

Akshaya Patra UK – Summer HAF Programme 2026 | INDICATIVE MENU (24 July – 1 September 2026)

△ INDICATIVE ONLY – Dishes and ingredients may change before delivery. Allergens shown in bold & underlined. Produced in a factory handling Nuts, Wheat, Sesame, Dairy, Soya, Mustard. Allergen cross-contact can occur through shared utensils, pots & pans, and preparation surfaces.

| Week 1 | Dates → | 24th July | 27th July | 28th July | 29th July | 30th July | 31st July |
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| Main Meal | <i>Dish</i> | Vegetable Biryani (Slow cooked Veg Rice) | Garden Tomato and Basil Pasta | Mixed Veg Fried Rice | Pesto Pasta | Spinach Lasagna | Pasta e Ceci (Chickpea Pasta) |
| | <i>Ingredients</i> | Rice, Mixed Vegetables, Sunflower Oil, Salt, Sugar, Ginger, Green peas, Coriander powder, Soya , Indian spices, Garam masala, Cinnamon, mixed herbs, Black pepper, and Turmeric. | Durum wheat, semolina (Gluten) , Mixed vegetables, Black pepper, Mixed herbs, Sugar, Sunflower oil, Paprika powder, Tomato, Ginger, Sweet corn, Green peas, Salt, Basil. | Rice, Mixed Vegetables, Black Pepper, White Pepper, Mixed herbs, Sugar, Sunflower oil, Sweet corn, Green peas, Salt, Soya , Vinegar, Chilli Sauce. | Durum wheat, semolina (Gluten) , Spinach, Cheese (Milk) , Tomato, Mixed Herbs, Coriander, Basil, Chickpea, Salt, Lemon juice, Lemon oil, (Sulphate) , Asafoetida, Sunflower oil. | Plain flour, Durum wheat semolina, Asafoetida (Gluten), Butter, Cheese, Cream (Milk) , Black pepper, Mixed herbs, Indian spices, Sugar, Sunflower oil, Spinach, Paprika powder, Tomato, Ginger, Sweet corn, Green peas, Salt. | Durum wheat, semolina (Gluten) , Chickpeas, Carrot, Black pepper, Mixed herbs, Sugar, Sunflower oil, Paprika powder, Tomato, Ginger, Salt. |
| Special Meal | <i>Dish</i> | Vegetable Biryani (Slow cooked Veg Rice) | Cabbage Falafel | Mixed Veg Fried Rice | Potato Fritters | Spinach Falafel | Lentil Cake |
| | <i>Ingredients</i> | Rice, Mixed Vegetables, Sunflower Oil, Salt, Sugar, Ginger, Green peas, Coriander powder, Soya , Indian spices, Garam masala, Cinnamon, mixed herbs, Black pepper, and Turmeric. | Chickpeas, Cabbage, Ginger, Lemon (Sulphate) , Chilli, Asafoetida, Fresh Coriander, cumin, salt, Black pepper, Potato, Sunflower oil, Baking Soda. | Rice, Mixed Vegetables, Black Pepper, White Pepper, Mixed herbs, Sugar, Sunflower oil, Sweet corn, Green peas, Salt, Soya , Vinegar, Chilli Sauce. | Chickpeas, Potato, Chilli, Asafoetida, salt, Cumin, Sunflower oil, Baking Soda. | Chickpeas, Spinach, Ginger, Lemon (Sulphate) , Chilli, Asafoetida, Fresh Coriander, cumin, salt, Black pepper, Potato, Sunflower oil, Baking Soda. | Chickpea, Sodium bicarbonate, Sulphate , Lemon, salt, Sugar, Sunflower oil, Cumin, Turmeric powder. |
| Dessert | <i>Dish</i> | Carrot Cake | Apple Cake | Banana Cake | Apple Cake | Banana Cake | Carrot Cake |
| | <i>Ingredients</i> | Self-rising flour (Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate) , Milk , Vanilla Essence, Sunflower Oil, Carrot. | Self-rising flour (Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate) , Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Apple. | Self-rising flour (Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate) , Milk , Vanilla Essence, Sunflower Oil, Banana. | Self-rising flour (Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate) , Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Apple. | Self-rising flour (Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate) , Milk , Vanilla Essence, Sunflower Oil, Banana. | Self-rising flour (Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate) , Milk , Vanilla Essence, Sunflower Oil, Carrot. |
