

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch main</b>	<p>Chicken Tikka masala with vegetable couscous</p> <p>Basil, Carrots, Chicken Breast, Chopped Tomatoes, Coconut Milk, Coriander, Cous Cous, Cumin, Curry Powder, Garlic, Low Fat Natural Yogurt (Milk), Olive Oil, Onion, Paprika, Parsley, Peppers, Salt, Sugar, Sweetcorn, Tomato Paste, Turmeric,</p> <p><b>G D</b></p>	<p>Atlantic Pollack Fish in a creamy cauliflower sauce, carrots and courgette, served with fusilli pasta and fresh raw vegetables</p> <p>Alaska Pollack, Carrots, Cauliflower, Courgettes, Dill, Egg Free Fusilli, Ground Black Pepper, Low Salt Vegetable Stock, Onion, Oregano, Potatoes, Raw Veggies, Single Cream, Sunflower Oil,</p> <p><b>G F D</b></p>	<p>Beef pieces in a light plum sauce and oven roasted vegetables with diced potatoes and fresh raw vegetables</p> <p>Basil, Beef Diced, Carrots, Courgettes, Garden Peas, Garlic, Ground Black Pepper, Low Salt Vegetable Stock, Onion, Paprika, Plum Puree, Potatoes, Sugar, Sunflower Oil, Thyme,</p>	<p>Roast chicken in a sweet carrot sauce with spinach, butter beans with basmati rice and fresh raw vegetables</p> <p>Basil, Basmati Rice, Carrots, Chicken Breast, Courgettes, Ground Black Pepper, Onion, Raw Veggies, Salt, Spinach, Sunflower Oil,</p>	<p>Cabbage pie with pearl barley</p> <p>Cabbage, Grated Cheddar Cheese, Ground Black Pepper, Low Salt Vegetable Stock, Onion, Parsley, Pearl Barley, Potatoes, Sunflower Oil,</p> <p><b>G D</b></p>

**Allergens Key**

- D** Dairy
- E** Eggs
- SB** Soy Beans
- M** Mustard
- L** Lupin
- C** Crustaceans
- P** Peanuts
- G** Gluten
- F** Fish
- N** Nuts
- SS** Sesame Seeds
- M** Mollusc
- C** Celery
- SD** Sulphur Dioxide

**Lunch desserts**

Oat and raisins cookies

Brown Sugar, Dairy Free Butter, Honey, Oat Flakes, Raisins,



Fruit yoghurt

Fruit Pureed, Low Fat Yoghurt, Sugar,



Forest fruit cake

Blackberries, Blackcurrants, Brown Sugar, Butter, Egg, Milk, Raspberries, Redcurrants, Soya Flour, Strawberries, Sugar, Thickener (Xanthan Gum), Wheat Flour,



Fresh fruit

Fresh Fruit,

Cranberry oat flapjacks

Butter, Cranberry, Porridge Oats,



**Tea main**

Jacket potatoes with baked beans and grated cheddar cheese

Baked Beans In Tomato Sauce, Grated Cheddar Cheese, Jacket Potatoes,



Chicken, spinach and sweet potato stew with brown rice and fresh raw vegetables

Brown Rice, Carrots, Chicken Breast, Chopped Tomatoes, Cinnamon, Garlic, Low Salt Vegetable Stock, Onion, Parsley, Raw Veggies, Spinach, Sugar, Sunflower Oil, Sweet Potato,

Pollack fillet in a creamy white sauce, diced carrots and garden peas with egg free noodles and fresh raw vegetables

Alaska Pollack, Basil, Carrots, Coriander, Egg Free Noodles, Garden Peas, Garlic, Ground Black Pepper, Low Salt Vegetable Stock, Onion, Single Cream, Sunflower Oil, Wheat Flour (Contains Gluten),



Vegetarian pasta bake with red lentils, mixed peppers and a grated cheddar cheese topping

