




EASTER MENU 2022

		MONDAY 4TH APRIL	TUESDAY 5TH APRIL	WEDNESDAY 6TH APRIL	THURSDAY 7TH APRIL	FRIDAY 8TH APRIL
WEEK 1	MAIN MENU	Garden Veggie Spaghetti	Jacket Potato with Beans & Cheese	Veggie Lasagne	Curried Paneer with Peas and Rice	Tomato Basil Penne Pasta
	GLUTEN FREE & DAIRY FREE	Vegetable Biryani	Jacket Potato with Beans	Vegan Bean Curry with Rice	Curried Tofu with Peas and Rice	Jacket Potato with Beans
		MONDAY 11TH APRIL	TUESDAY 12TH APRIL	WEDNESDAY 13TH APRIL	THURSDAY 14TH APRIL	Each meal is served with a piece of fruit 
WEEK 2	MAIN MENU	TAPF Mac and Cheese	Vegetable Biryani	TAPF Shepherd's Pie	Broccoli, Pepper & Sweet Corn Fusilli Pasta	
	GLUTEN FREE & DAIRY FREE	Vegan Bean Curry with Rice	Vegetable Biryani	Curried Tofu with Peas and Rice	Vegan Bean Curry with Rice	

#NOURISHTOFLOURISH

For further enquiries please contact:
mealsupport@tapf.org.uk
+44 77766 20252

The Akshaya Patra Foundation UK
Charity No: 1117756

Allergy Information - Dairy free & Gluten free meals have been provided as above. Servers are advised to check the ingredients sheet before serving the meals. We use a large variety of ingredients in our meals, and due to the nature of our kitchen, it is not possible to remove the risk of cross contamination.

EASTER MENU 2022

LIST OF INGREDIENTS

Garden Veggie Spaghetti

Gluten(Spaghetti), Peeled Tomato, Mixed seasonal vegetables, Mixed herbs, Mixed spices, **Milk(Butter)**, Sunflower oil, Salt, Sugar.

Vegetable Biryani

Rice, Tomato, Cumin, Ginger, Sunflower oil, Salt, Sugar, Peas, carrot, courgette potato, Mixed spices(coriander, Turmeric, cumin, cinnamon powder).

Jacket Potato with Beans & Cheese

Potato, Salt, Sunflower Oil, Baked beans, Tomato, Sunflower oil, Sugar, **Cheese**.

Vegan Bean Curry with Rice

Rice, Kidney Beans, Oil, Mixed vegetables, Mixed spices. Tomato, Sugar, Salt.

Veggie Lasagne

Gluten(Lasagne sheets, Plain flour), **Milk (Cheese, Cream, Butter)** Peeled Tomato, Mixed seasonal vegetables, Mixed herbs, Black pepper powder, Basil powder, Paprika powder, Ginger, Fresh coriander, Sunflower oil, Salt, Sugar.

Tomato Basil Penne Pasta

Gluten (Pasta), Peeled Tomato, Mixed seasonal vegetables, Mixed herbs, Black pepper powder, Basil powder, Paprika powder, Ginger, Fresh coriander, **Milk (Butter)**, Sunflower oil, Salt, Sugar.

TAPF Shepherd's Pie

Cheese, Fresh cream, Asafoetida, Flour, Milk, Butter, Soya Chunks, Potato, Tomato, Salt, ginger, Peas, Salt, Mix herbs, Pepper, sunflower oil, baked beans.

Curried Paneer with Peas and Rice

Rice, Peas, Oil, Mixed vegetables, Mixed spices. **Paneer (Butter)**, Tomato, Sugar, Salt.

TAPF Mac and Cheese

Gluten (Penne pasta, Refined Flour), **Milk(Cheese, Fresh cream, Butter)**, Sunflower Oil, Mixed herbs, Salt, Sugar.

***Allergens highlighted in Bold and Underlined**

Allergy Information- Dairy free & Gluten free meals have been provided as above. Servers are advised to check the ingredients sheet before serving the meals. We use a large variety of ingredients in our meals, and due to the nature of our kitchen, it is not possible to remove the risk of cross contamination.

EASTER MENU 2022

LIST OF INGREDIENTS

Broccoli, Pepper & Sweet Corn Fusilli Pasta

Gluten (Fusilli pasta, Refined Flour),
Milk(Cheese, Fresh cream, Butter),
Sunflower Oil, Mixed herbs, Salt, Sugar,
Broccoli, Pepper, sweet corn.

Curried Paneer with Peas and Rice

Soya(Tofu), Rice, Peas, Salt, Sugar,
Tomato, Ginger, Sunflower oil, Indian
mixed spices (Garam masala), turmeric
powder, Coriander powder, cumin
powder, Fenugreek leaves.

Jacket Potato with Beans

Potato, Salt, Sunflower Oil, Baked
beans, Tomato, Sunflower oil,
Sugar.

***Allergens highlighted in Bold and Underlined**

Submit your Easter HAF Order Request at: www.tapf.org.uk/order-submission

Allergy Information- Dairy free & Gluten free meals have been provided as above. Servers are advised to check the ingredients sheet before serving the meals. We use a large variety of ingredients in our meals, and due to the nature of our kitchen, it is not possible to remove the risk of cross contamination.