| GF & DF Dessert | <i>Dish</i> | Carrot Cake | Apple Cake | Banana Cake | Apple Cake | Banana Cake | Carrot Cake |
| | <i>Ingredients</i> | 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, Carrot. | 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. | 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, Banana. | 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. | 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, Banana. | 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, Carrot. |
| Week 2 | Dates → | 3rd August | 4th August | 5th August | 6th August | 7th August | |
| Main Meal | <i>Dish</i> | Jollof Rice (Stewed Tomato Rice with Chickpeas) | Stir Fry Noodles with Veg | Homestyle Mac and Cheese | Spaghetti with Tomato Sauce | Vegetable Biryani (Slow cooked Veg Rice) | |
| | <i>Ingredients</i> | Rice, Chickpeas, Cabbage, Tomato paste, Potato, Sunflower Oil, Salt, Fresh Coriander, Indian spices, Chilli powder, Green peas, Turmeric, sugar, Asafoetida, Ginger. | Durum wheat, semolina (Gluten) , Mixed vegetables, Black pepper, Mixed herbs, Sugar, Sunflower oil, Paprika powder, Tomato, Potato, Ginger, Sweet corn, Green peas, Salt, Soya , Vinegar, Tomato ketchup. | Gluten (Penne pasta, Refined Flour), Milk (Cheese, Fresh cream, Butter) , Sunflower Oil, Mixed herbs, Salt, Sugar. | Durum wheat, semolina (Gluten) , Mixed vegetables, Black pepper, Mixed herbs, Sugar, Sunflower oil, Paprika powder, Tomato, Ginger, Sweet corn, Green peas, Salt, Basil. | Rice, Mixed Vegetables, Sunflower Oil, Salt, Sugar, Ginger, Green peas, Coriander powder, Soya , Indian spices, Garam masala, Cinnamon, mixed herbs, Black pepper, and Turmeric. | |
| | <i>Dish</i> | Jollof Rice (Stewed Tomato Rice with Chickpeas) | Potato Fritters | Lentil Fritters | Cabbage Falafel | Vegetable Biryani (Slow cooked Veg Rice) | |

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| Special Meal | <i>Ingredients</i> | Rice, Chickpeas, Cabbage, Tomato paste, Potato, Sunflower Oil, Salt, Fresh Coriander, Indian spices, Chili powder, Green peas, Turmeric, sugar, Asafoetida, Ginger. | Chickpeas, Potato, Chilli, Asafoetida, salt, Cumin, Sunflower oil, Baking Soda. | Chickpeas, Ginger, Lemon(Sulphate), Chilli, Asafoetida, Fresh Coriander, cumin, salt, Black pepper, Potato, Sunflower oil, Baking Soda. | Chickpeas, Cabbage, Ginger, Lemon(Sulphate), Chilli, Asafoetida, Fresh Coriander, cumin, salt, Black pepper, Potato, Sunflower oil, Baking Soda. | Rice, Mixed Vegetables, Sunflower Oil, Salt, Sugar, Ginger, Green peas, Coriander powder, Soya , Indian spices, Garam masala, Cinnamon, mixed herbs, Black pepper, and Turmeric. |
| Dessert | <i>Dish</i> | Apple Cake | Pears Cake | Carrot Cake | Apple Cake | Carrot Cake |
| | <i>Ingredients</i> | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Apple. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Pears. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Sunflower Oil, Carrot. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Apple. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Sunflower Oil, Carrot. |
| GF & DF Dessert | <i>Dish</i> | Apple Cake | Pears Cake | Carrot Cake | Apple Cake | Carrot Cake |
