



## Week 1 Spring Summer – Lunch

W/C 21<sup>st</sup> April, 19<sup>th</sup> May, 16<sup>th</sup> June, 14<sup>th</sup> July, 11<sup>th</sup> August

	First Course	Ingredients	Second Course	Ingredients
<b>Monday</b>	Lentil Ragu Organic Pasta Grated Cheddar Cheese	Lentils, Peppers, Tomatoes, Onions, Carrots, Garlic, Gravy, Basil, Oregano, <b>Organic Fusilli Pasta G</b> , <b>Cheddar Cheese D</b>	Flapjack	Oats, Golden Syrup, Dairy Free Spread
<b>Tuesday</b>	Sweet Potato and Courgette Dahl Wholemeal Rice	Sweet Potatoes, Courgettes, Coconut Milk, Tomatoes, Lentils, Peas, Mixed Peppers, Onions, Spinach, Garlic, Gravy, Coriander, Cumin, Mild Madras Curry Powder, Turmeric, Rice	Organic Yeo Valley Yoghurt	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
<b>Wednesday</b>	Minted Lamb Casserole New Potatoes	Lamb, Swede, Turnips, <b>Celery C</b> , Peas, Carrots, <b>Edamame Beans S</b> , Onions, Garlic, Mint Sauce, Parsley, Gravy, Potatoes	Beetroot and Chocolate Brownie	<b>Self-Raising Flour G</b> , Beetroot, <b>Free Range Eggs E</b> , Dairy Free Spread, Sugar, Cocoa Powder
<b>Thursday</b>	Veggie Meatballs in Gravy Mashed Potatoes Sliced Carrots	<b>Vegan Meatballs S</b> , (contain <b>soya</b> , tomatoes, onions, chickpea flour, garlic powder) Potatoes, Dairy Free Spread, Gravy, Carrots	Fruit Salad	Melon, Peach, Pineapple
<b>Friday</b>	Mediterranean Tuna Couscous	<b>Tuna F</b> , Aubergine, Mixed Peppers, Courgettes, Roasted Red Peppers, Tomatoes, Onions, Sweetcorn, Black Olives, Spinach, Garlic, Basil, Oregano, Smoked Paprika, <b>Couscous G</b>	Organic Yeo Valley Yoghurt	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, 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.**





## Week 2 Spring Summer – Lunch

W/C 28<sup>th</sup> April, 26<sup>th</sup> May, 23<sup>rd</sup> June, 21<sup>st</sup> July, 18<sup>th</sup> August

	First Course	Ingredients	Second Course	Ingredients
<b>Monday</b>	Lamb Dhansak Wholemeal Rice Naan	Lamb, Red Lentils, Pineapple, Onions, Carrots, Mixed Peppers, Vegetable Stock, Tomatoes, Peas, Spinach, Coriander, Garlic, Cumin, Turmeric, Ginger, Rice, <b>Naan G</b>	Organic Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
<b>Tuesday</b>	Vegan Bolognese Organic Pasta Grated Cheddar	<b>Soya Mince S</b> , Onions, Carrots, Mushrooms, Tomatoes, Mixed Peppers, Gravy, Garlic, Oregano, <b>Organic Pasta G</b> , <b>Cheddar Cheese D</b>	Flapjack	Oats, Dairy Free Spread, Golden Syrup
<b>Wednesday</b>	Roasted Red Pepper and Chickpea Sauce Couscous	Red Peppers, Chickpeas, Leeks, Mixed Peppers, Onions, Carrots, Tomatoes, Red Lentils, Garlic, Basil, Oregano, <b>Couscous G</b>	Fruit Salad	Melon, Peach, Pineapple
<b>Thursday</b>	Cheesy Vegetables Macaroni	<b>Bechamel Sauce D</b> , <b>Cheddar Cheese D</b> , <b>Cream D</b> , Cannellini Beans, Onions, Peas, Carrots, Green Beans, Broad Beans, Sweetcorn, Vegetable Stock, Parsley <b>Macaroni Pasta G</b>	Organic Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
<b>Friday</b>	Roast Turkey in Gravy New Potatoes Peas	Turkey, New Potatoes, Gravy, Peas	Summer Berry Sponge	<b>Self-raising Flour G</b> , <b>Free Range Eggs E</b> , Caster Sugar, Dairy Free Spread, Blueberries, Raspberries



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## Week 3 Spring Summer - Lunch

W/C 5<sup>th</sup> May, 2<sup>nd</sup> June, 30<sup>th</sup> June, 28<sup>th</sup> July, 25<sup>th</sup> August

