

|                       | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|-----------------------|---|---|--|---|--|
| <b>Lunch main</b>     | <p>Mixed beans goulash with basmati rice</p> <p>Basmati Rice, Butter Beans, Cannellini Beans, Carrot, Fajita Seasoning, Ground Black Pepper, Kidney Beans, Lemon, Onion, Paprika, Potato, Salt, Spinach, Sunflower Oil, Turmeric,</p> | <p>Beef bolognaise with garden peas, diced carrots and spaghetti pasta served with fresh raw vegetables</p> <p>Beef Mince, Carrot, Chopped Tomatoes, Diced Carrots, Garden Peas, Garlic Puree, Ground Black Pepper, Italian Seasoning, Low Salt Vegetable Stock, Mix Herbs, Onion, Oregano, Paprika, Parsley, Raw Veggies, Red Lentils, Spaghetti Pasta (Contains Gluten), Sunflower Oil,</p> <p><b>G</b></p> | <p>Roast chicken with broccoli and pea pesto with egg free noodles</p> <p>Broccoli, Chicken Breast, Egg Free Noodles, Ground Black Pepper, Low Salt Vegetable Stock, Mix Herbs, Onion, Parsley, Peas, Sunflower Oil,</p> <p><b>G</b></p> | <p>Fish pie with sweetcorn and garden peas, topped with creamy mash potatoes</p> <p>Alaska Pollack, Bay Leaves, Cauliflower, Garden Peas, Ground Black Pepper, Low Fat Yoghurt, Low Salt Vegetable Stock, Onion, Potatoes, Sunflower Oil, Sweetcorn, Turmeric,</p> <p><b>F</b> <b>D</b></p> | <p>Italian chicken in a rich tomato sauce with hidden vegetables and yellow rice.</p> <p>Basmati Rice, Carrot, Chicken Breast, Courgettes, Green Beans, Ground Black Pepper, Italian Seasoning, Onion, Peppers, Salt, Sunflower Oil, Tomato Paste, Turmeric,</p> |
| <b>Lunch desserts</b> | <p>Peach Cake</p> <p>Butter (Contains: Milk), Egg, Peach Puree, Soya Flour, Wheat Flour (Contains Gluten),</p> <p><b>G</b> <b>E</b> <b>SB</b> <b>D</b></p>  | <p>Fresh melon</p> <p>Honeydew Melon,</p>   | <p>Pear and date flapjacks</p> <p>Brown Sugar, Butter, Date, Golden Syrup, Pear, Porridge Oats,</p> <p><b>G</b> <b>D</b></p>   | <p>Strawberry yoghurt</p> <p>Low Fat Yoghurt, Strawberry Puree, Sugar,</p> <p><b>D</b></p>  | <p>Apple and berry crumble slice</p> <p>Apple, Cranberry, Dairy Free Butter, Strawberries, Sugar, Wheat Flour (Contains Gluten),</p> <p><b>G</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

