

Waverley Abbey Autumn/Winter Menu - Lunch and Evening Meals							
<i>Note: Jacket potatoes with assorted fillings and salad will also be available daily.</i>							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	SUNDAY lunch
Lunch - Option A	Tomato and Basil Soup [GF, DF, VE] with a choice of Filled Rolls [including GF/DF/VE options]	Spicy Parsnip Soup [GF, DF, VE] with a choice of Filled Rolls [including GF/DF/VE options]	Sweet Potato and Coconut Soup [GF, DF, VE] with a choice of Filled Rolls [including GF/DF/VE options]	Leek and Potato Soup [GF, DF, VE] with a choice of Filled Rolls [including GF/DF/VE options]	Carrot, Orange and Coriander Soup [GF, DF, VE] with a choice of Filled Rolls [including GF/DF/VE options]	Butternut Squash Soup [GF, DF, VE] with a choice of Filled Rolls [including GF/DF/VE options]	<i>As Monday's soup</i>
Ingredients	Soup: tomatoes, onion, garlic, olive oil, basil, stock, sugar [ingredients of filled rolls will vary and will be available onsite]	Soup: parsnip, onion, apple, olive oil, stock, madras curry powder [ingredients of filled rolls will vary and will be available onsite]	Soup: sweet potato, garlic, onion, coconut milk, stock [ingredients of filled rolls will vary and will be available onsite]	Soup: leek, potato, salt, pepper, stock [ingredients of filled rolls will vary and will be available onsite]	Soup: carrot, onion, garlic, orange juice, coriander, stock [ingredients of filled rolls will vary and will be available onsite]	Soup: butternut squash, onion, garlic, ginger, red lentils, stock [ingredients of filled rolls will vary and will be available onsite]	
ALLERGENS	YEAST	YEAST, CELERY	NUTS, YEAST, CELERY	YEAST, CELERY	YEAST, CELERY	YEAST, CELERY	
Lunch - Option B	Curried Sweet Potato, Chick Pea, Coconut and Spinach Bliss Bowl [VE, DF, GF]	Squash, Lentil and Bean Bliss Bowl with Raita [VE, DF, GF]	Sun Blushed Tomato and Olive Paella Bliss Bowl [VE, DF, GF]	Tofu and Roast Vegetable Ramen Bliss Bowl [VE, DF, GF]	Roasted Broccoli Bliss Bowl with Sunbutter Sauce [VE, DF, GF]	Mujadara with Roasted Vegetables [VE, DF, GF]	Nut Roast with Tomato Concasse, Seasonal Vegetables, Roasted Potatoes [DF, GF, VE]
Description	<i>A mildly spiced and slightly sweet, thick stew like vegan curry. Perfect comfort food. Served with steamed whole grain rice and a wedge of lime.</i>	<i>A hearty bowl of goodness, yet light enough for a lunch, with warming spices.</i>	<i>A touch of Spain in a bowl with brightly coloured vegetables and olives.</i>	<i>A healthy, satisfying, and delicious plant based meal, with miso roasted vegetables and crispy tofu.</i>	<i>A healthy bowl of broccoli, smoky chick peas and quinoa with an Asian style peanut sauce (sauce served separately).</i>	<i>A bliss bowl with a middle eastern twist. Lentils, rice, passata and spices topped with roasted vegetables.</i>	<i>A delicious and nutritious nut roast made in-house.</i>
Ingredients	coconut oil, cumin, coriander, paprika, salt, pepper, onion, garlic, fresh ginger, sweet potato, chick peas, coconut milk, tomatoes, spinach, whole grain rice, lime	butternut squash, red lentils, onions, olive oil, cumin, chilli, tomatoes, brown sugar, kidney beans, raita (optional) (red wine vinegar, cucumber, coconut yoghurt, mint, parsley)	onions, mixed bell peppers, courgettes, garlic, tomato puree, paella rice, stock, sun blushed tomatoes, artichokes, mixed olives, lemon, parsley	sesame oil, garlic, fresh ginger, onion, spring onion, carrot, bok choy, tofu, mixed bell pepper, miso paste, rice noodles, mushrooms	broccoli, chick peas, quinoa, paprika, olive oil, salt, peanut butter, tamari, maple syrup, lime juice, limes, rice vinegar, garlic, spring onions, sesame seeds	olive oil, courgette, onions, aubergine, red and yellow bell peppers, whole grain basmati rice, stock, cumin, turmeric, cinnamon, coriander, mint, parsley, green lentils, tomato passata, coconut yoghurt (optional)	olive oil, ground almonds, onions, garlic, carrot, parsnip, bell peppers, stock, paprika, oregano, tomato puree, chick peas, chopped mixed nuts, tomatoes