| | <i>Ingredients</i> | 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. | 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, Pears. | 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, Carrot. | 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. | 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, Carrot. |
| Week 3 | Dates → | 10th August | 11th August | 12th August | 13th August | 14th August |
| Main Meal | <i>Dish</i> | Garden Tomato and Basil Pasta | Mixed Veg Fried Rice | Pesto Pasta | Spinach Lasagna | Pasta e Ceci (Chickpea Pasta) |
| | <i>Ingredients</i> | Durum wheat semolina(Gluten) , Mixed vegetables, Black pepper, Mixed herbs, Sugar, Sunflower oil, Paprika powder, Tomato, Ginger, Sweet corn, Green peas, Salt, Basil. | Rice, Mixed Vegetables, Black Pepper, White Pepper, Mixed herbs, Sugar, Sunflower oil, Sweet corn, Green peas, Salt, Soya , Vinegar, Chilli Sauce. | Durum wheat semolina (Gluten) , Spinach, Cheese(Milk) , Tomato, Mixed Herbs, Coriander, Basil, Chickpea, Salt, Lemon juice, Lemon oil, (Sulphate), Asafoetida, Sunflower oil. | Plain flour, Durum wheat semolina, Asafoetida (Gluten), Butter, Cheese, Cream (Milk) , Black pepper, Mixed herbs, Indian spices, Sugar, Sunflower oil, Spinach, Paprika powder, Tomato, Ginger, Sweet corn, Green peas, Salt. | Durum wheat semolina(Gluten) , Chickpeas, Carrot, Black pepper, Mixed herbs, Sugar, Sunflower oil, Paprika powder, Tomato, Ginger, Salt. |
| Special Meal | <i>Dish</i> | Cabbage Falafel | Mixed Veg Fried Rice | Potato Fritters | Spinach Falafel | Lentil Cake |
| | <i>Ingredients</i> | Chickpeas, Cabbage, Ginger, Lemon(Sulphate), Chilli, Asafoetida, Fresh Coriander, cumin, salt, Black pepper, Potato, Sunflower oil, Baking Soda. | Rice, Mixed Vegetables, Black Pepper, White Pepper, Mixed herbs, Sugar, Sunflower oil, Sweet corn, Green peas, Salt, Soya , Vinegar, Chilli Sauce. | Chickpeas, Potato, Chilli, Asafoetida, salt, Cumin, Sunflower oil, Baking Soda. | Chickpeas, Spinach, Ginger, Lemon(Sulphate), Chilli, Asafoetida, Fresh Coriander, cumin, salt, Black pepper, Potato, Sunflower oil, Baking Soda. | Chickpea, Sodium bicarbonate, Sulphate , Lemon, salt, Sugar, Sunflower oil, Cumin, Turmeric powder. |
| Dessert | <i>Dish</i> | Apple Cake | Banana Cake | Apple Cake | Banana Cake | Carrot Cake |
| | <i>Ingredients</i> | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Apple. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Sunflower Oil, Banana. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Apple. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Sunflower Oil, Banana. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Sunflower Oil, Carrot. |
| | <i>Dish</i> | Apple Cake | Banana Cake | Apple Cake | Banana Cake | Carrot Cake |

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| GF & DF Dessert | <i>Ingredients</i> | 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. | 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, Banana. | 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. | 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, Banana. | 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, Carrot. |
| Week 4 | Dates → | 17th August | 18th August | 19th August | 20th August | 21st August |
| Main Meal | <i>Dish</i> | Jollof Rice (Stewed Tomato Rice with Chickpeas) | Stir Fry Noodles with Veg | Homestyle Mac and Cheese | Spaghetti with Tomato Sauce | Vegetable Biryani (Slow cooked Veg Rice) |
