Green Bean, Lemons, Coriander, Chana Dal, Garlic, Ginger, Chillies, **Ghee**, Cumin, Chilli Powder, Turmeric, Garam Masala, Tomatoes and Lemon.

For Allergen, Please See Ingredients in **Bold**

# INGREDIENTS- Menu

## Veg Lasagne with Garlic Bread

Veg Oil, Garlic, Vegetable Base Mix, Peppers, Chopped, Mixed Herbs, Tomato Purée, Chopped Tomatoes, **Lasagne Sauce, Egg Lasagne Sheets, Mozzarella, Garlic Bread (Mix butter (Milk), Parmesan, parsley and garlic powder, Olive Oil, Wheat Flour, Herbs, Chives & Oregano).**

## Macaroni Cheese with Peas

Mixed Vegetables, Peas, Macaroni Pasta (**Wheat Flour**), Veg Oil, Garlic Powder, Tomato, Salt and Pepper, Peas, **Cheese (MILK)**

## Vegan Sausages, Beans & Mash

Vegan Sausages, Oil, Onions, Mushrooms, Thyme, **Flour**, Stock, Marmite, Potatoes, **Butter, Milk and Cheese.**

## Hummus & Falafel Wrap & Mixed Salad Leaves

**Tortilla made with wheat flour (39.7%): WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1), Water, Rapeseed Oil, Palm Oil, Raising Agents: Sodium Carbonates (E500), Malic Acid (E296), Diphosphate (E450), Sugar, Salt, Humous (23.8%), Falafel (23.8%), Spring Onion (4.0%), Tahini Sauce (2.4%): Sesame Paste, Leaf Salad (6.3%): Mixed Salad Leaves.**

## OLIVES & HUMOUS SALAD

Chickpeas, Ground Cumin, Ground Coriander, Red Pepper Flakes, Garlic Crushed, Tahini, Garlic Sea Salt, Olive, Black Pepper and Lemon Juice.

## VEGAN CHICKEN WRAP

Vegan Cream Cheese, Flour Tortillas, Shredded Romaine, Tomatoes, Cheese, Red Onion and Chicken.

For Allergen, Please See Ingredients in **Bold**

# INGREDIENTS- Salad & Dessert Menu

## CUCUMBER & CHERRY TOMATOES

Cherry Tomato, Lettuce & Olive Oil

## CORN ON THE COB

Corn

## GREEN BEANS, POTATO & PEAS

Green Beans, Potato & Peas,  
Black Pepper & Olive Oil.

## CAULIFLOWER & BROCCOLI

Cauliflower & Broccoli,  
Olive Oil & Black Pepper

## CARROTS & CUCUMBER

Carrots, Cucumber, Olive Oil & Salt

## CUCUMBER, LETTUCE & TOMATO

Lettuce, Cucumber, Tomato & Olive Oil

## CUCUMBER, LETTUCE & SWEETCORN

Lettuce, Cucumber,  
Sweetcorn & Olive Oil

## SUMMER FRUITS

Bananas/ Apples/ Peaches/  
Plums/Pears/Oranges

## RICE PUDDING

Rice, Milk, Sugar, Salt,  
Cinnamon (Flavour), Single cream

## COOKIES

Butter, Sugar, Eggs, Vanilla Extract, Baking  
Soda, Salt, **Flour** and  
Chocolate Chips.

## CAKE & CUSTARD

**Flour**, Fat, Sugar, Eggs, **Gluten**, Liquid,  
Salt, Plant Peclin, **Milk**, Strawberry Juice,  
High Fructose Com Syrup, Fruit Pectin,  
Citric Acid.

## BROWNIES

Unsalted **Butter**, Dark Chocolate, Plain  
**Flour**, Cocoa Powder, White Chocolate,  
**Milk** Chocolate, Eggs and Golden Caster  
Sugar.

For Allergen, Please See Ingredients in **Bold**