



Week 1 – Autumn Winter – Lunch

W/C – 1st Sep, 22nd Sep, 13th Oct, 3rd Nov, 24th Nov, 15th Dec.

	Main Course	Ingredients	Fruit
Monday	Chicken Korma Pilau Rice	Chicken, Coconut Milk, Lentils, Vegetable Stock, Peas, Courgettes, Onions, Carrots, Spinach, Garlic, Coriander, Cinnamon, Turmeric, Garam Masala, Ginger, Rice	Satsumas
Tuesday	Creamy Bean and Vegetable Sauce Organic Pasta	Butter Beans, Cannellini Beans, Peas, Sweetcorn, Carrots, Onions, Spinach, Garlic, Double Cream D , Vegetable Stock, Organic Pasta G	Apples
Wednesday	Fruity Chickpea Tagine Couscous	Chickpeas, Sweet Potato, Mixed Peppers, Aubergine, Courgettes, Tomatoes, Onions, Apricots, Dates, Garlic, Gravy, Coriander, Cumin, Mixed Spice, Couscous G	Bananas
Thursday	Vegan Sausages, New Potatoes Mixed Vegetables Gravy	Plant-based Sausage G , New Potatoes, Mixed Vegetables (peas, sweetcorn, carrots, green beans, broad beans), Gravy	Pears
Friday	Beef Goulash Wholemeal Rice	Beef Mince, Cream D , Mixed Peppers, Red Lentils, Onions, Tomatoes, Swede, Carrots, Garlic, Paprika, Parsley, Gravy, Wholemeal Rice	Melon



Allergen keys

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

SD - Contains Sulphur Dioxide **F** - Contains Fish **C** - Contains Celery

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



Week 2 Autumn Winter – Lunch

W/C – 8th Sep, 29th Sep, 20th Oct, 10th Nov, 1st Dec, 22nd Dec.

	Main Course	Ingredients	Fruit
Monday	Smoked Mackerel Tomato Sauce Wholemeal Pasta Grated Cheddar Cheese	Smoked Mackerel F , Roasted Red Peppers, Red Lentils, Onions, Sweet Potatoes, Tomatoes, Carrots, Spinach, Garlic, Basil, Oregano, Wholemeal Pasta G , Grated Cheddar Cheese D	Apples
Tuesday	Caribbean Casserole Rice	Sweet Potato, Black Beans, Mixed Peppers, Aubergine, Onions, Courgettes, Tomatoes, Mixed Spice, Garlic, Apple Sauce, Thyme, Coriander, Cumin, Gravy, Rice	Melon
Wednesday	Roast Chicken, New Potatoes Sweetcorn Gravy	Chicken, New Potatoes, Sweetcorn, Gravy	Pears
Thursday	Lamb Ragu Herby Couscous	Minced Lamb, Tomatoes, Roasted Red Peppers, Mixed Peppers, Onions, Carrots, Spinach, Garlic, Rosemary, Oregano, Gravy, Couscous G , Parsley	Bananas
Friday	Veggie Chilli Baked Potato Grated Cheddar Cheese	Soya Mince S , Kidney Beans, Mixed Peppers, Carrots, Tomatoes, Onions, Smoked Paprika, Garlic, Cumin, Oregano, Gravy, Baked Potato Cheddar Cheese D	Satsumas



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Week 3 – Autumn Winter – Lunch

W/C – 15th Sep, 6th Oct, 27th Oct, 17th Nov, 8th Dec.

	Main Course	Ingredients	Fruit
Monday	Sweet Potato and Chickpea Mild Madras Curry Wholemeal Rice Naan	Sweet Potatoes, Chickpeas, Coconut Milk, Sweetcorn, Onions, Carrots, Mixed Peppers, Tomatoes, Spinach, Garlic, Cumin, Turmeric, Coriander, Mild Madras Curry Powder, Wholemeal Rice, Naan G	Melon
Tuesday	Lamb Hotpot Mashed Potatoes	Lamb Mince, Onions, Carrots, Swede, Parsnips, Turnip, Celery C , Peas, Gravy, Spinach, Worcestershire Sauce, Garlic, Rosemary, Thyme, Potatoes, Dairy Free Spread	Pears
Wednesday	Ratatouille Wholemeal Pasta Grated Cheddar Cheese	Tomatoes, Red Lentils, Onions, Roasted Red Peppers, Mixed Peppers, Aubergine, Courgettes, Garlic, Spinach, Basil, Oregano, Wholemeal Pasta G , Cheddar Cheese D	Satsumas
Thursday	Roast Beef New Potatoes Carrots and Swede Gravy	Sliced Beef, Gravy, New Potatoes, Carrots, Swede	Apples
Friday	Five Spice Chicken Rice	Chicken, Bean Sprouts S , Bamboo Shoots, Water Chestnuts, Red Onions, Baby Sweetcorn, Sugar Snap Peas, Onions, Carrots, Tomatoes, Spinach, Five Spice, Garlic, Coriander, Apple Sauce, Gravy, Rice	Bananas



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