



# EASTER HAF 2025 MENU & INGREDIENTS

2 Weeks Menu		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 07/04/25	Non veg	BBQ Chicken with Veggie Rice	Spaghetti Bolognese	Chicken Macaroni Pasta	Cheese Burger with Wedges	Chicken Pilau
	Chilled	Chicken Tikka Sandwich	Tuna Sweetcorn Sandwich	Chicken Tikka Wrap	Lamb Kebab Wrap	Cheese & Spring onion Sandwich
	Veg	Veg Biryani	Veg Pasta	Mac & Cheese	Veg Burger with Wedges	Veg Biryani
	Dessert	Brownies	Rice Pudding	Cake & Custard	Orange Jelly	Seasonal Fruits
	Side	Corn on the Cob	Roasted Carrots	Green Peas	Cherry Tomato Cucumber	Mixed Veg
WEEK 2 14/04/25	Non veg	Thai Beef Noodles with Spring Roll	Sweet Chilli Chicken Wings with Couscous	Beef Lasagne with Garlic Bread	Chicken Tikka Pasta	Meat Biryani
	Chilled	Chicken Baguette	Cheese & Spring onion Sandwich	Lamb Kebab Wrap	Chicken Tikka Wrap	Tuna Sweetcorn Sandwich
	Veg	Veg noodles with Spring Rolls	Veg Briyani	Veg Pasta	Veg Lasagne with Garlic Bread	Veg Biryani
	Dessert	Orange Jelly	Seasonal Fruits	Cake & Custard	Cookies	Firni
	Side	Broccoli	Corn & Green Peas	Courgette	Roast Veg	Green Beans

Each Meal Comes with a Side, Dessert & Bottle Water

**WEEKEND SPECIAL SATURDAY & SUNDAY**

**CHOOSE FROM:**

CHICKEN BIRYANI / MEAT BIRYANI / MEXICAN CHICKEN RICE / VEG BIRYANI  
SERVED WITH CHANA MASALA OR CHANA DAAL  
**SIDE: SALAD**

**ALLERGIES, INTOLERANCES AND SPECIFIC NEEDS**

PLEASE INFORM US PRIOR TO PLACING ORDERS

ALL ITEMS SUBJECT TO AVAILABILITY | ADVANCE ORDERS PLEASE

# INGREDIENTS- Main Menu

## BBQ Chicken with Veggie Rice

Chicken Drumstick, Rosemary, Onions, Garlic cloves, Thyme leaves, Olive Oil, Coconut **Milk**, BBQ sauce, Lemon Juice, Spring onion, **Yogurts (Milk)**, Mix Vegetable, Pilau Rice, Ginger, Pepper, Vegetable stock, Ground Coriander, Ground Cumin, Chilli Powder, Garam Masala & Veg Oil (**SOYA**).

## Spaghetti Bolognese

Spaghetti Pasta (**WHEAT**), Beef Mince, Tomato Paste, Garlic & Onion Paste, Ginger, Cornflour, Salt, Sugar & Veg Oil (**SOYA**).

## Chicken Macaroni Pasta

Diced Chicken, Macaroni Pasta (**Wheat Flour**), Veg Oil (**SOYA**), Garlic Powder, Tomato, Salt and Cheese (**MILK**)

## Cheese Burger with Wedges

Beef, Lettuce, **Wheat Flour**, Vegetable Oil (**SOYA**), Salt, Dextrose, **Yeast**, **Wheat Gluten**, Potato Starch, Maize Flour, Onion Powder, Yeast Extract, Black Pepper and White Pepper.

## Chicken Pilau

Chicken, Yoghurt (**MILK**), Lemon Juice, Onion, Butter (**MILK**), Spices, Tomato Puree, Garlic, Rice and Vegetable Oil (**SOYA**).

## Thai Beef Noodles with Spring Roll

Beef, Salt, Pepper, Crushed Chilli, Tomato, Ketchup, Capsicum, Garlic, Onion, Ginger, Veg Oil (**SOYA**) and **Noodles (Wheat, Paprika Extract, Rapeseed Oil), Spring Roll (Wheat Flour, Cabbage, Water, Carrot, Green Beans, Onion, Corn Starch, Seasoning and Sugar.**

## Sweet Chilli Chicken Wings with Couscous

Chicken Wings, Sugar, Salt, Sweet Chili Sauce, Couscous (**Durum Wheat Semolina**), Herbs and Spices.

