



Week 1 Autumn Winter – Lunch

W/C – 2nd Sep, 30th Sep, 28th Oct, 25th Nov

	First Course	Ingredients	Second Course	Ingredients
Monday	Chicken Curry Pilau Rice	Chicken, Coconut Milk, T Tomatoes, Onions, Mixed Peppers, Carrots, Spinach, Garlic, Coriander, Cumin, Turmeric, Garam Masala, Ginger, Rice	Fruit	Satsumas
Tuesday	Organic Beef Goulash Wholemeal Pasta	Organic Beef Mince, D Cream, Mixed Peppers, Red Lentils, Onions, T Tomatoes, Swede, Carrots, Garlic, Paprika, Parsley, Gravy, G Wholemeal Pasta	Fruit	Apples
Wednesday	Fruity Chickpea Tagine Couscous	Chickpeas, Sweet Potato, Mixed Peppers, Aubergine, Courgettes, T Tomatoes, Onions, Apricots, Dates, Garlic, Gravy, Coriander, Cumin, Mixed Spice, G Couscous	Fruit	Bananas
Thursday	Roast Pork Gravy New Potatoes Mixed Vegetables	Pork, Potatoes, Broad Beans, Carrots, Green Beans, Peas, Sweetcorn, Gravy	Fruit	Pears
Friday	Quorn & Tarragon Pie Sweetcorn	E Quorn, Sweet Potato, Swede, Parsnips, Peas, Onions, Spinach, Carrots, Garlic, Tarragon, Gravy, Mashed Potato, Sweetcorn	Fruit	Satsumas

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.