| | <i>Ingredients</i> | Rice, Chickpeas, Cabbage, Tomato paste, Potato, Sunflower Oil, Salt, Fresh Coriander, Indian spices, Chili powder, Green peas, Turmeric, sugar, Asafoetida, Ginger. | Durum wheat, semolina(Gluten) , Mixed vegetables, Black pepper, Mixed herbs, Sugar, Sunflower oil, Paprika powder, Tomato, Potato, Ginger, Sweet corn, Green peas, Salt, Soya , Vinegar, Tomato ketchup. | Gluten(Penne pasta, Refined Flour) , Milk(Cheese, Fresh cream, Butter) , Sunflower Oil, Mixed herbs, Salt, Sugar. | Durum wheat, semolina(Gluten) , Mixed vegetables, Black pepper, Mixed herbs, Sugar, Sunflower oil, Paprika powder, Tomato, Ginger, Sweet corn, Green peas, Salt, Basil. | Rice, Mixed Vegetables, Sunflower Oil, Salt, Sugar, Ginger, Green peas, Coriander powder, Soya , Indian spices, Garam masala, Cinnamon, mixed herbs, Black pepper, and Turmeric. |
| Special Meal | <i>Dish</i> | Jollof Rice (Stewed Tomato Rice with Chickpeas) | Potato Fritters | Lentil Fritters | Cabbage Falafel | Vegetable Biryani (Slow cooked Veg Rice) |
| | <i>Ingredients</i> | Rice, Chickpeas, Cabbage, Tomato paste, Potato, Sunflower Oil, Salt, Fresh Coriander, Indian spices, Chili powder, Green peas, Turmeric, sugar, Asafoetida, Ginger. | Chickpeas, Potato, Chilli, Asafoetida, salt, Cumin, Sunflower oil, Baking Soda. | Chickpeas, Ginger, Lemon(Sulphate), Chilli, Asafoetida, Fresh Coriander, cumin, salt, Black pepper, Potato, Sunflower oil, Baking Soda. | Chickpeas, Cabbage, Ginger, Lemon(Sulphate), Chilli, Asafoetida, Fresh Coriander, cumin, salt, Black pepper, Potato, Sunflower oil, Baking Soda. | Rice, Mixed Vegetables, Sunflower Oil, Salt, Sugar, Ginger, Green peas, Coriander powder, Soya , Indian spices, Garam masala, Cinnamon, mixed herbs, Black pepper, and Turmeric. |
| Dessert | <i>Dish</i> | Apple Cake | Pears Cake | Carrot Cake | Apple Cake | Carrot Cake |
| | <i>Ingredients</i> | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice. (Sulphate) , Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Apple. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice. (Sulphate) , Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Pears. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice. (Sulphate) , Milk , Vanilla Essence, Sunflower Oil, Carrot. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice. (Sulphate) , Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Apple. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice. (Sulphate) , Milk , Vanilla Essence, Sunflower Oil, Carrot. |
| GF & DF Dessert | <i>Dish</i> | Apple Cake | Pears Cake | Carrot Cake | Apple Cake | Carrot Cake |
| | <i>Ingredients</i> | 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. | 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, Pears. | 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, Carrot. | 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. | 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, Carrot. |
| Week 5 | Dates → | 24th August | 25th August | 26th August | 27th August | 28th August |
| Main Meal | <i>Dish</i> | Garden Tomato and Basil Pasta | Mixed Veg Fried Rice | Pesto Pasta | Spinach Lasagna | Pasta e Ceci (Chickpea Pasta) |
| | <i>Ingredients</i> | Durum wheat, semolina(Gluten) , Mixed vegetables, Black pepper, Mixed herbs, Sugar, Sunflower oil, Paprika powder, Tomato, Ginger, Sweet corn, Green peas, Salt, Basil. | Rice, Mixed Vegetables, Black Pepper, White Pepper, Mixed herbs, Sugar, Sunflower oil, Sweet corn, Green peas, Salt, Soya , Vinegar, Chilli Sauce. | Durum wheat, semolina (Gluten) , Spinach, Cheese(Milk) , Tomato, Mixed Herbs, Coriander, Basil, Chickpea, Salt, Lemon juice, Lemon oil. (Sulphate) , Asafoetida, Sunflower oil. | Plain flour, Durum wheat semolina, Asafoetida (Gluten), Butter, Cheese, Cream (Milk) , Black pepper, Mixed herbs, Indian spices, Sugar, Sunflower oil, Spinach, Paprika powder, Tomato, Ginger, Sweet corn, Green peas, Salt. | Durum wheat, semolina(Gluten) , Chickpeas, Carrot, Black pepper, Mixed herbs, Sugar, Sunflower oil, Paprika powder, Tomato, Ginger, Salt. |
