



Monday

Main Course

**Chickpea Madras
Wholemeal Rice**

Ingredients

Chickpeas, Sweet Potatoes, Coconut Milk, Mixed Peppers, Tomatoes, Carrots, Onions, Garlic, Spinach, Tomato Puree, Cumin, Turmeric, Coriander, Mild Madras Curry Powder, Wholemeal Rice

Fruit

Satsumas

Pears

Tuesday

**Roast Chicken in Gravy
Mashed Potatoes
Peas**

Chicken, Gravy, Peas, Potatoes, Dairy Free Spread

Wednesday

**Veggie Chilli
Couscous**

Soya Mince S, Kidney Beans, Mixed Peppers, Carrots, Tomatoes, Onions, Gravy, Garlic, Cumin, Coriander, Oregano, Couscous **G**

Apples

Thursday

**Beef and Mushroom
Stroganoff
Organic Pasta**

Beef, Mushrooms, **Double Cream D**, Potatoes, Mixed Peppers, Onions, Carrots, Gravy, Garlic, Smoked Paprika, **Organic Pasta G**

Bananas

Friday

**Apricot and Rosemary
Chicken
Rice**

Chicken, Apricots, Sweet Potatoes, Aubergine, Courgettes, Mixed Peppers, Onions, Tomatoes, Gravy, Garlic, Rosemary, 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 – Winter Spring – Lunch

Dates W/C – 12th Jan, 2nd Feb, 23rd Feb, 16th Mar

	Main Course	Ingredients	Fruit
Monday	Mediterranean Tomato Sauce Wholemeal Pasta Grated Cheese	Tomatoes, Onions, Courgettes, Aubergine, Mixed Peppers, Red Lentils, Roasted Red Peppers, Black Olives, Sweetcorn, Garlic, Basil, Oregano, Smoked Paprika, Wholemeal Pasta G, Cheddar Cheese D	Pears
Tuesday	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, Garlic, Coriander, Rice	Apples
Wednesday	Lamb Tagine Couscous	Lamb, Aubergine, Courgette, Sweet Potatoes, Mixed Peppers, Dates, Apricots, Tomatoes, Onions, Garlic, Gravy, Cumin, Cinnamon, Couscous G	Bananas
Thursday	Chicken Fajitas Rice Wrap	Chicken, Onions, Peppers, Tomatoes, Gravy, Courgette, Garlic, Smoked Paprika, Cumin, Oregano, Tortilla Wrap G , Rice	Melon
Friday	Roast Beef in Gravy New Potatoes Mixed Vegetables	Beef, Gravy, New Potatoes, Broad Beans, Peas, Carrots, Green Beans, Sweetcorn	Satsumas

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Week 3 – Winter Spring – Lunch

Dates W/C – 19th Jan, 9th Feb, 2nd Mar, 23rd Mar

	Main Course	Ingredients	Fruit
Monday	Chicken Tikka Masala Rice Naan	Chicken, Mango, Sweet Potatoes, Coconut Milk, Mixed Peppers, Onions, Tomatoes, Peas, Garlic, Coriander, Cumin, Garam Masala, Ginger, Turmeric, Rice, Naan G	Apples
Tuesday	Veggie Shepherds Pie Sweetcorn	Soya Mince S , Green Lentils, Gravy, Leeks, Onions, Carrots, Swede, Garlic, Spinach, Worcestershire Sauce, Oregano, Potatoes, Dairy Free Spread, Sweetcorn	Bananas
Wednesday	Vegan Sausages in Gravy New Potatoes Carrots	Vegan Sausages (contains tomatoes and pea protein), Gravy, New Potatoes, Carrots	Melon
Thursday	Salmon and Roasted Red Pepper Sauce Wholemeal Pasta Grated Cheddar Cheese	Roasted Red Peppers, Salmon F , Tuna F , Tomatoes, Onions, Mixed Peppers, Garlic, Basil, Oregano, Wholemeal Fusilli Pasta G Cheddar Cheese D	Satsumas
Friday	Beef Ragu Couscous	Beef, Tomatoes, Mixed Peppers, Red Lentils, Roasted Red Peppers, Onions, Carrots, Spinach, Gravy, Garlic, Basil, Oregano, Couscous G	Pears

Allergen keys

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

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