## Beef Lasagne with Garlic Bread

Beef Mince, Pasta Sauce, Lasagne Sheet (**EGG, WHEAT**), Single Cream (**MILK**), Cheddar Cheese, Herbs, Garlic Bread **WHEAT (Milk)**, parsley, garlic powder and **Wheat Flour**.

## Chicken Tikka Pasta

Pasta **Durum Wheat Semolina**, Chicken Breast, Tandoori Paste, Kashmiri Masala, Lemon Juice, Salt, **Yogurt (MILK)**, Ginger, Garlic, Spices, Tomato Sauce **Mustard Powder**, Ginger, Onions and Veg Oil (**SOYA**).

## Meat Biryani

**Lamb Meat**, Rice, Biryani Mix (33.3%), Spices, Salt, **Ghee & Herbs**, Veg Oil (**SOYA**), Onions, Ginger & Garlic.

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



# INGREDIENTS- Menu

## VEG BIRYANI with CHANA DAAL

Veg Oil (**SOYA**), Mixed Vegetables, Onion, Vegetables Stock, Chilli Powder, Basmati Rice, Chana Daal, Garlic, Ginger, Cumin, Garam Masala and Tomatoes.

## Veggie Biryani with Chana Masala

Veg Oil (**SOYA**), Mixed Vegetables, Onion, Vegetables Stock, Chilli Powder, Basmati Rice, White Chickpeas, Garlic, Ginger, Cumin, Garam Masala and Tomatoes.

## Mac & Cheese

Penne Pasta (**Wheat Flour**), Veg Oil (**SOYA**), Veg Butter, Corn flour Salt and Pepper, Paprika, Vegan Cheese (Plant Base), Mixed Herbs, Garlic, Ginger and Mixed Vegetable.

## Veg Burger with Wedges

**Bun 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, Vegetables 55% (carrots, Green Peppers, Peas, Cooked Cannellini  
Mixed Veg, Garlic, Cloves, Veg Oil (**SOYA**), Paprika, Salad and **Sesame Seed**.

## Veg Lasagne with Garlic Bread

Mixed Vegetables, Pasta Sauce, Lasagne Sheet (**EGG, WHEAT**), Single Cream (**MILK**), Cheddar Cheese, Herbs, Garlic Bread **WHEAT (Milk)**, parsley, garlic powder and **Wheat Flour**.

## Chicken Tikka Sandwich

Bread made by **Wheat Flour (50.0%):** **WHEAT Flour**, 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%), **Mustard** and Smooth (1.4%)

## 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%)** and Sweetcorn (13.5%).

## 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%)** and **Mustard Powder (2.0%)**

## Lamb Kebab Wrap

Tortilla made with **wheat flour**, **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, Lamb Meat 60%, Onion, Chicken 0.5%, Whole Mixed Spices, Fresh Chilli, Garlic, Ginger, Herbs, Ground Spices and Lettuce.

## Cheese & Spring Onion Sandwich

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** (Vegan) Spring Onion (5.3%) and Carrots (3.8%).

## Chicken Baguette

**Baguette Bread:** **Wheat Flour** with added calcium, iron, niacin, and thiamine), Water, Yeast, Salt, Emulsifier E472a, Preservative E282, Rapeseed Oil, Flour Treatment Agent E300, Salt, Sugar, Chicken, Cucumber, Lettuce and **Mayonnaise (Egg)**.

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# INGREDIENTS- Salad & Dessert Menu

## Orange Jelly

Orange Juice, High Fructose Corn Syrup,  
Fruit Pectin and Citric Acid

## Corn on the Cob

Corn, black pepper and salt

## Firni

Rice, Single Cream, Milk, Samolina Extra  
Course and Sugar

## Broccoli

Broccoli, Olive Oil and Black Pepper

## Seasonal Fruits

Bananas / Apples / Oranges

## Rice Pudding

Rice, **Milk**, Sugar, Salt and Single Cream

## Cookies

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

## Cake & Custard

**Flour**, Sugar, Eggs, **Gluten**, Salt, Plant  
Pectin, **Milk**, High Fructose Corn Syrup,  
Fruit Pectin and Citric Acid

## Brownies

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

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