|                            |  |  |   |  |   |
|----------------------------|--|--|---|--|---|
| <p><b>Tea main</b></p>     | <p>100% Cod fillet fish cakes with seasonal mixed vegetables and baby new jacket potatoes</p> <p>Baby Jacket Potatoes, Broad Beans, Carrots, Garden Peas, Sweetcorn, Cod Fillet Fish Cakes (Contains: Gluten, Fish),</p> <p><b>G F</b></p> | <p>Sweet and sour chicken with mixed peppers, chunky pineapple and basmati rice</p> <p>Basmati Rice, Chicken Breast, Garlic, Lemon Juice, Lime, Low Salt Vegetable Stock, Mixed Herbs, Mixed Peppers, Onion, Oregano, Paprika, Pineapple, Sugar,</p> | <p>Bean Moussaka with cheddar cheese topping and fresh raw veggies</p> <p>Carrot, Chopped Tomatoes, Cumin, Garlic, Grated Cheddar Cheese, Onion, Paprika, Peppers, Potatoes, Raw Veggies, Salt, Sugar, Sunflower Oil, Aubergine, Thyme,</p> <p><b>D</b></p> | <p>Stir fry veggie noodles</p> <p>Aubergines, Carrot, Celery, Cornflour, Courgettes, Egg Free Noodles, Green Peppers, Mixed Herbs, Olive Oil, Onion, Raw Veggies, Red Peppers, Salt, Yellow Peppers,</p> <p><b>G</b></p> | <p>Slow cooked beef stew with mushrooms and creamy mash potatoes</p> <p>Bay Leaves, Carrots, Celery, Chopped Tomatoes, Diced Beef, Garlic, Ground Black Pepper, Low Salt Vegetable Stock, Mixed Herbs, Mushrooms, Onion, Paprika, Potato, Potatoes, Raw Veggies, Swedes, Thyme, Turnips, Butter (Contains: Milk),</p> <p><b>D C</b></p> |
| <p><b>Tea desserts</b></p> | <p>Apple and raisins flapjacks</p> <p>Apple, Brown Sugar, Butter, Golden Syrup, Porridge Oats, Raisins,</p> <p><b>G D</b></p>  | <p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt, Sugar,</p> <p><b>D</b></p>  | <p>Beetroot cake</p> <p>Beetroot, 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>Nut free granola with natural yoghurt</p> <p>Brown Sugar, Butter, Honey, Natural Yoghurt, Porridge Oats,</p> <p><b>G D</b></p>  | <p>Fresh fruit</p> <p>Seasonal Fresh Fruit Pieces,</p>  |

**Allergens Key**

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

**Vegetarian lunch main**

Mixed beans goulash with basmati rice

Basmati Rice, Butter Beans, Cannellini Beans, Carrot, Fajita Seasoning, Ground Black Pepper, Kidney Beans, Lemon, Onion, Paprika, Potato, Salt, Spinach, Sunflower Oil, Turmeric,

Vegetarian bolognese with garden peas, diced carrots and spaghetti pasta served with fresh raw vegetables

Carrot, Chopped Tomatoes, Diced Carrots, Garden Peas, Garlic Puree, Ground Black Pepper, Italian Seasoning, Low Salt Vegetable Stock, Mix Herbs, Onion, Oregano, Paprika, Parsley, Raw Veggies, Red Lentils, Soya Mince, Spaghetti Pasta (Contains Gluten), Sunflower Oil,



Green lentils pea pesto with broccoli and sweetcorn with noodles

Broccoli, Cornflour, Egg Free Noodles, Garden Peas, Garlic, Green Lentils, Ground Black Pepper, Mixed Herbs, Onion, Parsley, Salt, Sunflower Oil, Turmeric,



Vegetarian pie with sweetcorn and garden peas, topped with creamy mash potatoes

Bay Leaves, Cannellini Beans, Cauliflower, Garden Peas, Ground Black Pepper, Low Fat Yoghurt, Low Salt Vegetable Stock, Onion, Potatoes, Sunflower Oil, Sweetcorn, Turmeric,



Butter beans in a Italian sauce with hidden vegetables and yellow rice.

Basmati Rice, Butter Beans, Carrot, Courgettes, Green Beans, Ground Black Pepper, Italian Seasoning, Onion, Peppers, Salt, Sunflower Oil, Tomato Paste, Turmeric,

**Vegetarian lunch desserts**

Peach Cake

Butter (Contains: Milk), Egg, Peach Puree, Soya Flour, Wheat Flour (Contains Gluten),



Fresh melon

Honeydew Melon,

Pear and date flapjacks

Brown Sugar, Butter, Date, Golden Syrup, Pear, Porridge Oats,



Strawberry yoghurt

Low Fat Yoghurt, Strawberry Puree, Sugar,



Apple and berry crumble slice

Apple, Cranberry, Dairy Free Butter, Strawberries, Sugar, Wheat Flour (Contains Gluten),



**Allergens Key**



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur Dioxide

**Vegetarian tea main**

Vegetable quarter pounders with seasonal mixed vegetables and baby new jacket potatoes

Baby Jacket Potatoes, Broad Beans, Carrots, Garden Peas, Sweetcorn, Vegetable Quarter Pounders (Contains: Gluten),



Sweet and sour lentils with mixed peppers, chunky pineapple and basmati rice

Basmati Rice, Garlic, Lemon Juice, Lentils, Lime, Low Salt Vegetable Stock, Mixed Herbs, Mixed Peppers, Onion, Oregano, Paprika, Pineapple, Sugar,

