

Winter Spring Lunch Menu

Week 4



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Free-Range Chicken Tikka Masala Rice	Chicken, Mango, Sweet Potato, Coconut Milk, Peppers, Onions, Tomatoes T , Peas, Coriander, Garlic, Cumin, Turmeric, Garam Masala, Ginger, Rice	Strawberry Jelly	Vegan Jelly Crystals
TUESDAY	Mediterranean Vegetable Pasta Bake Sweetcorn	Tomatoes T , Onions, Courgette, Aubergine, Peppers, Mozzarella D , Cheddar Cheese D , Basil, Breadcrumbs G , Garlic, Mixed Herbs, Rapeseed Oil, Pasta G , Sweetcorn	Carrot Cake	Self-raising Flour G , Caster Sugar, Free Range Egg E , Rapeseed Oil, Carrot, Mixed Spice, Cream Cheese D Lemon Juice, Vanilla
WEDNESDAY	Roast Chicken Gravy Sweet Potato Mash Peas	Chicken, Gravy, Potato, Sweet Potato, Dairy-Free Spread, Peas	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
THURSDAY	Organic Beef Tacos Rice	Beef, Kidney Beans, Peppers, Onions, Tomatoes T , Coriander, Gravy, Garlic, Cumin, Oregano, Thickening Granules S , Rapeseed Oil, Tacos G , Rice	Fruity Flapjack	Oats, Dairy-Free Margarine, Raisins, Golden Syrup
FRIDAY	Veggie Sausage and Mixed Bean Hotpot Carrot and Swede Wholemeal Bread Roll	Veggie Sausage G , Butterbeans, Cannellini Beans, Black Beans, Parsnips, Leeks, Cabbage, Onions, New Potatoes, Carrots, Gravy, Tomatoes T , Spinach, Garlic, Parsley, Mixed Herbs, Rapeseed Oil, Carrot, Swede Wholemeal Bread Roll G S ,	Marshfield Vanilla Ice cream	Milk D , Dextrose, Sustainable Palm Oil, Guar Gum, Natural Vanilla Flavouring



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.