

## Winter Spring Lunch Menu Week 3



	Lunch	Ingredients	Dessert	Ingredients
<b>MONDAY</b>	Winter Bean Stew Wholemeal Roll	Kidney Beans, Edamame Beans <b>S</b> , Cannellini Beans, Sweet Potato, Carrot, Onion, Tomato <b>T</b> , Garlic, Spinach, Smoked Paprika, Worcestershire Sauce, Gravy, Wholemeal Roll <b>G</b> ,	Flapjack	Oats, Dairy-Free Margarine, Golden Syrup
<b>TUESDAY</b>	Apricot and Rosemary Chicken Rice	Chicken, Chopped Apricots, Rosemary, Sweet Potato, Peppers, Aubergine, Courgette, Onion, Tomato <b>T</b> , Garlic, Gravy, Rice	Fresh Fruit Salad	Orange, Pineapple, Melon
<b>WEDNESDAY</b>	Salmon and Roasted Red Pepper Sauce Grated Cheddar Cheese Wholemeal Pasta	Red Pepper, Salmon <b>F</b> , Tuna <b>F</b> , Tomato <b>T</b> , Onion, Carrot, Mixed Peppers, Basil, Garlic, Oregano, Pasta <b>G</b>	Apple and Blackberry Crumble Cake	Self-Raising Flour <b>G</b> , Free Range Egg <b>E</b> , Caster Sugar, Dairy-Free Spread, Apple, Blackberry, Oats
<b>THURSDAY</b>	Veggie Meatballs in Gravy Mashed Potato Sweetcorn	Veggie meatballs (contains soya <b>S</b> , Gluten <b>G</b> , onion, rapeseed oil, garlic, yeast extract, herbs, spices, beetroot powder), Potato, Dairy Free Spread, Sweetcorn	Organic Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
<b>FRIDAY</b>	Organic Beef Ragu Couscous	Beef, Tomato <b>T</b> , Peppers, Red Lentils, Onion, Carrot, Basil, Spinach, Garlic, Oregano, Gravy, Couscous <b>G</b>	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.