

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|---|---|---|--|---|
| Lunch main | <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>G D</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>G F D</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>G D</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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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 Yoghurt (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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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>Vegetarian tea desserts</p> | <p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt, Sugar,</p> <p>D</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>G</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>G E SB D</p> | <p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring,</p> |
| <p>Baby lunch main</p> | <p>Chicken and carrots with couscous</p> <p>Carrots, Chicken Breast, Cous Cous,</p> <p>G</p> | <p>Pollack fish and cauliflower with fusilli pasta</p> <p>Alaska Pollack, Cauliflower, Egg Free Fusilli,</p> <p>G F</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>G</p> |
| <p>Baby lunch desserts</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>Baby tea main</p> | <p>Root vegetables with potatoes</p> <p>Carrots, Celery, Onion, Potatoes, Swedes, Turnips,</p> <p>C</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>G</p> | <p>Red lentils and peppers with fusilli pasta</p> <p>Egg Free Fusilli, Peppers, Red Lentils,</p> <p>G</p> | <p>Beef mince and aubergine with basmati rice</p> <p>Aubergine, Basmati Rice, Beef Mince,</p> |
| <p>Baby tea desserts</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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