

# Winter Spring Lunch Menu

## Week 1



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Roast Beef in Gravy New Potatoes Carrots	Beef, New Potatoes, Gravy, Carrots	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
TUESDAY	Thai Green Curry Rice	Butternut Squash, Peppers, Quorn Pieces <b>E</b> , Green Beans, Onions, Baby Sweetcorn, Spinach, Gravy, Coconut Milk, Tomato Puree <b>T</b> , Chickpeas, Garlic, Coriander, Lime Juice, Thai Green Curry Paste, Rapeseed Oil, Rice	Eve's Pudding	Self-Raising Flour <b>G</b> , Free Range Egg <b>E</b> , Apple, Caster Sugar, Dairy-Free Spread
WEDNESDAY	Chicken Casserole Spring Greens Wholemeal Bread Roll	Chicken, Parsnip, Leek, Potato, Onion, Carrot, Garlic, Gravy, Spinach, Parsley, Mixed Herbs, Rapeseed Oil, Spring Greens, Wholemeal Bread Roll <b>G S</b>	Marshfield Strawberry Ice cream	Milk <b>D</b> , Strawberry, Dextrose, Sustainable Palm Oil, Guar Gum, Natural Flavouring
THURSDAY	Veggie Shepherds Pie Mixed Vegetables	Green Lentils, Vegetarian Mince <b>S</b> , Gravy, Leek, Onion, Carrot, Swede, Mixed Herbs, Potatoes, Dairy Free Spread, Broccoli, Carrots, Cauliflower	Orange Jelly	Vegan Jelly Crystals
FRIDAY	Vegetable Lasagne Sweetcorn	Lasagne Sheets <b>G</b> , Tomato <b>T</b> , Peppers, Onions, Aubergine, Courgette, Carrots, Mushrooms, Red Lentils, Basil, Garlic, Mixed Herbs, Rapeseed Oil, Bechamel Sauce <b>D</b> Mozzarella Cheese <b>D</b> , Cheddar Cheese <b>D</b> Sweetcorn	Organic Yeo Valley Yoghurt	Organic Milk <b>D</b> , 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

**We cater for any dietary requirements. Please contact us for more information.**

Our menus run on four-week cycle offering a different range of meals each week, so that your child has the varied diet required to help them develop their tastes and make healthy choices in the future.

All our meat is locally sourced and Farm Assured.

All our eggs are free range. We use seasonal vegetables where possible.