

# Autumn Winter Week 1 Lunch



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Chicken Curry Pilau Rice	Chicken, Coconut Milk, Tomato <b>T</b> , Onion, Peppers, Green Beans, Carrot, Garlic, Coriander, Cumin, Turmeric, Garam Masala, Ginger, Rice,	Marshfield Strawberry Ice Cream	Milk <b>D</b> , Dextrose, Sustainable Palm Oil, Guar Gum, Natural Flavouring
TUESDAY	Organic Beef Goulash Wholemeal Pasta	Beef, Cream <b>D</b> , Peppers, Red Lentils, Onion, Tomato <b>T</b> , Swede, Garlic, Paprika, Carrot, Parsley, Gravy, Rapeseed Oil Pasta <b>G</b>	Spiced Pumpkin & Date Sponge	Self-raising Flour <b>G</b> , Caster Sugar, Free Range Egg <b>E</b> , Rapeseed Oil, Dates, Butternut Squash, Mixed Spice
WEDNESDAY	Fruity Chickpea Tagine Couscous	Chickpeas, Sweet Potato, Peppers, Aubergine, Courgette, Tomato <b>T</b> , Onion, Apricots, Dates, Garlic, Gravy, Coriander, Cumin, Mixed Spice, Rapeseed Oil, Couscous <b>G</b>	Organic Yeo Valley Fruit Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
THURSDAY	Roast Pork Gravy New Potatoes Cabbage	Ham, Potato, Cabbage, Gravy	Orange Jelly	Vegan Jelly Crystals
FRIDAY	Quorn & Tarragon Pie Peas & Sweetcorn	Quorn <b>E</b> , Sweet Potato, Leek, Swede, Parsnip, Onion, Spinach, Carrot, Tarragon, Gravy, Cornflour, Mashed Potato Peas, Sweetcorn	Flapjack	Oats, Dairy-Free Margarine, Golden Syrup



**Allergen Keys**

**G** – Contains Gluten **D** – Contains Dairy Products **E** – Contains Egg **S** – Contains Soya

**SD** – Contains Sulphur Dioxide **F** – Contains Fish **T** – Contains Tomato **C** – Contains Celery

ALL OF THESE DISHES ARE FREE FROM PEANUTS, TREE NUTS, SESAME SEEDS, MUSTARD, LUPIN, CRUSTACEANS, AND

**We cater for any dietary requirements.**

**Please contact us for more information.**

Our menus run on four-week cycle offering a different range of meals each week, so that your child has the varied diet required to help them develop their tastes and make healthy choices in the future.

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All our eggs are free range. We use seasonal vegetables where possible.

## Autumn Winter Week 2 Lunch



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Caribbean Fish Stew Rice	Tuna <b>F</b> , Sweet Potato, Black Beans, Peppers, Aubergine, Onion, Courgette, Tomato <b>T</b> , All Spice, Garlic, Thyme, Parsley, Gravy, Cumin, Rapeseed Oil, Rice	Organic Yeo Valley Fruit Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Veggie Chilli Baked Potato Grated Cheddar Cheese	Red Kidney Beans, Vegan Mince <b>S</b> , Peppers, Carrot, Tomato <b>T</b> , Onion, Smoked Paprika, Garlic, Coriander, Cumin, Oregano, Gravy, Rapeseed Oil, Cheddar Cheese <b>D</b> , Potato	Marshfield Vanilla Ice Cream	Milk <b>D</b> , Dextrose, Sustainable Palm Oil, Guar Gum, Natural Flavouring
WEDNESDAY	Creamy Chicken Organic Pasta	Chicken, Double Cream <b>D</b> , Peppers, Onions, Carrots, Tomato <b>T</b> , Garlic Puree, Gravy, Swede, Basil, Paprika, Oregano, Rapeseed Oil, Organic Pasta <b>G</b>	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
THURSDAY	Veggie Meatballs New Potatoes Carrot and Swede Gravy	Veggie Meatballs <b>G S T</b> , Potato, Carrot and Swede, Gravy	Strawberry Jelly	Vegan Jelly Crystals
FRIDAY	Organic Beef Stew Wholemeal Bread Roll	Beef, Onion, Carrot, Swede, Potato, Parsnip, Gravy, Spinach, Worcestershire sauce, Garlic, Rapeseed Oil, Cornflour, Wholemeal Bread Roll <b>G</b>	Apple & Blackberry Crumble Cake	Self-raising Flour <b>G</b> , Free Range Egg <b>E</b> , Caster Sugar, Dairy Free Spread, Apple, Blackberry