Carrot, Chopped Tomatoes, Garlic Puree, Grated Cheddar Cheese, Ground Black Pepper, Low Salt Vegetable Stock, Mixed Herbs, Mixed Peppers, Onions, Parsley, Raw Veggies, Red Lentils,



Slow cooked Mexican beef with basmati rice and fresh raw vegetables

Basmati Rice, Beef Mince, Carrots, Fajita Seasoning, Garlic, Ground Black Pepper, Mushrooms, Onion, Paprika, Raw Veggies, Salt, Soya Sauce (Contains Soya), Sunflower Oil, Sweetcorn, Tomato Paste,



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Celery



Sulphur Dioxide

**Tea desserts**

Fruit yoghurt

Fruit Pureed, Low Fat Yoghurt, Sugar,



Fresh melon

Honeydew Melon,

Oat cookies

Brown Sugar, Cranberry, Dairy Free Butter, Honey, Oat Flakes,



Apple and cinnamon cake

Apple, Cinnamon, Dried Egg, Skimmed Milk Powder, Soya Flour, Sugar, Thickener (Xanthan Gum), Water, Wheat Flour (Contains Gluten),



Fruit compote

Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring,

**Vegetarian lunch main**

Tofu Tikka masala and cannellini beans, served with vegetable couscous

Basil, Cannellini Beans, Carrots, Chopped Tomatoes, Coconut Milk, Coriander, Cous Cous, Cumin, Curry Powder, Garlic, Low Fat Natural Yogurt (Milk), Olive Oil, Onion, Paprika, Parsley, Peppers, Salt, Sugar, Sweetcorn, Tofu (Contains Soya), Tomato Paste, Turmeric,



Red lentils in a creamy cauliflower sauce, carrots and courgette with fusilli pasta and fresh raw vegetables

Carrots, Cauliflower, Courgettes, Dill, Egg Free Fusilli, Ground Black Pepper, Low Salt Vegetable Stock, Onion, Oregano, Potatoes, Raw Veggies, Red Lentils, Single Cream, Sunflower Oil,



Green lentils in a light plum sauce and oven roasted vegetables with diced potatoes and fresh raw vegetables

Basil, Carrots, Courgettes, Garden Peas, Garlic, Green Lentils, Ground Black Pepper, Low Salt Vegetable Stock, Onion, Paprika, Plum Puree, Potatoes, Sugar, Sunflower Oil, Thyme,

Butter beans in a sweet carrot sauce with spinach and basmati rice with fresh raw vegetables

Basil, Basmati Rice, Butter Beans, Carrots, Courgettes, Ground Black Pepper, Onion, Raw Veggies, Salt, Spinach, Sunflower Oil,

Cabbage pie with pearl barley

Cabbage, Grated Cheddar Cheese, Ground Black Pepper, Low Salt Vegetable Stock, Onion, Parsley, Pearl Barley, Potatoes, Sunflower Oil,



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Sulphur Dioxide

**Vegetarian lunch  
desserts**

Oat and raisins cookies

Brown Sugar, Dairy Free  
Butter, Honey, Oat  
Flakes, Raisins,



Fruit yoghurt

Fruit Pureed, Low Fat  
Yoghurt, Sugar,



Forest fruit cake

Blackberries,  
Blackcurrants, Brown  
Sugar, Butter, Egg, Milk,  
Raspberries,  
Redcurrants, Soya  
Flour,  
Strawberries, Sugar,  
Thickener (Xanthan  
Gum), Wheat Flour,



Fresh fruit

Fresh Fruit,

Cranberry oat flapjacks

Butter, Cranberry, Porridge  
Oats,



**Vegetarian tea main**

Jacket potatoes with baked  
beans and grated cheddar  
cheese

Baked Beans In Tomato  
Sauce, Grated Cheddar  
Cheese, Jacket Potatoes,



Butter beans, spinach and  
sweet potato stew with  
brown rice and fresh raw  
vegetables

