



## Week 1 – Winter Spring – Lunch

Dates W/C – 5<sup>th</sup> Jan, 26<sup>th</sup> Jan, 16<sup>th</sup> Feb, 9<sup>th</sup> Mar

	Main Course	Ingredients	Fruit
Monday	<b>Chickpea Madras</b> <b>Wholemeal Rice</b>	Chickpeas, Sweet Potatoes, Coconut Milk, Mixed Peppers, Tomatoes, Carrots, Onions, Garlic, Spinach, Tomato Puree, Cumin, Turmeric, Coriander, Mild Madras Curry Powder, Wholemeal Rice	Satsumas
Tuesday	<b>Roast Chicken in Gravy</b> <b>Mashed Potatoes</b> <b>Peas</b>	Chicken, Gravy, Peas, Potatoes, Dairy Free Spread	Pears
Wednesday	<b>Veggie Chilli</b> <b>Couscous</b>	Soya Mince <b>S</b> , Kidney Beans, Mixed Peppers, Carrots, Tomatoes, Onions, Gravy, Garlic, Cumin, Coriander, Oregano, Couscous <b>G</b>	Apples
Thursday	<b>Beef and Mushroom</b> <b>Stroganoff</b> <b>Organic Pasta</b>	Beef, Mushrooms, Double Cream <b>D</b> , Potatoes, Mixed Peppers, Onions, Carrots, Gravy, Garlic, Smoked Paprika, Organic Pasta <b>G</b>	Bananas
Friday	<b>Apricot and Rosemary</b> <b>Chicken</b> <b>Rice</b>	Chicken, Apricots, Sweet Potatoes, Aubergine, Courgettes, Mixed Peppers, Onions, Tomatoes, Gravy, Garlic, Rosemary, Rice	Melon
<b>Allergen keys</b> <b>G</b> - Contains Gluten <b>D</b> - Contains Dairy Products <b>E</b> - Contains Egg <b>S</b> - Contains Soya <b>SD</b> - Contains Sulphur Dioxide <b>F</b> - Contains Fish <b>C</b> - Contains Celery ALL OF THESE DISHES ARE FREE FROM PEANUTS, TREE NUTS, SESAME SEEDS, MUSTARD, LUPIN, CRUSTACEA AND MOLLUSCS.			





## Week 2 – Winter Spring – Lunch

Dates W/C – 12<sup>th</sup> Jan, 2<sup>nd</sup> Feb, 23<sup>rd</sup> Feb, 16<sup>th</sup> Mar

	Main Course	Ingredients	Fruit
Monday	Mediterranean Tomato Sauce Wholemeal Pasta Grated Cheese	Tomatoes, Onions, Courgettes, Aubergine, Mixed Peppers, Red Lentils, Roasted Red Peppers, Black Olives, Sweetcorn, Garlic, Basil, Oregano, Smoked Paprika, Wholemeal Pasta <b>G</b> , Cheddar Cheese <b>D</b>	Pears
Tuesday	Thai Green Curry Rice	Sweet Potatoes, Mixed Peppers, Vegan Quorn Pieces, Peas, Sweetcorn, Coconut Milk, Thai Green Curry Paste, Lime Juice, Onions, Spinach, Chickpeas, Gravy, Tomato Puree, Garlic, Coriander, Rice	Apples
Wednesday	Lamb Tagine Couscous	Lamb, Aubergine, Courgette, Sweet Potatoes, Mixed Peppers, Dates, Apricots, Tomatoes, Onions, Garlic, Gravy, Cumin, Cinnamon, <b>Couscous G</b>	Bananas
Thursday	Chicken Fajitas Rice Wrap	Chicken, Onions, Peppers, Tomatoes, Gravy, Courgette, Garlic, Smoked Paprika, Cumin, Oregano, <b>Tortilla Wrap G</b> , Rice	Melon
Friday	Roast Beef in Gravy New Potatoes Mixed Vegetables	Beef, Gravy, New Potatoes, Broad Beans, Peas, Carrots, Green Beans, Sweetcorn	Satsumas

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## Week 3 – Winter Spring – Lunch

Dates W/C – 19<sup>th</sup> Jan, 9<sup>th</sup> Feb, 2<sup>nd</sup> Mar, 23<sup>rd</sup> Mar

	Main Course	Ingredients	
Monday	<b>Chicken Tikka Masala</b> <b>Rice</b> <b>Naan</b>	Chicken, Mango, Sweet Potatoes, Coconut Milk, Mixed Peppers, Onions, Tomatoes, Peas, Garlic, Coriander, Cumin, Garam Masala, Ginger, Turmeric, Rice, <b>Naan G</b>	<b>Fruit</b>
Tuesday	<b>Veggie Shepherds Pie</b> <b>Sweetcorn</b>	Soya Mince <b>S</b> , Green Lentils, Gravy, Leeks, Onions, Carrots, Swede, Garlic, Spinach, Worcestershire Sauce, Oregano, Potatoes, Dairy Free Spread, Sweetcorn	<b>Apples</b>
Wednesday	<b>Vegan Sausages in Gravy</b> <b>New Potatoes</b> <b>Carrots</b>	Vegan Sausages (contains tomatoes and pea protein), Gravy, New Potatoes, Carrots	<b>Bananas</b>
Thursday	<b>Salmon and Roasted Red Pepper Sauce</b> <b>Wholemeal Pasta</b> <b>Grated Cheddar Cheese</b>	Roasted Red Peppers, <b>Salmon F</b> , Tuna <b>F</b> , Tomatoes, Onions, Mixed Peppers, Garlic, Basil, Oregano, <b>Wholemeal Fusilli Pasta G Cheddar Cheese D</b>	<b>Melon</b>
Friday	<b>Beef Ragu</b> <b>Couscous</b>	Beef, Tomatoes, Mixed Peppers, Red Lentils, Roasted Red Peppers, Onions, Carrots, Spinach, Gravy, Garlic, Basil, Oregano, <b>Couscous G</b>	<b>Satsumas</b>