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## Autumn Winter Week 3 Lunch



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Salmon Arabiata Wholemeal Pasta Grated Cheddar Cheese	Salmon <b>F</b> , Red Peppers, Red Lentils, Chilli, Onion, Tomato <b>T</b> , Carrot, Garlic Puree, Basil, Parsley, Oregano, Rapeseed Oil, Wholemeal Pasta <b>G</b> Cheddar Cheese <b>D</b>	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
TUESDAY	Sweet Potato & Chickpea Mild Madras Curry Rice	Sweet Potato, Chickpeas, Sweetcorn, Onion, Carrot, Pepper, Tomato <b>T</b> , Spinach, Garlic, Cumin, Turmeric, Coriander, Mild Madras Curry Powder, Coconut Milk, Rapeseed Oil, Rice	Pear & Blueberry Tray Bake	Self-Raising Flour <b>G</b> , Free Range Egg <b>E</b> , Caster Sugar, Dairy-Free Margarine, Pear, Blueberry
WEDNESDAY	Vegan Sausages New Potatoes Gravy Carrots	Vegan Sausage <b>G</b> , Gravy, Potato, Carrots	Strawberry Jelly	Vegan Jelly Crystals
THURSDAY	Gloucestershire Pie Green Beans	Lamb, Potato, Swede, Turnip, Onion, Carrot, Celery, Rosemary, Apple, Sage, Gravy, Mixed Spice, Puff Pastry <b>G</b> , Green Beans	Marshfield Strawberry Ice Cream	Milk <b>D</b> , Dextrose, Sustainable Palm Oil, Guar Gum, Natural Flavouring
FRIDAY	Homemade Baked Beans Jacket Potato Cheddar Cheese	Haricot Beans, Tomato <b>T</b> , Onion, Garlic, Smoked Paprika, Oregano, Parsley, cumin, Thickening Granules, Worcestershire Sauce, Apple, Potato, Cheddar Cheese <b>D</b>	Organic Yeo Valley Fruit Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice



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# Autumn Winter Week 4 Lunch



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Five Spice Chicken Rice	Chicken, Peppers, Shredded Cabbage, Onion, Leeks, Carrot, Tomato <b>T</b> , Spinach, Five Spice, Garlic, Coriander, Cumin, Apple Sauce, Gravy, Rapeseed Oil, Rice	Flapjack	Oats, Dairy-Free Margarine, Golden Syrup
TUESDAY	Ratatouille Wholemeal Pasta Cheddar Cheese	Tomato <b>T</b> , Red Lentils, Onion, Carrot, Pepper, Aubergine, Courgette, Garlic, Spinach, Basil, Oregano, Rapeseed Oil Wholemeal Pasta <b>G</b> , Cheddar Cheese <b>D</b>	Orange Jelly	Vegan Jelly Crystals
WEDNESDAY	Roast Beef Gravy New Potatoes Mixed Vegetables	Beef, Gravy, Potatoes, Broad Beans, Peas, Carrots, Green Beans	Marshfield Vanilla Ice Cream	Milk <b>D</b> , Dextrose, Sustainable Palm Oil, Guar Gum, Natural Flavouring
THURSDAY	Lentil Dahl Wholemeal Rice Naan	Red Lentils, Peas, Onion, Pepper, Tomato <b>T</b> , Spinach, Carrot, Garlic, Cumin, Turmeric, Mild Madras Curry Powder, Coriander, Coconut Milk, Rapeseed Oil, Rice, Naan <b>G</b>	Banana & Chocolate Sponge	Self-raising Flour <b>G</b> , Free range Egg <b>E</b> , Caster Sugar, Dairy-Free Margarine, Banana, Cocoa Powder
FRIDAY	Slow Cooked Lamb Ragu Minted Couscous	Lamb, Tomato <b>T</b> , Onion, Carrot, Swede, Spinach, Leek, Garlic, Rosemary, Oregano, Gravy, Rapeseed Oil, Couscous <b>G</b> , Mint	Organic Yeo Valley Fruit Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice



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