



## Week 4 Autumn Winter – Lunch

W/C – 23<sup>rd</sup> Sep, 21<sup>st</sup> Oct, 18<sup>th</sup> Nov, 16<sup>nd</sup> Dec

	First Course	Ingredients	Second Course	Ingredients
<b>Monday</b>	Ratatouille Wholemeal Pasta Grated Cheese	Tomatoes <b>T</b> , Red Lentils, Onions, Mixed Peppers, Aubergine, Courgettes, Garlic, Spinach, Basil, Oregano, Wholemeal Pasta <b>G</b> , Grated Cheese <b>D</b>	Fruit	Satsumas
<b>Tuesday</b>	Five Spice Chicken Rice	Chicken, Mixed Peppers, <b>Bean Sprouts S</b> , Bamboo Shoots, Water Chestnuts, Red Onions, Baby Sweetcorn, Sugar Snap Peas, Onions, Carrots, Tomatoes <b>T</b> , Spinach, Five Spice, Garlic, Coriander, Cumin, Apple Sauce, Gravy, Rice	Fruit	Apples
<b>Wednesday</b>	Roast Beef Gravy New Potatoes Mixed Vegetables	Sliced Roast Beef, Gravy, New Potatoes, Broad Beans, Peas, Carrots, Green Beans, Sweetcorn	Fruit	Bananas
<b>Thursday</b>	Lentil Dahl Wholemeal Rice Naan	Red Lentils, Coconut Milk, Peas, Onions, Mixed Peppers, <b>Tomatoes T</b> , Spinach, Carrots, Garlic, Cumin, Turmeric, Mild Madras Curry Powder, Coriander, Rice, Naan <b>G</b>	Fruit	Pears
<b>Friday</b>	Lamb Ragu Minted Couscous	Lamb Mince, <b>Tomatoes T</b> , Roasted Red Peppers, Onions, Carrots, Spinach, Garlic, Rosemary, Oregano, Gravy, Couscous <b>G</b> , Mint	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.**

