



## 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
<b>Monday</b>	<b>Chickpea Madras 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	<b>Satsumas</b>
<b>Tuesday</b>	<b>Roast Chicken in Gravy Mashed Potatoes Peas</b>	Chicken, Gravy, Peas, Potatoes, Dairy Free Spread	<b>Pears</b>
<b>Wednesday</b>	<b>Veggie Chilli Couscous</b>	<b>Soya Mince</b> <b>S</b> , Kidney Beans, Mixed Peppers, Carrots, Tomatoes, Onions, Gravy, Garlic, Cumin, Coriander, Oregano, <b>Couscous</b> <b>G</b>	<b>Apples</b>
<b>Thursday</b>	<b>Beef and Mushroom Stroganoff Organic Pasta</b>	Beef, Mushrooms, <b>Double Cream</b> <b>D</b> , Potatoes, Mixed Peppers, Onions, Carrots, Gravy, Garlic, Smoked Paprika, <b>Organic Pasta</b> <b>G</b>	<b>Bananas</b>
<b>Friday</b>	<b>Apricot and Rosemary Chicken Rice</b>	Chicken, Apricots, Sweet Potatoes, Aubergine, Courgettes, Mixed Peppers, Onions, Tomatoes, Gravy, Garlic, Rosemary, Rice	<b>Melon</b>

### Allergen keys

**G** - Contains Gluten **D** - Contains Dairy Products **E** - Contains Egg **S** - Contains Soya

**SD** - Contains Sulphur Dioxide **F** - Contains Fish **C** - 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
<b>Monday</b>	<b>Mediterranean Tomato Sauce</b> <b>Wholemeal Pasta</b> <b>Grated Cheese</b>	Tomatoes, Onions, Courgettes, Aubergine, Mixed Peppers, Red Lentils, Roasted Red Peppers, Black Olives, Sweetcorn, Garlic, Basil, Oregano, Smoked Paprika, <b>Wholemeal Pasta G, Cheddar Cheese D</b>	<b>Pears</b>
<b>Tuesday</b>	<b>Thai Green Curry</b> <b>Rice</b>	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	<b>Apples</b>
<b>Wednesday</b>	<b>Lamb Tagine</b> <b>Couscous</b>	Lamb, Aubergine, Courgette, Sweet Potatoes, Mixed Peppers, Dates, Apricots, Tomatoes, Onions, Garlic, Gravy, Cumin, Cinnamon, <b>Couscous G</b>	<b>Bananas</b>
<b>Thursday</b>	<b>Chicken Fajitas</b> <b>Rice</b> <b>Wrap</b>	Chicken, Onions, Peppers, Tomatoes, Gravy, Courgette, Garlic, Smoked Paprika, Cumin, Oregano, <b>Tortilla Wrap G</b> , Rice	<b>Melon</b>
<b>Friday</b>	<b>Roast Beef in Gravy</b> <b>New Potatoes</b> <b>Mixed Vegetables</b>	Beef, Gravy, New Potatoes, Broad Beans, Peas, Carrots, Green Beans, Sweetcorn	<b>Satsumas</b>



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



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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) Pitta <b>G</b> Carrot, Cucumber, Red Pepper	Fruit
Wednesday	Coronation Chicken Wholemeal Sandwiches Salad	Chicken, Vegan Mayonnaise, Mild Madras Curry Powder, Mango Chutney, Turmeric, Wholemeal Bread <b>G S</b> Dairy Free Spread, Carrot, Cucumber, Red Pepper	Fruit
Thursday	Tuna Mayonnaise Wraps Salad	Tuna <b>F</b> , Vegan Mayonnaise, Wraps <b>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

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

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