ALLERGENS	NUTS	SULPHITES, NUTS (only in yoghurt)	YEAST, CELERY	SESAME, SOYA, CELERY, YEAST	NUTS, SOYA, SULPHITES, SESAME	NUTS, CELERY, YEAST	NUTS, CELERY, YEAST
Lunch - Option C	Chicken, Honey and Ginger Skewers on a Bed of Courgette and Lemon Risotto served a Mixed Salad	Mediterranean Vegetable Flan served with a Mixed Salad and Rustic Wedges	Tuna Mayonnaise with Baked Potato and a Mixed Salad [DF, GF]	Roast Vegetable Frittata with Mixed Salad and Warm Rustic Bread [GF except bread - request GF bread, DF]	Ratatouille with Baked Potato and a Mixed salad [DF, GF]	Red Onion and Goat's Cheese Tart served with Rustic Wedges and a Mixed Salad	Roast Chicken served with Seasonal Vegetables, Roasted Potatoes and Gravy (GF except gravy - request GF gravy at mealtime)
Ingredients	chicken, honey, ginger, olive oil, lemon juice, lemon zest, onions, garlic, courgette, arborio rice, butter, salt, pepper, herbs, salad (tomatoes, cucumber, lettuce, red onion, assorted bell peppers)	wheat flour, butter, cream, mozzarella, egg, olive oil, sundried tomatoes, red onions, basil, salt, pepper, salad (tomatoes, cucumber, lettuce, red onion, assorted bell peppers), potato	potato, olive oil, tuna, mayonnaise, salt, pepper, salad (tomatoes, cucumber, lettuce, red onion, assorted bell peppers)	butternut squash, onions, garlic, assorted bell peppers, courgettes, eggs, herbs, olive oil, salt, pepper, salad (tomatoes, cucumber, lettuce, red onion, assorted bell peppers), bread	bell peppers, onions, garlic, courgette, aubergine, tomato puree, tomatoes, white wine, stock, basil, oregano, sugar, salad (tomatoes, cucumber, lettuce, red onion, assorted bell peppers), potato	wheatflower, butter, eggs, cream, red onions, olive oil, goats cheese, salt, pepper, nutmeg, potato, salad (tomatoes, cucumber, lettuce, red onion, assorted bell peppers)	
ALLERGENS	DAIRY	GLUTEN, DAIRY, EGG	EGGS	EGGS, GLUTEN in bread	SULPHITE, YEAST, CELERY	WHEAT, GLUTEN, DAIRY, EGGS	WHEAT (in gravy - but ask for GF gravy at serving time), CELERY,

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<i>Description</i>	<i>A mildly spiced and slightly sweet, thick stew like vegan curry. Perfect comfort food. Served with steamed whole grain rice and a wedge of lime.</i>	<i>A hearty bowl of goodness, yet light enough for a lunch, with warming spices.</i>	<i>A touch of Spain in a bowl with brightly coloured vegetables and olives.</i>	<i>A healthy, satisfying, and delicious plant based meal, with miso roasted vegetables and crispy tofu.</i>	<i>A healthy bowl of broccoli, smoky chick peas and quinoa with an Asian style peanut sauce (sauce served separately).</i>	<i>A bliss bowl with a middle eastern twist. Lentils, rice, passata and spices topped with roasted vegetables.</i>	
<i>Ingredients</i>	coconut oil, cumin, coriander, paprika, salt, pepper, onion, garlic, fresh ginger, sweet potato, chick peas, coconut milk, tomatoes, spinach, whole grain rice, lime	butternut squash, red lentils, onions, olive oil, cumin, chilli, tomatoes, brown sugar, kidney beans, raita (optional) (red wine vinegar, cucumber, coconut yoghurt, mint, parsley)	onions, mixed bell peppers, courgettes, garlic, tomato puree, paella rice, stock, sun blushed tomatoes, artichokes, mixed olives, lemon, parsley	sesame oil, garlic, fresh ginger, onion, spring onion, carrot, bok choy, tofu, mixed bell pepper, miso paste, rice noodles, mushrooms	broccoli, chick peas, quinoa, paprika, olive oil, salt, peanut butter, tamari, maple syrup, lime juice, limes, rice vinegar, garlic, spring onions, sesame seeds	olive oil, courgette, onions, aubergine, red and yellow bell peppers, whole grain basmati rice, stock, cumin, turmeric, cinnamon, coriander, mint, parsley, green lentils, tomato passata, coconut yoghurt (optional)	
