

# Spring Summer Week 1 Lunch



W/C – 6<sup>th</sup> May, 3<sup>rd</sup> June, 1<sup>st</sup> July, 29<sup>th</sup> July, 26<sup>th</sup> August

	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Lentil Ragu Organic Pasta Grated Cheddar Cheese	Peppers, lentils, Tomatoes <b>T</b> , Onions, Basil, Gravy, Carrots, Garlic, Oregano, Pasta <b>G</b> , Cheddar Cheese <b>D</b>	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
TUESDAY	Sweet Potato & Courgette Dahl Rice	Sweet Potato, Courgette, Coconut Milk, Tomatoes <b>T</b> , Onions, Peas, Gravy, Peppers, Lentils, Spinach, Garlic, Coriander, Cumin, Mild Madras Curry Powder (contains chickpeas), Turmeric, Rice	Fruit Salad	Peach, Pineapple, Melon
WEDNESDAY	Minted Lamb & Potato Casserole Wholemeal Roll	Lamb, Turnip, Celery <b>C</b> , Edamame Beans <b>S</b> , Mint Sauce, Parsley, Gravy, Potatoes, Garlic, Swede, Carrots, Onions, Cornflour, Wholemeal Roll <b>G</b>	Beetroot and Chocolate Sponge Cake	Self-Raising Flour <b>G</b> , Free Range Egg <b>E</b> , Dairy Free Spread, Sugar, Cocoa Powder, Beetroot
THURSDAY	Mediterranean Tuna Couscous	Tuna <b>F</b> , Smoked Paprika, Tomatoes <b>T</b> , Spinach, Onions, Aubergine, Courgette, Peppers, Black Olives, Sweetcorn, Garlic, Oregano, Basil, Couscous <b>G</b> ,	Fruit Salad	Peach, Pineapple, Melon
FRIDAY	Veggie Meatballs in Gravy New Potatoes Sliced Carrots	Meatballs <b>G, S, T</b> Potatoes, Gravy, Carrots	Organic Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice



**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 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.



W/C – 13<sup>th</sup> May, 10<sup>th</sup> June, 8<sup>th</sup> July, 5<sup>th</sup> August

	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Vegan Bolognese Organic Pasta Grated Cheddar Cheese	Vegan Mince <b>S</b> , Onions, Carrots, Mushrooms, Tomatoes <b>T</b> , Peppers, Gravy, Garlic, Oregano, Organic Pasta, Cheddar Cheese <b>D</b>	Organic Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Roasted Pepper & Lentil Sauce Couscous	Peppers, Leeks, Onions, Carrots, Tomatoes <b>T</b> , Basil, Garlic, Red Lentils, Oregano, Rapeseed Oil, Couscous <b>G</b>	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
WEDNESDAY	Roast Turkey in Gravy New Potatoes Mixed Vegetables	Turkey, New Potatoes, Gravy, Peas, Carrots, Green Beans, Broad Beans, Sweetcorn	Fruit Salad	Peach, Pineapple, Melon
THURSDAY	Lamb Dhansak Wholemeal Rice Naan	Lamb, Red Lentils, Pineapple, Onions, Carrots, Peppers, Veg Stock, Tomatoes <b>T</b> , Green Beans, Spinach, Coriander, Garlic, Cumin, Turmeric, Ginger, Rice, Naan <b>G</b>	Summer Berry Crunchy Crumble Tray Bake	Self-raising Flour <b>G</b> , Free Range Egg <b>E</b> , Caster Sugar, Dairy-Free Spread, Blueberries, Raspberries, Oats
FRIDAY	Macaroni Cheese Peas & Sweetcorn	Macaroni Pasta <b>G</b> , Butter Beans, Bechamel Sauce <b>D</b> , Mozzarella <b>D</b> , Cheddar Cheese <b>D</b> , Double Cream <b>D</b> , Vegetable Stock, Breadcrumbs <b>G</b> , Parsley, Peas, Sweetcorn	Fruit Salad	Peach, Pineapple, Melon