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## Week 1 – Winter Spring – Tea

Dates W/C – 5<sup>th</sup> Jan, 26<sup>th</sup> Jan, 16<sup>th</sup> Feb, 9<sup>th</sup> Mar

	Main Course	Ingredients	Fruit
Monday	Cheese Wholemeal Roll Salad	Wholemeal Roll <b>G</b> , Cheddar Cheese <b>D</b> Dairy Free Spread, Carrot, Cucumber, Red Pepper	Fruit
Tuesday	Houmous Pitta Fingers Salad	Houmous, (chickpeas, garlic, lemon juice, cumin) <b>Pitta G</b> Carrot, Cucumber, Red Pepper	Fruit
Wednesday	Coronation Chicken Wholemeal Sandwiches Salad	Chicken, Vegan Mayonnaise, Mild Madras Curry Powder, Mango Chutney, Turmeric, <b>Wholemeal Bread GS</b> Dairy Free Spread, Carrot, Cucumber, Red Pepper	Fruit
Thursday	Tuna Mayonnaise Wraps Salad	Tuna <b>F</b> , Vegan Mayonnaise, <b>Wraps G</b> Carrot, Cucumber, Red Pepper	Fruit
Friday	Pasta, Pesto, Peas, Sweetcorn Salad	Pasta <b>G</b> , Pesto <b>D</b> , Peas, Sweetcorn, Carrot, Cucumber, Red Pepper	Fruit

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## Week 2 – Winter Spring – Tea

Dates W/C – 12<sup>th</sup> Jan, 2<sup>nd</sup> Feb, 23<sup>rd</sup> Feb, 16<sup>th</sup> Mar

Monday

**Main Course**  
**Roasted Red Pepper and Cream Cheese Pate**  
**Pitta Fingers**  
**Salad**

Roasted Red Peppers,  
**Cream Cheese D**, Garlic, Smoked Paprika, **Pitta G**  
 Carrot, Cucumber, Red Pepper

Fruit

Tuesday

**Egg Mayonnaise Wholemeal Roll**  
**Salad**

**Free Range Egg E**, Vegan Mayonnaise,  
**Wholemeal Roll G**  
 Dairy Free Spread,  
 Carrot, Cucumber, Red Pepper

Fruit

Wednesday

**Cheddar Cheese Wraps**  
**Salad**

**Cheddar Cheese D**,  
**Wraps G**  
 Carrot, Cucumber, Red Pepper

Fruit

Thursday

**Rainbow Pasta**  
**Salad**

**Pasta G**, Courgette, Red Pepper, Sweetcorn,  
 Vegan Mayonnaise  
 Carrot, Cucumber, Red Pepper

Fruit

Friday

**Wholemeal Pizza Fingers**  
**Salad**

**Pizza Dough G**, Tomato Sauce, **Mozzarella**  
**Cheese D**, Basil, Oregano  
 Carrot, Cucumber, Red Pepper

Fruit

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## Week 3 – Winter Spring – Tea

Dates 19<sup>th</sup> Jan, 9<sup>th</sup> Feb, 2<sup>nd</sup> Mar, 23<sup>rd</sup> Mar

	Main Course	Ingredients	Fruit
Monday	<b>Beetroot Dip Pitta Fingers Salad</b>	Beetroot, <b>Cream Cheese D</b> , Crème Fraiche <b>D</b> , Cumin, Mint, Lemon Juice, <b>Pitta G</b> Carrot, Cucumber, Red Pepper	Fruit
Tuesday	<b>Tuna Mayonnaise Wholemeal Rolls Salad</b>	Tuna <b>F</b> , Vegan Mayonnaise, <b>Wholemeal Roll G</b> Dairy Free Spread, Carrot, Cucumber, Red Pepper	Fruit
Wednesday	<b>Chicken Fajitas Salad</b>	Chicken, Smoked Paprika, Garlic, Oregano, Lemon Juice, <b>Wraps G</b> Carrot, Cucumber, Red Pepper	Fruit
Thursday	<b>Egg Mayonnaise Wholemeal Sandwich Salad</b>	<b>Free Range Egg E</b> , Vegan Mayonnaise, <b>Wholemeal Bread G S</b> Dairy Free Spread, Carrot, Cucumber, Red Pepper	Fruit
Friday	<b>Tomato and Sweetcorn Pasta Salad</b>	<b>Pasta G</b> , Tomatoes, Onions, Carrots, Leeks, Spinach, Garlic, Basil, Oregano, Sweetcorn Carrot, Cucumber, Red Pepper	Fruit

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