



Winter Spring – Week 1 – Lunch Menu

W/C 30th Dec, 27th Jan, 24th Feb, 24th Mar

	First Course	Ingredients	Second Course	Ingredients
Monday	Mushroom Carbonara Organic Pasta	Mushrooms, Sweetcorn, Peas, Butter Beans, Bechamel Sauce D , Organic Pasta G	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
Tuesday	Chicken Casserole Wholemeal Bread Roll	Chicken, Parsnips, Leeks, Potatoes, Onions, Carrots, Garlic, Gravy, Spinach, Parsley, Rosemary Wholemeal Bread Roll G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Wednesday	Roast Turkey New Potatoes Carrots Gravy	Turkey, New Potatoes, Carrots, Gravy	Eve's Pudding	Self-Raising Flour G , Free Range Egg E , Apple, Caster Sugar, Dairy-Free Spread
Thursday	Thai Green Curry Rice	Sweet Potatoes, Mixed Peppers, Quorn Pieces E , Peas, Sweetcorn, Coconut Milk, Thai Green Curry Paste, Lime Juice, Onions, Spinach, Chickpeas, Gravy, Tomato Puree T , Garlic, Coriander, Rice	Fruit Salad	Melon, Peach, Pineapple
Friday	Veggie Shepherd's Pie Sweetcorn	Soya Mince S , Green Lentils, Gravy, Leeks, Onions, Carrots, Swede, Garlic, Spinach, Worcestershire Sauce, Oregano, Potatoes, Dairy Free Spread, Sweetcorn	Organic Yeo Valley Yoghurt	Organic Milk D , 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, CRUSTACEA AND MOLLUSCS.





Winter Spring – Week 2 – Lunch Menu

W/C 6th Jan, 3rd Feb, 3rd Mar, 31st Mar

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

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Winter Spring – Week 3 – Lunch Menu

W/C 13th Jan, 10th Feb, 10th Mar, 7th Apr

	First Course	Ingredients	Second Course	Ingredients
Monday	Apricot and Rosemary Chicken Rice	Chicken, Apricots, Sweet Potatoes, Aubergine, Courgettes, Mixed Peppers, Onions, Tomatoes T , Gravy, Garlic, Rosemary Rice	Flapjack	Oats, Dairy-Free Margarine, Golden Syrup
Tuesday	Winter Bean Stew Wholemeal Roll	Kidney Beans, Cannellini Beans, Sweet Potatoes, Peas, Carrots, Onions, Tomatoes T , Spinach, Garlic, Smoked Paprika, Parsley, Worcestershire Sauce, Gravy Wholemeal Roll G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Wednesday	Salmon and Roasted Red Pepper Sauce Wholemeal Pasta Grated Cheddar Cheese	Roasted Red Peppers, Salmon F , Tuna F , Tomatoes T , Onions, Mixed Peppers, Garlic, Basil, Oregano, Wholemeal Fusilli Pasta G Cheddar Cheese D	Apple and Blackberry Sponge	Self-Raising Flour G , Free Range Egg E , Caster Sugar, Dairy-Free Spread, Apple, Blackberries
Thursday	Veggie Meatballs in Gravy Mashed Potato Sliced Carrots	Veggie Meatballs S, T , Gravy, Potatoes, Dairy Free Spread, Carrots	Fruit Salad	Melon, Peach, Pineapple
Friday	Organic Beef Ragu Couscous	Beef, Tomatoes T , Mixed Peppers, Red Lentils, Roasted Red Peppers, Onions, Carrots, Spinach, Gravy, Garlic, Basil, Oregano, Couscous G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice

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Winter Spring – Week 4 – Lunch Menu

W/C 20th Jan, 17th Feb, 17th Mar, 14th April

	First Course	Ingredients	Second Course	Ingredients
Monday	Chicken Tikka Masala Rice	Chicken, Mango, Sweet Potatoes, Coconut Milk, Mixed Peppers, Onions, Tomatoes T , Peas, Garlic, Coriander, Cumin, Garam Masala, Ginger, Turmeric, Rice	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Tuesday	Mediterranean Tomato Sauce Organic Pasta Grated Cheddar	Tomatoes T , Onions, Courgettes, Aubergine, Mixed Peppers, Red Lentils, Roasted Red Peppers, Black Olives, Sweetcorn, Garlic, Basil, Oregano, Smoked Paprika, Pasta G , Cheddar Cheese D	Flapjack	Oats, Dairy Free Spread, Golden Syrup
Wednesday	Veggie Sausages Gravy Mashed Potatoes Peas	Veggie Sausage G , Gravy, Peas, Potatoes, Dairy Free Spread	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Thursday	Vegan Tacos Wholemeal Rice	Soya Mince S , Kidney Beans, Mixed Peppers, Onions, Tomatoes T , Gravy, Garlic, Coriander, 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, Borlotti Beans, Flageolet Beans, Parsnips, Leeks, Swede, Peas, Onions, Carrots, Gravy, Garlic, Parsley, Mint Sauce, New Potatoes	Fruit Salad	Melon, Peach, Pineapple

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