



Spring Summer – Week 1 – Lunch

Dates W/C – 11th May, 1st June, 22nd June, 13th July, 3rd August, 24th August

	Main Course	Ingredients	Fruit
Monday	Lentil Ragu Organic Pasta Grated Cheddar Cheese	Puy Lentils, Red Lentils, Tomatoes, Roasted Red Peppers, Onions, Carrots, Garlic, Basil, Oregano, Organic Pasta G , Cheddar Cheese D	Satsumas
Tuesday	Sweet and Sour Chicken Wholemeal Rice	Chicken, Pineapple, Peas, Sweetcorn, Onions, Carrots, Mixed Peppers, Apple Sauce, Tomatoes, Spinach, Tomato Ketchup, Garlic, Coriander Wholemeal Rice	Pears
Wednesday	Beef and Chickpea Tagine Couscous	Minced Beef, Carrots, Onions, Mixed Peppers, Courgettes, Chickpeas, Apricots, Vegetable Stock, Gravy, Tomato Puree, Garlic, Cinnamon, Cumin, Paprika, Couscous G	Apples
Thursday	Sweet Potato and Courgette Dahl Basmati Rice	Sweet Potatoes, Courgettes, Coconut Milk, Red Lentils, Peas, Mixed Peppers, Onions, Spinach, Tomatoes, Garlic, Coriander, Cumin, Garam Masala, Turmeric, Basmati Rice	Bananas
Friday	Veggie Sausages in Gravy Mashed Potatoes Sweetcorn	Vegan Sausages GSD (contains soya, gluten, sulphites, onions, tomato puree, herbs, spices) Gravy, Potatoes, Dairy Free Spread, Sweetcorn	Melon

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.





Spring Summer – Week 2 – Lunch

Dates W/C – 18th May, 8th June, 29th June, 20th July, 10th August

	Main Course	Ingredients	Fruit
Monday	Butterbean Madras Pilau Rice	Butter Beans, Coconut Milk, Tomatoes, Sweet Potatoes, Peas, Roasted Red Peppers, Onions, Carrots, Spinach, Garlic, Coriander, Cumin, Ginger, Mild Madras Curry Powder, Turmeric, Pilau Rice	Pears
Tuesday	Salmon Arrabbiata Wholemeal Pasta Grated Cheddar Cheese	Salmon F , Tomatoes, Roasted Red Peppers, Onions, Carrots, Courgettes, Garlic, Basil, Oregano, Paprika, Wholemeal Pasta G , Cheddar Cheese D	Apples
Wednesday	Chicken Casserole New Potatoes	Chicken, Parsnips, Sweet Potatoes, Carrots, Peas, Onions, Spinach, Garlic, Gravy, Parsley, Rosemary, New Potatoes	Bananas
Thursday	Roasted Red Pepper and Cannellini Beans Couscous	Roasted Red Peppers, Cannellini Beans, Tomatoes, Onions, Mixed Peppers, Carrots, Apple Sauce, Garlic, Basil, Oregano, Couscous G	Melon
Friday	Chicken Pesto Organic Pasta	Chicken, Double Cream D , Pesto D , Peas, Courgettes, Sweetcorn, Spinach, Vegetable Stock, Cornflour, Onions, Garlic, Organic Pasta G	Satsumas



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Spring Summer – Week 3 – Lunch

W/C 25th May, 15th June, 6th July, 27th July, 17th August

	Main Course	Ingredients	Fruit
Monday	Veggie Bolognese Wholemeal Pasta Grated Cheddar Cheese	Soya Mince S , Tomatoes, Mixed Peppers, Mushrooms, Onions, Carrots, Garlic, Oregano, Wholemeal Pasta G , Cheddar Cheese D	Apples
Tuesday	Lamb Dhansak Rice	Minced Lamb, Red Lentils, Tomatoes, Sweet Potatoes, Pineapple, Onions, Carrots, Peas, Spinach, Vegetable Stock, Garlic, Coriander, Cumin, Garam Masala, Ginger, Rice	Bananas
Wednesday	Lentil Shepherd's Pie Peas and Sweetcorn	Puy Lentils, Red Lentils, Swede, Carrots, Sweet Potatoes, Onions, Gravy, Garlic, Parsley, Thyme, Potatoes, Dairy Free Spread, Peas and Sweetcorn	Melon
Thursday	Roast Chicken Gravy New Potatoes Mixed Vegetables	Chicken, Gravy, New Potatoes, Mixed Vegetables (Broad Beans, Peas, Carrots, Green Beans, Sweetcorn)	Satsumas
Friday	Beef Chilli Rice Soft Tortilla Wrap	Minced Beef, Kidney Beans, Tomatoes, Mixed Peppers, Onions, Carrots, Gravy, Garlic, Cumin, Oregano, Smoked Paprika, Rice, Soft Tortilla Wrap G	Pears