ALLERGENS	NUTS	SULPHITES, NUTS (only in yoghurt)	YEAST, CELERY	SESAME, SOYA, CELERY, YEAST	NUTS, SOYA, SULPHITES, SESAME	NUTS (only in yoghurt), CELERY, YEAST	
Evening Meal - Option B	Traditional Homemade Cottage Pie served with Steamed Seasonal Vegetables [DF, GF]	Pork Medallions in a Creamy Leek Sauce served with Herby Diced Potatoes and a Selection of Seasonal Vegetables [GF]	Chicken Korma served with Steamed Whole Grain Basmati Rice, Garlic and Coriander Naan Bread, and Mango Chutney	Chilli Con Carne served with Steamed Whole Grain Rice, Sour Cream and Chive Dip, and Tortilla Chips [GF]	Lancashire Hotpot served with Steamed Seasonal Vegetables [DF]	Beef Lasagne served with a Mixed Salad and a Wedge of Rustic Bread	
<i>Ingredients</i>	minced beef, onions, carrots, olive oil, thyme, stock, potatoes, oat milk, salt, pepper, assorted seasonal vegetables	pork fillet, olive oil, leeks, cream, stock, assorted seasonal vegetables, potatoes, mixed herbs, salt, pepper	chicken, olive oil, onions, garlic, korma paste, bell peppers, coconut milk, stock, naan bread, whole grain rice, mango chutney	minced beef, onions, garlic, olive oil, chilli powder, tomatoes, tomato puree, kidney beans, stock, wholegrain rice, sour cream, chives, salt, pepper, tortilla chips	lamb, onions, carrots, potatoes, rosemary, bay leaves, butter, flour, stock, salt, pepper, assorted seasonal vegetables	minced beef, lasagne sheets, onion, garlic, basil, oregano, tomato, tomato puree, stock, red wine, sugar, flour, milk, cheese, nutmeg, salad (romaine lettuce, cucumber, bell peppers, tomato, red onion), rustic bread	
ALLERGENS	YEAST, CELERY, WHEAT GLUTEN, EGG	DAIRY, CELERY, YEAST	MUSTARD, COCONUT, NUTS, YEAST, CELERY, WHEAT GLUTEN	YEAST, CELERY, DAIRY	GLUTEN, CELERY, YEAST	GLUTEN, DAIRY, SUPHLITES, YEAST, EGG, CELERY	
Evening Meal - Option C	Green Lentil and Root Vegetable Cottage Pie served with a Selection of Seasonal Vegetables [VE, GF, DF]	Braised Fennel, Butterbean and Sundried Tomato Casserole served with Steamed Seasonal Vegetables and Herby Diced Potatoes [GF, DF, VE]	Vegetable and Chickpea Korma served with Steamed Whole Grain Basmati Rice, Garlic and Coriander Naan Bread and Mango Chutney [VE (without Naan bread), GF (request GF Naan bread), DF]	Vegetable Chilli served with Steamed Whole Grain Rice, Tortilla Chips and Sour Cream and Chive Dip [VE, GF, DF (request DF dip = coconut yoghurt & chive, so will contain nuts)]	Braised Leek and Mature Cheddar Strudel served with Sauté Potatoes and a Selection of Seasonal Vegetables [GF]	Vegetable and Lentil Lasagne served with a Mixed Salad and a Wedge of Rustic Bread	
<i>Ingredients</i>	green lentils, onion, carrots, parsnips, swede, thyme, olive oil, stock, seasonal vegetables	fennel, onion, garlic, sundried tomatoes, tomatoes, butter beans, stock, assorted vegetables, potatoes, mixed herbs, olive oil, salt, pepper	butternut squash, onions, garlic, bell peppers, korma paste, coconut milk, stock, chick peas, whole grain basmati rice, naan bread, mango chutney	onions, garlic, olive oil, mixed bell peppers, butternut squash, tomatoes, tomato puree, kidney beans, stock, wholegrain rice, sour cream, chives, salt, pepper, tortilla chips	leeks, garlic, cream, stock, cheddar cheese, salt, pepper, filo pastry, assorted vegetables, potatoes	onion, garlic, bell peppers, carrot, celery, lentils, tomato, tomato puree, stock, lasagne sheets, milk, butter, flour, cheddar cheese, salt, pepper, nutmeg, salad (romaine lettuce, tomato, cucumber, red onion, bell pepper), rustic bread	

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ALLERGENS	YEAST, CELERY	CELERY, YEAST	MUSTARD, COCONUT, NUTS, YEAST, CELERY, WHEAT GLUTEN	CELERY, YEAST, DAIRY	CELERY, YEAST, DAIRY	DAIRY, GLUTEN, EGG, CELERY, YEAST	