Brown Rice, Butter  
Beans, Carrots, Chopped  
Tomatoes,  
Cinnamon, Garlic, Low Salt  
Vegetable  
Stock, Onion, Parsley, Raw  
Veggies, Spinach,  
Sugar, Sunflower Oil, Sweet  
Potato,

Cannellini beans in a  
creamy white sauce, diced  
carrots and garden peas  
with egg free noodles and  
fresh raw vegetables

Basil, Cannellini  
Beans, Carrots,  
Coriander, Egg Free  
Noodles, Garden  
Peas, Garlic, Ground Black  
Pepper, Low Salt Vegetable  
Stock, Onion, Single  
Cream, Sunflower Oil, Wheat  
Flour (Contains Gluten),



Vegetarian pasta bake with  
red lentils, mixed peppers  
and a grated cheddar  
cheese topping

Carrot, Chopped  
Tomatoes, Garlic  
Puree, Grated Cheddar  
Cheese, Ground Black  
Pepper, Low Salt Vegetable  
Stock, Mixed Herbs, Mixed  
Peppers, Onions,  
Parsley, Raw Veggies, Red  
Lentils,



Slow cooked Mexican bean  
with basmati rice and fresh  
raw vegetables

Basmati Rice, Cannellini  
Beans, Carrots, Fajita  
Seasoning, Garlic, Ground  
Black Pepper, Kidney  
Beans,  
Mushrooms, Onion,  
Paprika, Raw  
Veggies, Salt, Soya Sauce  
(Contains Soya), Sunflower  
Oil, Sweetcorn, Tomato  
Paste,



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<p><b>Vegetarian tea desserts</b></p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt, Sugar,</p> <p><b>D</b></p>	<p>Fresh melon</p> <p>Honeydew Melon,</p>	<p>Oat cookies</p> <p>Brown Sugar, Cranberry, Dairy Free Butter, Honey, Oat Flakes,</p> <p><b>G</b></p>	<p>Apple and cinnamon cake</p> <p>Apple, Cinnamon, Dried Egg, Skimmed Milk Powder, Soya Flour, Sugar, Thickener (Xanthan Gum), Water, Wheat Flour (Contains Gluten),</p> <p><b>G E SB D</b></p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring,</p>
<p><b>Baby lunch main</b></p>	<p>Chicken and carrots with couscous</p> <p>Carrots, Chicken Breast, Cous Cous,</p> <p><b>G</b></p>	<p>Pollack fish and cauliflower with fusilli pasta</p> <p>Alaska Pollack, Cauliflower, Egg Free Fusilli,</p> <p><b>G F</b></p>	<p>Beef pieces and courgette with diced potatoes</p> <p>Beef Diced, Courgettes, Potatoes,</p>	<p>Chicken and carrots with basmati rice</p> <p>Basmati Rice, Carrot, Chicken Breast,</p>	<p>Pearl barley with carrots and cabbage</p> <p>Cabbage, Carrots, Pearl Barley,</p> <p><b>G</b></p>
<p><b>Baby lunch desserts</b></p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>

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<p><b>Baby tea main</b></p>	<p>Root vegetables with potatoes</p> <p>Carrots, Celery, Onion, Potatoes, Swedes, Turnips,</p> <p><b>C</b></p>	<p>Chicken and spinach with brown rice</p> <p>Brown Rice, Chicken Breast, Spinach,</p>	<p>Pollack fish and garden peas with egg free noodles</p> <p>Alaska Pollack, Egg Free Noodles, Garden Peas,</p> <p><b>G</b></p>	<p>Red lentils and peppers with fusilli pasta</p> <p>Egg Free Fusilli, Peppers, Red Lentils,</p> <p><b>G</b></p>	<p>Beef mince and aubergine with basmati rice</p> <p>Aubergine, Basmati Rice, Beef Mince,</p>
<p><b>Baby tea desserts</b></p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>

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