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Spring Summer – Week 1 – Tea

Dates W/C – 11th May, 1st June, 22nd June, 13th July, 3rd August, 24th August

	Main Course	Ingredients	Fruit
Monday	Grated Cheddar Cheese Wraps Salad	Wrap G , Cheddar Cheese D Carrots, Cucumber, Red Peppers	Fresh Fruit
Tuesday	Cheese and Basil Pinwheel Salad	Puff Pastry G , Cheddar Cheese D , Basil Carrots, Cucumber, Red Peppers	Fresh Fruit
Wednesday	Tomato and Sweetcorn Pasta Salad	Pasta G , Tomatoes, Onions, Carrots, Leeks, Spinach, Garlic, Basil, Oregano, Sweetcorn Carrots, Cucumber, Red Peppers	Fresh Fruit
Thursday	Chicken Dippers Homemade Tomato Ketchup Salad	Chicken, Tomatoes, Onions, Garlic, Dates, Apple Cider Vinegar, Olive Oil, Allspice, Oregano Carrots, Cucumber, Red Peppers	Fresh Fruit
Friday	Wholemeal Margherita Pizza Salad	Pizza Dough G , Tomato Sauce, Mozzarella Cheese D , Basil, Oregano Carrots, Cucumber, Red Peppers	Fresh Fruit

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Spring Summer – Week 2 – Tea

Dates W/C – 18th May, 8th June, 29th June, 20th July, 10th August

	Main Course	Ingredients	Fruit
Monday	Falafel Dippers Homemade Tomato Ketchup Salad	Falafels , Tomatoes, Onions, Garlic, Dates, Apple Cider Vinegar, Olive Oil, Allspice, Oregano Carrots, Cucumber, Red Peppers	Fresh Fruit
Tuesday	Sun-Dried Tomato Scone Salad	Flour G , Cheddar Cheese D , Sun-dried Tomatoes, Butter D , Milk D , Carrots, Cucumber, Red Peppers	Fresh Fruit
Wednesday	Tuna Mayonnaise Wholemeal Sandwich Salad	Tuna F , Vegan Mayonnaise, Wholemeal Bread G S Dairy Free Spread, Carrots, Cucumber, Red Peppers	Fresh Fruit
Thursday	Sweetcorn Margherita Wholemeal Pizza Salad	Pizza Dough G , Tomato Sauce, Sweetcorn, Mozzarella Cheese D , Basil, Oregano Carrots, Cucumber, Red Peppers	Fresh Fruit
Friday	Vegan Sausage Roll Salad	Flour G , Potato Starch, Pea Protein, Broad Bean Protein, Onions, Herbs, Spices Carrots, Cucumber, Red Peppers	Fresh Fruit



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Spring Summer – Week 3 – Tea

Dates – W/C 25th May, 15th June, 6th July, 27th July, 17th August

	Main Course	Ingredients	Fruit
Monday	Cream Cheese Organic Rice Cakes Salad	Cream Cheese D , Organic Rice Cakes Carrots, Cucumber, Red Peppers	Fresh Fruit
Tuesday	Red Pepper Margherita Wholemeal Pizza Salad	Pizza Dough G , Tomato Sauce, Red Peppers, Mozzarella Cheese D , Basil, Oregano Carrots, Cucumber, Red Peppers	Fresh Fruit
Wednesday	Cheddar Cheese Wholemeal Sandwich Salad	Grated Cheddar Cheese D , Wholemeal Bread G S Dairy Free Spread, Carrots, Cucumber, Red Peppers	Fresh Fruit
Thursday	Tuna Mayonnaise Rolls Salad	Tuna F , Vegan Mayonnaise, Roll G S Dairy Free Spread, Carrots, Cucumber, Red Peppers	Fresh Fruit
Friday	Pesto, Pasta, Peas and Sweetcorn Salad	Pasta G , Pesto D , Peas, Sweetcorn Carrots, Cucumber, Red Peppers	Fresh Fruit

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Week 1 - Spring Summer - Tea Alternatives

Monday	Grated Cheddar Cheese Wraps
DF / VA	Vegan Wraps Dairy Free Cheese, Wraps G, Dairy Free Spread
GF	Gluten Free Cheese Wraps Cheddar Cheese D, Gluten Free Wraps, Dairy Free Spread
Tuesday	Cheese and Basil Pinwheel
DF / GF / VA	Gluten Free Vegan Twist Gluten Free Puff Pastry, Dairy Free Cheese, Basil
Wednesday	Tomato and Sweetcorn Pasta
GF	Gluten Free Tomato and Sweetcorn Pasta Gluten Free Pasta, Tomatoes, Onions, Carrots, Leeks, Spinach, Garlic, Basil, Oregano, Sweetcorn
Thursday	Chicken Dippers, Homemade Tomato Sauce
P / V / VA	Falafel Dippers Chickpeas, Onions, Garlic, Parsley, Coriander, Cumin, Turmeric
Friday	Wholemeal Margherita Pizza
DF / VA	Vegan Pizza Tomato Sauce (tomatoes, onions, carrots, leeks, spinach, garlic, basil, oregano) ,Dairy Free Cheese, Pizza Base G
GF	Gluten Free Margherita Pizza Tomato Sauce (tomatoes, onions, carrots, leeks, spinach, garlic, basil, oregano), Cheese D, Gluten Free Pizza Base