| | <i>Dish</i> | Cabbage Falafel | Mixed Veg Fried Rice | Potato Fritters | Spinach Falafel | Lentil Cake |

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| Special Meal | <i>Ingredients</i> | Chickpeas, Cabbage, Ginger, Lemon(Sulphate), Chilli, Asafoetida, Fresh Coriander, cumin, salt, Black pepper, Potato, Sunflower oil, Baking Soda. | Rice, Mixed Vegetables, Black Pepper, White Pepper, Mixed herbs, Sugar, Sunflower oil, Sweet corn, Green peas, Salt, Soya , Vinegar, Chilli Sauce. | Chickpeas, Potato, Chilli, Asafoetida, salt, Cumin, Sunflower oil, Baking Soda. | Chickpeas, Spinach, Ginger, Lemon(Sulphate), Chilli, Asafoetida, Fresh Coriander, cumin, salt, Black pepper, Potato, Sunflower oil, Baking Soda. | Chickpea, Sodium bicarbonate, Sulphate , Lemon, salt, Sugar, Sunflower oil, Cumin, Turmeric powder. |
| Dessert | <i>Dish</i> | Apple Cake | Banana Cake | Apple Cake | Banana Cake | Carrot Cake |
| | <i>Ingredients</i> | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Apple. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Sunflower Oil, Banana. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Apple. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Sunflower Oil, Banana. | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Sunflower Oil, Carrot. |
| GF & DF Dessert | <i>Dish</i> | Apple Cake | Banana Cake | Apple Cake | Banana Cake | Carrot Cake |
| | <i>Ingredients</i> | 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. | 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, Banana. | 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. | 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, Banana. | 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, Carrot. |

| Week 6 | Dates → | 1st September |
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| Main Meal | <i>Dish</i> | Jollof Rice (Stewed Tomato Rice with Chickpeas) |
| | <i>Ingredients</i> | Rice, Chickpeas, Cabbage, Tomato paste, Potato, Sunflower Oil, Salt, Fresh Coriander, Indian spices, Chili powder, Green peas, Turmeric, sugar, Asafoetida, Ginger. |
| Special Meal | <i>Dish</i> | Jollof Rice (Stewed Tomato Rice with Chickpeas) |
| | <i>Ingredients</i> | Rice, Chickpeas, Cabbage, Tomato paste, Potato, Sunflower Oil, Salt, Fresh Coriander, Indian spices, Chili powder, Green peas, Turmeric, sugar, Asafoetida, Ginger. |
| Dessert | <i>Dish</i> | Apple Cake |
| | <i>Ingredients</i> | Self-rising flour(Gluten) , Sugar, Baking soda, Baking powder, Lemon Juice, (Sulphate), Milk , Vanilla Essence, Cinnamon powder, Sunflower Oil, Apple. |
| | <i>Dish</i> | Apple Cake |

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| GF & DF Dessert | Ingredients | <u>Flour Blend</u> (Rice, Potato, tapioca, maize, <u>Buckwheat</u>), Raising agents (mono-calcium phosphate, Sodium bicarbonate), Thickener (<u>xanthan gum</u>), Sugar, Baking soda, Lemon Juice, (<u>Sulphate</u>), <u>Soya Milk</u> , Vanilla Essence, Cinnamon powder, Sunflower Oil, Apple. |
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Allergens shown in bold & underlined. Indicative menu– subject to change before delivery.