Early Years Catering

Winter Spring Lunch Menu
Week 4

	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Chicken Tikka Masala Rice	Chicken, Mango, Sweet Potato, Coconut Milk, Peppers, Onions, Tomatoes T, Peas, Coriander, Garlic, Cumin, Turmeric, Garam Masala, Ginger, Rice	Organic Yeo Valley Yoghurt	Organic Milk D, Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Mediterranean Sauce Organic Pasta Grated Cheddar Cheese	Tomatoes T, Onions, Courgette, Aubergine, Peppers, Red Lentils, Olives, Sweetcorn, Basil, Garlic, Oregano, Pasta G, Cheddar Cheese D	Fresh Fruit Salad	Orange, Pineapple, Melon
WEDNESDAY	Veggie Sausage Gravy Sweet Potato Mash Cabbage	Veggie Sausage G, Gravy, Potato, Sweet Potato, Dairy-Free Spread, Cabbage	Flapjack	Oats, Dairy-Free Margarine, Golden Syrup
THURSDAY	Vegan Tacos Wholemeal Rice	Vegan Mince S, Kidney Beans, Peppers, Onions, Tomatoes T, Coriander, Gravy, Garlic, Cumin, Oregano, Tacos G, Wholemeal Rice	Carrot Cake	Self-raising Flour G, Caster Sugar, Free Range Egg E, Rapeseed Oil, Carrot, Mixed Spice, Cream Cheese D Lemon Juice, Vanilla Essence
FRIDAY	Lamb Hotpot New Potatoes	Lamb, Flageolet beans, Borlotti Beans, Parsnips, Leeks, Swede, Cabbage, Onions Carrots, Gravy, Spinach, Garlic, Parsley, Mint Sauce, New Potatoes	Fresh Fruit Salad	Orange, Pineapple, Melon

FOOD FOR LIFE SERVED HERE
Soil Association

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

www.earlyyearscatering.co.uk   Email: admin@earlyyearscatering.co.uk   Tel: 01179 666 112

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.