Bean Moussaka with cheddar cheese topping and fresh raw veggies

Carrot, Chopped Tomatoes, Cumin, Garlic, Grated Cheddar Cheese, Onion, Paprika, Peppers, Potatoes, Raw Veggies, Salt, Sugar, Sunflower Oil, Aubergine, Thyme,



Stir fry veggie noodles

Aubergines, Carrot, Celery, Cornflour, Courgettes, Egg Free Noodles, Green Peppers, Mixed Herbs, Olive Oil, Onion, Raw Veggies, Red Peppers, Salt, Yellow Peppers,



Slow cooked vegetarian stew with mushrooms and creamy mash potatoes

Bay Leaves, Butter (Contains: Milk), Butter Beans, Carrots, Celery, Chopped Tomatoes, Garlic, Ground Black Pepper, Low Salt Vegetable Stock, Mixed Herbs, Mushrooms, Onion, Paprika, Potato, Potatoes, Raw Veggies, Swedes, Thyme, Turnips,



**Vegetarian tea desserts**

Apple and raisins flapjacks

Apple, Brown Sugar, Butter, Golden Syrup, Porridge Oats, Raisins,



Fruit yoghurt

Fruit Pureed, Low Fat Yoghurt, Sugar,



Beetroot cake

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



Nut free granola with natural yoghurt

Brown Sugar, Butter, Honey, Natural Yoghurt, Porridge Oats,



Fresh fruit

Seasonal Fresh Fruit Pieces,

**Allergens Key**



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur Dioxide

|                            |  |  |   |   |  |
|----------------------------|--|--|---|---|--|
| <b>Baby lunch main</b>     | Mixed bean and carrots with basmati rice<br><br>Basmati Rice, Butter Beans, Cannellini Beans, Carrots,   | Beef mince and garden peas with spaghetti pasta<br><br>Beef Mince, Garden Peas, Spaghetti Pasta (Contains Gluten),<br><br><b>G</b> | Chicken and broccoli with egg free noodles<br><br>Broccoli, Chicken Breast, Egg Free Noodles,<br><br><b>G</b> | Pollack fish and sweetcorn with potatoes<br><br>Alaska Pollack, Potatoes, Sweetcorn,<br><br><b>F</b>        | Chicken and carrots with basmati rice<br><br>Basmati Rice, Carrot, Chicken Breast,   |
| <b>Baby lunch desserts</b> | Fresh fruit<br><br>Fresh Fruit,  | Fresh fruit<br><br>Fresh Fruit,  | Fresh fruit<br><br>Fresh Fruit,   | Fresh fruit<br><br>Fresh Fruit,   | Fresh fruit<br><br>Fresh Fruit,  |
| <b>Baby tea main</b>       | Pollack fish and seasonal mixed vegetables with potatoes<br><br>Alaska Pollack, Broad Beans, Carrots, Garden Peas, Green Beans, Potatoes, Sweetcorn,<br><br><b>F</b> | Chicken and carrots with basmati rice<br><br>Basmati Rice, Carrot, Chicken Breast,   | Butter beans and aubergine with potatoes<br><br>Aubergine, Butter Beans, Potatoes,                            | Red lentils and carrot with egg free noodles<br><br>Carrots, Egg Free Noodles, Red Lentils,<br><br><b>G</b> | Beef pieces and root vegetables with mash potatoes<br><br>Beef Diced, Carrots, Celery, Onion, Potatoes, Swedes, Turnips,<br><br><b>C</b> |
| <b>Baby tea desserts</b>   | Fresh fruit<br><br>Fresh Fruit,  | Fresh fruit<br><br>Fresh Fruit,  | Fresh fruit<br><br>Fresh Fruit,   | Fresh fruit<br><br>Fresh Fruit,   | Fresh fruit<br><br>Fresh Fruit,  |

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| <b>G</b> Gluten | <b>F</b> Fish | <b>N</b> Nuts       | <b>SS</b> Sesame Seeds | <b>M</b> Mollusc | <b>C</b> Celery      | <b>SD</b> Sulphur Dioxide |

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