

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

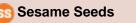
# **Allergens Key**





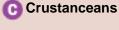








Mollusc





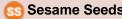














#### Lunch desserts

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.



raw vegetables Basmati Rice, Beef

Slow cooked Mexican beef

with basmati rice and fresh

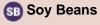
Mince, Carrots, Fajita Seasoning, Garlic, Ground Black Pepper, Mushrooms, Onion, Paprika, Raw Veggies, Salt, Soya Sauce (Contains Soya), Sunflower Oil, Sweetcorn, Tomato Paste.



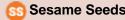
## **Allergens Key**





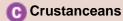
















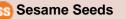














Vegetarian lunch main

#### 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),







## Cabbage pie with pearl barley

Fruit compote

Blackberries.

Raspberries,

Redcurrants. Strawberries, Vanilla

Flavouring,

Blackcurrants, Brown

Sugar, Cinnamon,

Apple,

Pear,

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





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,

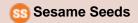
# **Allergens Key**













Mollusc



















## 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.



## **Allergens Key**

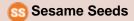






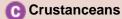


























Vegetarian tea desserts	Fruit yoghurt	Fresh melon	Oat cookies	Apple and cinnamon cake	Fruit compote
	Fruit Pureed, Low Fat Yoghurt, Sugar,	Honeydew Melon,	Brown Sugar, Cranberry, Dairy Free Butter, Honey, Oat Flakes,	Apple, Cinnamon, Dried Egg, Skimmed Milk Powder, Soya Flour, Sugar, Thickener (Xanthan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



**G** Gluten































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

**Allergens Key** 

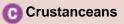














Peanuts