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W/C – 20<sup>th</sup> May, 17<sup>th</sup> June, 15<sup>th</sup> July, 12<sup>th</sup> August

	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Sweet Potato and Pea Korma Rice	Sweet Potato, Garden Peas, Coconut Milk, Gravy, Onions, Peppers, Carrots, Tomatoes <b>T</b> , Spinach, Coriander, Garlic, Dates, Cumin, Turmeric, Mild Madras Curry Powder (Contains Chickpea Flour) Rice	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
TUESDAY	Roast Beef Gravy New Potatoes Sweetcorn	Beef, Gravy, New Potatoes, Sweetcorn	Fruit Salad	Peach, Pineapple, Melon
WEDNESDAY	Spring Vegetable Casserole Wholemeal Roll	Cannellini Beans, Broad Beans, Leeks, Peas, Green Beans, Sweetcorn, Spinach, Gravy, Tomatoes <b>T</b> , Carrots, Onions, Parsley, Garlic, Oregano, Wholemeal Roll <b>G</b>	Ginger Sponge	Self-Raising Flour <b>G</b> , Oat Milk, Dairy Free Spread, Sugar, Golden Syrup, Dates, Free Range Egg <b>E</b> , Ginger, Bicarbonate of Soda
THURSDAY	Veggie Meatball Marinara Wholemeal Pasta	Veggie Meatballs (contains soya <b>S</b> , onions, rapeseed oil, tomato <b>T</b> , garlic, chickpea flour, yeast extract, herbs, spices) Peppers. Onions, Carrots, Tomatoes <b>T</b> , Leeks, Basil, Garlic, Oregano, Wholemeal Pasta <b>G</b>	Fruit Salad	Peach, Pineapple, Melon
FRIDAY	Shepherd's Pie Sliced Carrots	Lamb, Leeks, Onions, Carrots, Swede, Vegan Mince <b>S</b> , Parsley, Gravy, Potatoes, Dairy Free Spread, Carrots	Organic Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice



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W/C – 27<sup>th</sup> May, 24<sup>th</sup> June, 22<sup>nd</sup> July, 19<sup>th</sup> August

	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Veggie Sausages New Potato Gravy Peas and Sweetcorn	Vegan Sausage <b>G</b> , Gravy, Potato, Peas, Sweetcorn	Organic Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Fish Tacos Wholemeal Rice	Salmon <b>F</b> , Tuna, Peppers, Onions, Red Kidney Beans, Black Beans, Gravy, Spinach, Tomatoes <b>T</b> , Garlic, Coriander, Cumin, Oregano, Rice, Taco <b>G</b>	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
WEDNESDAY	Quorn, Edamame Beans & Pesto Sauce Organic Pasta	Quorn Pieces <b>E</b> , Bechamel Sauce <b>D</b> , Pesto <b>D</b> , Edamame Beans <b>S</b> , Green Beans, Basil, Double Cream <b>D</b> , Vegetable Stock, Organic Pasta <b>G</b>	Fruit Salad	Peach, Pineapple, Melon
THURSDAY	Sweet & Sour Chicken Rice	Chicken, Bean Sprouts, Red Onion, Baby Sweetcorn, Bamboo Shoots, Water Chestnuts, Sugar Snap Peas, Pineapple, Tomatoes <b>T</b> , Apple Sauce, Onions, Carrots, Peppers, Spinach, Gravy, Garlic, Coriander, Rice	Raspberry Sponge	Self-Raising Flour <b>G</b> , Free Range Egg <b>E</b> , Dairy Free Spread, Sugar, Raspberry, White Chocolate <b>D S</b>
FRIDAY	Organic Beef Chilli Baked Potato Grated Cheddar Cheese	Organic Beef Mince, Onions, Carrots, Peppers, Kidney Beans, Tomatoes <b>T</b> , Gravy, Garlic, Smoked Paprika, Basil, Oregano, Potato, Cheddar Cheese <b>D</b>	Fruit Salad	Peach, Pineapple, Melon



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