

Winter Spring Lunch Menu Week 1



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Thai Green Curry Rice	Sweet Potato, Peppers, Quorn Pieces E , Green Beans, Onions, Sweetcorn, Spinach, Gravy, Coconut Milk, Tomato Puree T , Chickpeas, Garlic, Coriander, Lime Juice, Thai Green Curry Paste, Rice	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
TUESDAY	Chicken Casserole Wholemeal Bread Roll	Chicken, Parsnip, Leek, Potato, Onion, Carrot, Garlic, Gravy, Spinach, Parsley, Rosemary Wholemeal Bread Roll G	Fresh Fruit Salad	Orange, Pineapple, Melon
WEDNESDAY	Roast Turkey in Gravy New Potatoes Carrots	Turkey, New Potatoes, Gravy, Carrots	Eve's Pudding	Self-Raising Flour G , Free Range Egg E , Apple, Caster Sugar, Dairy-Free Spread
THURSDAY	Veggie Shepherd's Pie Sweetcorn	Green Lentils, Vegetarian Mince S , Gravy, Leek, Onion, Carrot, Swede, Garlic, Oregano, Spinach, Worcestershire Sauce, Potatoes, Dairy Free Spread, Sweetcorn	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
FRIDAY	Mushroom Carbonara Organic Pasta	Mushroom, Sweetcorn, Peas, Butter Beans, Bechamel Sauce D , Vegetable Stock, Pasta G	Fresh Fruit Salad	Orange, Pineapple, Melon



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

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.