	First Course	Ingredients	Second Course	Ingredients
<b>Monday</b>	<b>Chickpea Korma Rice</b>	Chickpeas, Mixed Peppers, Peas, Sweet Potatoes, Carrots, Tomatoes, Spinach, Onions, Dates, Coconut Milk, Garlic, Coriander, Cumin, Turmeric, Mild Madras Curry Powder, Rice	<b>Flapjack</b>	Oats, Golden Syrup, Dairy Free Spread
<b>Tuesday</b>	<b>Veggie Meatball Marinara Wholemeal Pasta</b>	<b>Veggie Meatballs S</b> , Peppers, Onions, Carrots, Tomatoes, Leeks, Basil, Garlic, Oregano, <b>Wholemeal Pasta G</b>	<b>Organic Yeo Valley Yoghurt</b>	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
<b>Wednesday</b>	<b>Shepherd's Pie Sliced Carrots</b>	Lamb, Leeks, Onions, Carrots, Swede, <b>Soya Mince S</b> , Parsley, Thyme, Gravy, Potatoes, Dairy Free Spread, Carrots	<b>Ginger Sponge</b>	<b>Self-Raising Flour G</b> , Oat Milk, Dairy Free Spread, Sugar, Golden Syrup, <b>Dates</b> , <b>Free Range Egg E</b> , Ginger, Bicarbonate of Soda
<b>Thursday</b>	<b>Roast Beef Gravy New Potatoes Sweetcorn</b>	Beef, Gravy, New Potatoes, Sweetcorn	<b>Fruit Salad</b>	Melon, Peach, Pineapple
<b>Friday</b>	<b>Spring Vegetable Casserole Couscous</b>	Cannellini Beans, Broad Beans, Leeks, Peas, Green Beans, Potatoes, Sweetcorn, Spinach, Gravy, Tomatoes, Carrots, Onions, Basil, Garlic, Oregano, Worcestershire Sauce, <b>Couscous G</b>	<b>Organic Yeo Valley Yoghurt</b>	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice



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## Week 4 Spring Summer - Lunch

W/C 12<sup>th</sup> May, 9<sup>th</sup> June, 7<sup>th</sup> July, 4<sup>th</sup> August

	First Course	Ingredients	Second Course	Ingredients
<b>Monday</b>	<b>Creamy Quorn Organic Pasta</b>	<b>Quorn Pieces E</b> , Mixed Peppers, Sweetcorn, <b>Onions</b> , <b>Cream D</b> , Tomatoes, Garlic, Basil, Smoked Paprika, Oregano, <b>Organic Pasta G</b>	<b>Organic Yeo Valley Yoghurt</b>	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
<b>Tuesday</b>	<b>Sweet &amp; Sour Chicken Rice</b>	Chicken, <b>Bean Sprouts S</b> , Red Onion, Baby Sweetcorn, Bamboo Shoots, Water Chestnuts, Sugar Snap Peas, Pineapple, Tomatoes, Apple Sauce, Onions, Carrots, Mixed Peppers, Spinach, Tomato Ketchup, Gravy, Garlic, Coriander, Rice	<b>Flapjack</b>	Oats, Golden Syrup, Dairy Free Spread
<b>Wednesday</b>	<b>Veggie Sausages New Potatoes Gravy Peas and Sweetcorn</b>	<b>Vegan Sausage G</b> , Gravy, Potato, Peas, Sweetcorn	<b>Organic Yeo Valley Yoghurt</b>	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
<b>Thursday</b>	<b>Beef Chilli Baked Potato Grated Cheddar Cheese</b>	Beef Mince, Onions, Carrots, Mixed Peppers, Kidney Beans, Tomatoes, Gravy, Garlic, Cumin, Smoked Paprika, Oregano, Potato, <b>Cheddar Cheese D</b>	<b>Raspberry Sponge</b>	<b>Self-Raising Flour G</b> , <b>Free Range Egg E</b> , Dairy Free Spread, Sugar, Raspberries
<b>Friday</b>	<b>Fish Tacos Wholemeal Rice</b>	<b>Salmon F</b> , <b>Tuna F</b> , Black Beans, Sweetcorn, Onions, Mixed Peppers, Tomatoes, Spinach, Gravy, Garlic, Coriander, Cumin, Oregano, Wholemeal Rice, <b>Wrap G</b>	<b>Fruit Salad</b>	Melon, Peach, Pineapple



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