



## Week 3 Autumn Winter – Lunch

W/C – 16<sup>th</sup> Sep, 14<sup>th</sup> Oct, 11<sup>th</sup> Nov, 9<sup>th</sup> Dec

	First Course	Ingredients	Second Course	Ingredients
<b>Monday</b>	Salmon Arabiata Wholemeal Pasta Grated Cheese	Salmon <b>F</b> , Roasted Red Peppers, Red Lentils, Chilli, Onions, Mixed Peppers, Tomatoes <b>T</b> , Carrots, Garlic, Basil, Parsley, Oregano, Wholemeal Pasta <b>G</b> Grated Cheese <b>D</b>	Fruit	Satsumas
<b>Tuesday</b>	Sweet Potato & Chickpea Mild Madras Curry Rice	Sweet Potatoes, Chickpeas, Coconut Milk, Sweetcorn, Onions, Carrots, Mixed Peppers, Tomatoes <b>T</b> , Spinach, Garlic, Cumin, Turmeric, Coriander, Mild Madras Curry Powder, Rice	Fruit	Apples
<b>Wednesday</b>	Plant Based Sausage New Potatoes Gravy	Plant Based Sausage <b>G</b> , Gravy, New Potatoes, Peas	Fruit	Bananas
<b>Thursday</b>	Homemade Baked Beans Baked Potato Cheddar Cheese	Cannellini Beans, Tomatoes <b>T</b> , Onions, Carrots, Garlic, Smoked Paprika, Cumin, Worcestershire Sauce, Apple Sauce, Baked Potato, Cheddar Cheese <b>D</b>	Fruit	Pears
<b>Friday</b>	Gloucestershire Pie Carrots	Lamb Mince, Potatoes, Swede, Turnips, Onions, Carrots, Celery <b>C</b> , Rosemary, Apples, Sage, Gravy, Puff Pastry <b>G</b> , Carrots	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.**

