

Winter Spring Lunch Menu

Week 1



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Thai Green Curry Rice	Sweet Potato, Peppers, Quorn Pieces E , Green Beans, Onions, Sweetcorn, Spinach, Gravy, Coconut Milk, Tomato Puree T , Chickpeas, Garlic, Coriander, Lime Juice, Thai Green Curry Paste, Rice	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
TUESDAY	Chicken Casserole Wholemeal Bread Roll	Chicken, Parsnip, Leek, Potato, Onion, Carrot, Garlic, Gravy, Spinach, Parsley, Rosemary Wholemeal Bread Roll G	Fresh Fruit Salad	Orange, Pineapple, Melon
WEDNESDAY	Roast Turkey in Gravy New Potatoes Carrots	Turkey, New Potatoes, Gravy, Carrots	Eve's Pudding	Self-Raising Flour G , Free Range Egg E , Apple, Caster Sugar, Dairy-Free Spread
THURSDAY	Veggie Shepherd's Pie Sweetcorn	Green Lentils, Vegetarian Mince S , Gravy, Leek, Onion, Carrot, Swede, Garlic, Oregano, Spinach, Worcestershire Sauce, Potatoes, Dairy Free Spread, Sweetcorn	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
FRIDAY	Mushroom Carbonara Organic Pasta	Mushroom, Sweetcorn, Peas, Butter Beans, Bechamel Sauce D , Vegetable Stock, Pasta G	Fresh Fruit Salad	Orange, Pineapple, Melon



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, CRUSTACEA, AND MOLLUSCS

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.

All our meat is locally sourced and Farm Assured.

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

Winter Spring Lunch Menu

Week 2



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Pasta Pomodoro Grated Cheddar Cheese	Tomatoes T , Peppers, Red Lentils, Tomato Puree T , Onions, Leeks, Garlic, Basil, Oregano, Organic Pasta G , Cheddar Cheese D ,	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Roast Pork Gravy New Potatoes Mixed Vegetables	Pork, Gravy, New Potatoes, Broad Beans, Peas, Carrots, Green Beans, Sweetcorn Garlic,	Fresh Fruit Salad	Orange, Pineapple, Melon
WEDNESDAY	Chickpea Madras Wholemeal Rice Naan	Tomatoes T , Onions, Carrots, Peppers, Chickpeas, Garlic, Spinach, Cumin, Tomato Puree T , Coconut Milk, Sweet Potato, Cumin, Turmeric, Coriander, Mild Madras Curry Powder (contains chickpeas), Rice, Naan G	Flapjack	Oats, Dairy Free Spread, Golden Syrup
THURSDAY	Organic Beef and Mushroom Stroganoff Couscous	Beef, Mushrooms, Onions, Carrots, Double Cream D , Potatoes, Peppers, Gravy, Garlic, Paprika, Couscous G	Lemon & Apple Sponge	Self-Raising Flour G , Free Range Egg E , Lemon Juice, Apple, Caster Sugar, Dairy-Free Spread, Icing Sugar
FRIDAY	Vegetable Lasagne Sweetcorn	Lasagne Sheets G , Tomato T , Peppers, Onions, Aubergine, Courgette, Carrots, Red Lentils, Basil, Garlic, Oregano, Bechamel Sauce D Mozzarella Cheese D , Cheddar Cheese D Sweetcorn	Fresh Fruit Salad	Orange, Pineapple, Melon



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Week 3



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Winter Bean Stew Wholemeal Roll	Kidney Beans, Edamame Beans S , Cannellini Beans, Sweet Potato, Carrot, Onion, Tomato T , Garlic, Spinach, Smoked Paprika, Worcestershire Sauce, Gravy, Wholemeal Roll G ,	Flapjack	Oats, Dairy-Free Margarine, Golden Syrup
TUESDAY	Apricot and Rosemary Chicken Rice	Chicken, Chopped Apricots, Rosemary, Sweet Potato, Peppers, Aubergine, Courgette, Onion, Tomato T , Garlic, Gravy, Rice	Fresh Fruit Salad	Orange, Pineapple, Melon
WEDNESDAY	Salmon and Roasted Red Pepper Sauce Grated Cheddar Cheese Wholemeal Pasta	Red Pepper, Salmon F , Tuna F , Tomato T , Onion, Carrot, Mixed Peppers, Basil, Garlic, Oregano, Pasta G	Apple and Blackberry Crumble Cake	Self-Raising Flour G , Free Range Egg E , Caster Sugar, Dairy-Free Spread, Apple, Blackberry, Oats
THURSDAY	Veggie Meatballs in Gravy Mashed Potato Sweetcorn	Veggie meatballs (contains soya S , Gluten G , onion, rapeseed oil, garlic, yeast extract, herbs, spices, beetroot powder), Potato, Dairy Free Spread, Sweetcorn	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
FRIDAY	Organic Beef Ragu Couscous	Beef, Tomato T , Peppers, Red Lentils, Onion, Carrot, Basil, Spinach, Garlic, Oregano, Gravy, Couscous G	Fresh Fruit Salad	Orange, Pineapple, Melon



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Winter Spring Lunch Menu Week 4



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Chicken Tikka Masala Rice	Chicken, Mango, Sweet Potato, Coconut Milk, Peppers, Onions, Tomatoes T , Peas, Coriander, Garlic, Cumin, Turmeric, Garam Masala, Ginger, Rice	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Mediterranean Sauce Organic Pasta Grated Cheddar Cheese	Tomatoes T , Onions, Courgette, Aubergine, Peppers, Red Lentils, Olives, Sweetcorn, Basil, Garlic, Oregano, Pasta G , Cheddar Cheese D	Fresh Fruit Salad	Orange, Pineapple, Melon
WEDNESDAY	Veggie Sausage Gravy Sweet Potato Mash Cabbage	Veggie Sausage G , Gravy, Potato, Sweet Potato, Dairy-Free Spread, Cabbage	Flapjack	Oats, Dairy-Free Margarine, Golden Syrup
THURSDAY	Vegan Tacos Wholemeal Rice	Vegan Mince S , Kidney Beans, Peppers, Onions, Tomatoes T , Coriander, Gravy, Garlic, Cumin, Oregano, Tacos G , Wholemeal Rice	Carrot Cake	Self-raising Flour G , Caster Sugar, Free Range Egg E , Rapeseed Oil, Carrot, Mixed Spice, Cream Cheese D Lemon Juice, Vanilla Essence
FRIDAY	Lamb Hotpot New Potatoes	Lamb, Flageolet beans, Borlotti Beans, Parsnips, Leeks, Swede, Cabbage, Onions Carrots, Gravy, Spinach, Garlic, Parsley, Mint Sauce, New Potatoes	Fresh Fruit Salad	Orange, Pineapple, Melon



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