

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|---|---|--|--|---|
| Lunch main | <p>Smoky potato, cabbage and chickpea stew with herby couscous</p> <p>Cabbage, Carrots, Chick Peas, Cous Cous, Ground Black Pepper, Low Salt Vegetable Stock, Mixed Herbs, Onion, Paprika, Parsley, Potatoes, Sunflower Oil, Swedes, Tomato Paste, Turnips,</p> <p>G C</p> | <p>Beef chilli con carne with red kidney beans, served with basmati rice and fresh raw vegetables</p> <p>Baked Beans In Tomato Sauce, Basmati Rice, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Green Peppers, Kidney Beans, Low Salt Vegetable Stock, Mixed Herbs, Onions, Raw Veggies, Red Peppers, Sunflower Oil, Sweetcorn, Yellow Peppers,</p> | <p>Roast chicken and diced baby vegetables in a creamy sauce with egg free noodles</p> <p>Basil, Chicken Breast, Coriander, Egg Free Noodles, Garden Peas, Ground Black Pepper, Leeks, Low Salt Vegetable Stock, Parsnips, Single Cream, Sunflower Oil, Wheat Flour (Contains Gluten),</p> <p>G D</p> | <p>Tuna pasta bake with sweetcorn and fresh raw vegetables</p> <p>Carrots, Chopped Tomatoes, Egg Free Fusilli, Grated Cheddar Cheese, Low Salt Vegetable Stock, Mixed Herbs, Onion, Peppers, Raw Veggies, Sunflower Oil, Sweetcorn, Tuna Fish,</p> <p>G F D</p> | <p>Chicken Pot Pie with sautéed potatoes and fresh raw vegetables</p> <p>Baked Beans In Tomato Sauce, Carrots, Chicken Breast, Cumin, Garlic, Ground Black Pepper, Onion, Peppers, Raw Veggies, Rosemary, Salt, Sauteed Potatoes, Sunflower Oil, Sweetcorn, Tomato Paste,</p> |
| Lunch desserts | <p>Jelly with fruit</p> <p>Glucose-Fructose Syrup, Peach, Sugar,</p> | <p>Peach yoghurt</p> <p>Low Fat Yoghurt, Peach Puree, Sugar,</p> <p>D</p> | <p>Juicy Carrot cake</p> <p>Brown Sugar, Butter, Dried Egg, Grated Carrots, Soya Flour, Sugar, Wheat Flour (Contains Gluten),</p> <p>G E SB D</p> | <p>Fresh orange wedges</p> <p>Oranges,</p> | <p>Oaty mixed berry pudding</p> <p>Brown Sugar, Cinnamon, Honey, Milk, Mixed Berry, Oat Flakes,</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

Tea main

100% Cod fillet fish fingers and baked beans with sautéed potatoes

Baked Beans In Tomato Sauce, Sauteed Potatoes, Cod Fillet Fish Fingers (Contains: Gluten, Fish),



Chicken pasta bake with grated cheddar cheese and fresh raw vegetables

Cauliflower, Celery, Chicken Breast, Egg Free Fusilli, Grated Cheddar Cheese, Ground Black Pepper, Leeks, Low Salt Vegetable Stock, Mixed Herbs, Onion, Single Cream, Sunflower Oil,



Vegetarian casserole in a rich tomato sauce with green lentils, crunchy potatoes and fresh raw veggies

Broccoli, Carrots, Chopped Tomatoes, Green Lentils, Ground Black Pepper, Low Salt Vegetable Stock, Onion, Oregano, Paprika, Peppers, Potatoes, Sunflower Oil,

Mild chicken curry with butternut squash, garden peas and basmati rice

Basmati Rice, Butternut Squash, Chicken Breast, Coriander, Curry Powder, Garden Peas, Garlic, Ginger, Ground Black Pepper, Low Salt Vegetable Stock, Onion, Single Cream, Sunflower Oil, Turmeric, Wheat Flour (Contains Gluten),



Beef pieces in a light hoisin sauce and oven roasted courgette with egg free noodles

Basil, Beef Diced, Carrots, Courgettes, Egg Free Noodles, Garden Peas, Garlic, Ground Black Pepper, Onion, Paprika, Salt, Sugar, Sunflower Oil, Thyme, Tomato Paste, Soya Sauce (Contains Soya),



Tea desserts

Fresh fruit

Seasonal Fresh Fruit Pieces,

Orange and lime cake

Dried Egg, Lime, Oranges, Skimmed Milk Powder, Soya Flour, Sugar, Thickener (Xanthan Gum), Wheat Flour,



Strawberry yoghurt

Low Fat Yoghurt, Strawberry Puree, Sugar,



Peach flapjacks

Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats, Sugar,



Apple and pear cake

Apple, Brown Sugar, Egg, Milk, Pear, Soya Flour, Wheat Flour (Contains Gluten),



Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur Dioxide

Vegetarian lunch main

Smoky potato, cabbage and chickpea stew with herby couscous

Cabbage, Carrots, Chick Peas, Cous Cous, Ground Black Pepper, Low Salt Vegetable Stock, Mixed Herbs, Onion, Paprika, Parsley, Potatoes, Sunflower Oil, Swedes, Tomato Paste, Turnips,



Vegetarian chilli con carne with red kidney beans, served with basmati rice and fresh raw veggies

