



Spring Summer – Week 1 – Lunch

Dates W/C – 11th May, 1st June, 22nd June, 13th July, 3rd August, 24th August

	Main Course	Ingredients	Fruit
Monday	Lentil Ragu Organic Pasta Grated Cheddar Cheese	Puy Lentils, Red Lentils, Tomatoes, Roasted Red Peppers, Onions, Carrots, Garlic, Basil, Oregano, Organic Pasta G , Cheddar Cheese D	Satsumas
Tuesday	Sweet and Sour Chicken Wholemeal Rice	Chicken, Pineapple, Peas, Sweetcorn, Onions, Carrots, Mixed Peppers, Apple Sauce, Tomatoes, Spinach, Tomato Ketchup, Garlic, Coriander Wholemeal Rice	Pears
Wednesday	Beef and Chickpea Tagine Couscous	Minced Beef, Carrots, Onions, Mixed Peppers, Courgettes, Chickpeas, Apricots, Vegetable Stock, Gravy, Tomato Puree, Garlic, Cinnamon, Cumin, Paprika, Couscous G	Apples
Thursday	Sweet Potato and Courgette Dahl Basmati Rice	Sweet Potatoes, Courgettes, Coconut Milk, Red Lentils, Peas, Mixed Peppers, Onions, Spinach, Tomatoes, Garlic, Coriander, Cumin, Garam Masala, Turmeric, Basmati Rice	Bananas
Friday	Veggie Sausages in Gravy Mashed Potatoes Sweetcorn	Vegan Sausages GS (contains: soya, gluten, onions, tomato puree, herbs, spices) Gravy, Potatoes, Dairy Free Spread, Sweetcorn	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.





Spring Summer – Week 2 – Lunch

Dates W/C – 18th May, 8th June, 29th June, 20th July, 10th August

	Main Course	Ingredients	Fruit
Monday	Butterbean Madras Pilau Rice	Butter Beans, Coconut Milk, Tomatoes, Sweet Potatoes, Peas, Roasted Red Peppers, Onions, Carrots, Spinach, Garlic, Coriander, Cumin, Ginger, Mild Madras Curry Powder, Turmeric, Pilau Rice	Pears
Tuesday	Salmon Arrabbiata Wholemeal Pasta Grated Cheddar Cheese	Salmon F , Tomatoes, Roasted Red Peppers, Onions, Carrots, Courgettes, Garlic, Basil, Oregano, Paprika, Wholemeal Pasta G , Cheddar Cheese D	Apples
Wednesday	Chicken Casserole New Potatoes	Chicken, Parsnips, Sweet Potatoes, Carrots, Peas, Onions, Spinach, Garlic, Gravy, Parsley, Rosemary, New Potatoes	Bananas
Thursday	Roasted Red Pepper and Cannellini Beans Couscous	Roasted Red Peppers, Cannellini Beans, Tomatoes, Onions, Mixed Peppers, Carrots, Apple Sauce, Garlic, Basil, Oregano, Couscous G	Melon
Friday	Chicken Pesto Organic Pasta	Chicken, Double Cream D , Pesto D , Peas, Courgettes, Sweetcorn, Spinach, Vegetable Stock, Cornflour, Onions, Garlic, Organic Pasta G	Satsumas



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Spring Summer – Week 3 – Lunch

W/C 25th May, 15th June, 6th July, 27th July, 17th August

	Main Course	Ingredients	Fruit
Monday	Veggie Bolognese Wholemeal Pasta Grated Cheddar Cheese	Soya Mince S , Tomatoes, Mixed Peppers, Mushrooms, Onions, Carrots, Garlic, Oregano, Wholemeal Pasta G , Cheddar Cheese D	Apples
Tuesday	Lamb Dhansak Rice	Minced Lamb, Red Lentils, Tomatoes, Sweet Potatoes, Pineapple, Onions, Carrots, Peas, Spinach, Vegetable Stock, Garlic, Coriander, Cumin, Garam Masala, Ginger, Rice	Bananas
Wednesday	Lentil Shepherd's Pie Peas and Sweetcorn	Puy Lentils, Red Lentils, Swede, Carrots, Sweet Potatoes, Onions, Gravy, Garlic, Parsley, Thyme, Potatoes, Dairy Free Spread, Peas and Sweetcorn	Melon
Thursday	Roast Chicken Gravy New Potatoes Mixed Vegetables	Chicken, Gravy, New Potatoes, Mixed Vegetables (Broad Beans, Peas, Carrots, Green Beans, Sweetcorn)	Satsumas
Friday	Beef Chilli Rice Soft Tortilla Wrap	Minced Beef, Kidney Beans, Tomatoes, Mixed Peppers, Onions, Carrots, Gravy, Garlic, Cumin, Oregano, Smoked Paprika, Rice, Soft Tortilla Wrap G	Pears

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