

Winter Spring Lunch Menu Week 2



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Pasta Pomodoro Grated Cheddar Cheese	Tomatoes T , Peppers, Red Lentils, Tomato Puree T , Onions, Leeks, Garlic, Basil, Oregano, Organic Pasta G , Cheddar Cheese D ,	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Roast Pork Gravy New Potatoes Mixed Vegetables	Pork, Gravy, New Potatoes, Broad Beans, Peas, Carrots, Green Beans, Sweetcorn Garlic,	Fresh Fruit Salad	Orange, Pineapple, Melon
WEDNESDAY	Chickpea Madras Wholemeal Rice Naan	Tomatoes T , Onions, Carrots, Peppers, Chickpeas, Garlic, Spinach, Cumin, Tomato Puree T , Coconut Milk, Sweet Potato, Cumin, Turmeric, Coriander, Mild Madras Curry Powder (contains chickpeas), Rice, Naan G	Flapjack	Oats, Dairy Free Spread, Golden Syrup
THURSDAY	Organic Beef and Mushroom Stroganoff Couscous	Beef, Mushrooms, Onions, Carrots, Double Cream D , Potatoes, Peppers, Gravy, Garlic, Paprika, Couscous G	Lemon & Apple Sponge	Self-Raising Flour G , Free Range Egg E , Lemon Juice, Apple, Caster Sugar, Dairy-Free Spread, Icing Sugar
FRIDAY	Vegetable Lasagne Sweetcorn	Lasagne Sheets G , Tomato T , Peppers, Onions, Aubergine, Courgette, Carrots, Red Lentils, Basil, Garlic, Oregano, Bechamel Sauce D Mozzarella Cheese D , Cheddar Cheese D Sweetcorn	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, 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.