

Winter Spring Lunch Menu

Week 3



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Veggie Meatballs in Gravy Mashed Potato Sweetcorn	Veggie meatballs (contains soya S , onion, rapeseed oil, tomato T , garlic, chickpea flour, yeast extract, herbs, spices), Potato, Dairy Free Spread, Sweetcorn	Marshfield Chocolate Ice cream	Milk D , Chocolate D , Dextrose, Sustainable Palm Oil, Soya S , Guar Gum, Natural Flavouring
TUESDAY	Apricot and Rosemary Chicken Rice	Chicken, Chopped Apricots, Rosemary, Sweet Potato, Peppers, Aubergine, Courgette, Onion, Tomato T , Garlic, Gravy, Rapeseed Oil, Rice	Orange Jelly	Vegan Jelly Crystals
WEDNESDAY	Lamb & Root Vegetable Pastry Topped Pie Green Beans	Lamb, Swede, Turnip, Potato, Celery C , Carrot, Onion, Spinach, Mixed Herbs, Gravy, Puff Pastry G , Green Beans	Flapjack	Oats, Dairy-Free Margarine, Golden Syrup
THURSDAY	Roast Turkey Gravy New Potatoes Carrot and Swede	Turkey, Gravy, New Potatoes, Carrot, Swede	Apple and Blackberry Crumble Cake	Self-Raising Flour G , Free Range Egg E , Caster Sugar, Dairy-Free Spread, Apple, Blackberry, Oats
FRIDAY	Carbonara Organic Pasta	Ham, Sweetcorn, Mushroom, Bechamel Sauce D , Pasta G	Organic Yeo Valley Yoghurt	Organic Milk D , 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, 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.