

Winter Spring Lunch Menu

Week 2



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Pasta Pomodoro Grated Cheddar Cheese	Tomatoes T , Peppers, Red Lentils, Tomato Puree T , Onions, Garlic, Basil, Parsley, Oregano, Rapeseed Oil, Organic Pasta G , Cheddar Cheese D ,	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Roast Free-Range Ham Gravy New Potatoes Mixed Vegetables	Free-Range Ham, Gravy, New Potatoes, Broad Beans, Peas, Carrots, Green Beans, Sweetcorn	Lemon Drizzle Cake	Self-raising Flour G , Free Range Egg E , Caster Sugar, Dairy-Free Spread, Lemon, Icing Sugar
WEDNESDAY	Fish Pie Garden Peas	Pollock F , Onions, Leeks, Carrots, Spinach, Bechamel Sauce D , Potato, Dairy Free Spread, Peas	Fruity Flapjack	Oats, Dairy-Free Spread, Raisins, Golden Syrup
THURSDAY	Organic Beef and Mushroom Stroganoff Couscous	Beef, Mushrooms, Onions, Carrots, Plant-based Cream, Tomatoes T , Potatoes, Swede, Peppers, Gravy, Garlic, Paprika, Rapeseed Oil, Couscous G	Marshfield Vanilla Ice cream	Milk D , Dextrose, Sustainable Palm Oil, Guar Gum, Natural Vanilla Flavouring
FRIDAY	Quorn Madras Rice Naan Bread	Quorn Pieces E , Tomatoes T , Onions, Carrots, Peppers, Chickpeas, Tomato Puree T , Garlic, Coconut Milk, Spinach, Cumin, Turmeric, Coriander, Mild Madras Curry Powder (contains chickpeas), Rapeseed Oil, Rice Naan Bread G	Strawberry Jelly	Vegan Strawberry Jelly Crystals



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, CRUSTACEANS, 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.