Baked Beans In Tomato Sauce, Basmati Rice, Celery, Chopped Tomatoes, Fajita Seasoning, Green Peppers, Kidney Beans, Low Salt Vegetable Stock, Mixed Herbs - Dried, Onions, Red Peppers, Sunflower Oil, Sweetcorn, Yellow Peppers, Soya Mince (Contains: Gluten, Soybeans),



Cannellini beans and diced baby vegetables in a creamy sauce with egg free noodles

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



Vegetarian pasta bake with sweetcorn and fresh raw vegetables

Carrots, Chopped Tomatoes, Egg Free Fusilli, Grated Cheddar Cheese, Low Salt Vegetable Stock, Mixed Herbs, Onion, Peppers, Raw Veggies, Red Lentils, Sunflower Oil, Sweetcorn,



Mixed bean Pot Pie with sautéed potatoes and fresh raw vegetables

Baked Beans In Tomato Sauce, Carrots, Chicken Breast, Cumin, Garlic, Ground Black Pepper, Onion, Peppers, Raw Veggies, Rosemary, Salt, Sauteed Potatoes, Sunflower Oil, Sweetcorn, Tomato Paste,

Vegetarian lunch desserts

Jelly with fruit

Glucose-Fructose Syrup, Peach, Sugar,

Peach yoghurt

Low Fat Yoghurt, Peach Puree, Sugar,



Juicy Carrot cake

Brown Sugar, Butter, Dried Egg, Grated Carrots, Soya Flour, Sugar, Wheat Flour (Contains Gluten),



Fresh orange wedges

Oranges,

Oaty mixed berry pudding

Brown Sugar, Cinnamon, Honey, Milk, Mixed Berry, Oat Flakes,



Allergens Key



Dairy



Eggs



Soy Beans



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Vegetarian tea main

Vegetarian nuggets and baked beans with sautéed potatoes

Baked Beans In Tomato Sauce, Sauteed Potatoes, Vegetarian Nuggets (Contains Gluten),



Vegetarian pasta bake with lentils, grated cheddar cheese and fresh raw vegetables

Cauliflower, Celery, Egg Free Fusilli, Grated Cheddar Cheese, Ground Black Pepper, Leeks, Low Salt Vegetable Stock, Mixed Herbs, Onion, Red Lentils, Single Cream, Sunflower Oil,



Vegetarian casserole in a rich tomato sauce with green lentils, crunchy potatoes and fresh raw veggies

Broccoli, Carrots, Chopped Tomatoes, Green Lentils, Ground Black Pepper, Low Salt Vegetable Stock, Onion, Oregano, Paprika, Peppers, Potatoes, Sunflower Oil,

Mild vegetarian curry with red lentils, butternut squash, garden peas and basmati rice

Basmati Rice, Butternut Squash, Coriander, Curry Powder, Garden Peas, Garlic, Ginger, Ground Black Pepper, Low Salt Vegetable Stock, Onion, Red Lentils, Single Cream, Sunflower Oil, Turmeric, Wheat Flour (Contains Gluten),



Butter beans in a light hoisin sauce and oven roasted courgette with egg free noodles

Basil, Butter Beans, Carrots, Courgettes, Egg Free Noodles, Garden Peas, Garlic, Ground Black Pepper, Onion, Paprika, Salt, Soya Sauce (Contains Soya), Sugar, Sunflower Oil, Thyme, Tomato Paste,



Vegetarian tea desserts

Fresh fruit

Seasonal Fresh Fruit Pieces,

Orange and lime cake

Dried Egg, Lime, Oranges, Skimmed Milk Powder, Soya Flour, Sugar, Thickener (Xanthan Gum), Wheat Flour,



Strawberry yoghurt

Low Fat Yoghurt, Strawberry Puree, Sugar,



Peach flapjacks

Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats, Sugar,



Apple and pear cake

Apple, Brown Sugar, Egg, Milk, Pear, Soya Flour, Wheat Flour (Contains Gluten),



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Sulphur Dioxide

| | | | | | |
|----------------------------|--|--|---|---|--|
| Baby lunch main | Chickpea and potato with couscous Chick Peas, Cous Cous, Potatoes, G | Beef mince with peppers and basmati rice Basmati Rice, Beef Mince, Peppers, G | Chicken and garden peas with egg free noodles Chicken Breast, Egg Free Noodles, Garden Peas, G | Butter beans and sweetcorn with fusilli pasta Butter Beans, Egg Free Fusilli, Sweetcorn, G | Chicken and carrots with potatoes Carrots, Chicken Breast, Potatoes, G |
| Baby lunch desserts | Fresh fruit Fresh Fruit, | Fresh fruit Fresh Fruit, | Fresh fruit Fresh Fruit, | Fresh fruit Fresh Fruit, | Fresh fruit Fresh Fruit, |
| Baby tea main | Cod fish and cauliflower with potatoes Alaska Pollack, Cauliflower, Potatoes, F | Chicken and carrots with fusilli pasta Carrots, Chicken Breast, Egg Free Fusilli, G | Butter beans and peppers with potatoes Butter Beans, Peppers, Potatoes, G | Chicken and butter beans with basmati rice Basmati Rice, Butter Beans, Chicken Breast, G | Beef pieces and courgette with egg free noodles Beef Diced, Courgettes, Egg Free Noodles, G |
| Baby tea desserts | Fresh fruit Fresh Fruit, | Fresh fruit Fresh Fruit, | Fresh fruit Fresh Fruit, | Fresh fruit Fresh Fruit, | Fresh fruit Fresh Fruit, |

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