Week 2 - Spring Summer - Tea Alternatives

Monday	Falafel Dippers, Homemade Tomato Ketchup
BPL	Quinoa Dippers Quinoa, Onions, Garlic
Tuesday	Sun-Dried Tomato Scone
DF / VA / GF	Gluten Free Vegan Scone Gluten Free Flour, Sun-dried Tomatoes, Dairy Free Cheese, Baking Powder, Basil, Dairy Free Spread, Oat Milk
Wednesday	Tuna Mayonnaise Wholemeal Sandwiches
V / VA	Chickpea Mayonnaise Wholemeal Sandwiches Chickpeas, Vegan Mayonnaise, Lemon Juice, Dairy Free Spread, Wholemeal Bread G
GF	Gluten Free Tuna Mayonnaise Sandwiches Tuna F, Vegan Mayonnaise, Dairy Free Spread, Gluten Free Bread
Thursday	Sweetcorn Margherita Wholemeal Pizza
DF / VA	Vegan Pizza Tomato Sauce (tomatoes, onions, carrots, leeks, spinach, garlic, basil, oregano), Sweetcorn, Dairy Free Cheese, Pizza Base G
GF	Gluten Free Pizza Tomato Sauce (tomatoes, onions, carrots, leeks, spinach, garlic, basil, oregano), Sweetcorn, Cheese D, Gluten Free Pizza Base
Friday	Vegan Sausage Roll
GF / SF	Cheddar Cheese Wrap Grated Cheddar Cheese, Gluten Free Wrap

Week 3 - Spring Summer - Tea Alternatives

Monday	Cream Cheese, Organic Rice Cakes
DF / VA	<u>Vegan Option</u> Plant-based Cream Cheese
Tuesday	Red Pepper Magherita Wholemeal Pizza
DF / VA	<u>Vegan Pizza</u> Tomato Sauce (tomatoes, onions, carrots, leeks, spinach, garlic, basil, oregano), Red Peppers, Dairy Free Cheese, Pizza Base G
GF	<u>Gluten Free Pizza</u> Tomato Sauce (tomatoes, onions, carrots, leeks, spinach, garlic, basil, oregano), Sweetcorn, Cheese D, Gluten Free Pizza Base
Wednesday	Cheddar Cheese Wholemeal Sandwich
DF / VA	<u>Dairy Free Wholemeal Sandwich</u> Dairy Free Cheese, Dairy Free Spread, Wholemeal Sandwich GS
GF	<u>Gluten Free Wholemeal Sandwich</u> Cheddar Cheese D, Dairy Free Spread, Gluten Free Wholemeal Bread
Thursday	Tuna Mayonnaise Roll
V / VA	<u>Chickpea Mayonnaise Roll</u> Chickpeas, Vegan Mayonnaise, Lemon Juice, Dairy Free Spread, Roll GS
GF	<u>Gluten Free Tuna Mayonnaise Roll</u> Tuna F, Vegan Mayonnaise, Dairy Free Spread, Gluten Free Roll
Friday	Pesto, Pasta, Peas and Sweetcorn
DF / VA	<u>Vegan Pasta, Peas and Sweetcorn</u> Tomatoes, Onions, Carrots, Leeks, Spinach, Garlic, Basil, Oregano, Pasta G, Peas, Sweetcorn
GF	<u>Gluten Free Pesto, Pasta, Peas and Sweetcorn</u> Pesto D, Gluten Free Pasta, Peas, Sweetcorn

Week 1 - Spring Summer - Lunch Alternatives

Monday	<u>Lentil Ragù, Organic Pasta, Grated Cheddar Cheese</u>
DF / VA	<u>Dairy Free Lentil Ragù</u> Puy Lentils, Red Lentils, Tomatoes, Roasted Red Peppers, Onions, Carrots, Garlic, Basil, Oregano, Grated Dairy Free Cheese
BPL	<u>Quinoa Ragù</u> Quinoa, Tomatoes, Roasted Red Peppers, Onions, Carrots, Garlic, Basil, Oregano, Grated Cheddar Cheese D
GF	<u>Side Alternative</u> Gluten Free Pasta
Tuesday	<u>Sweet and Sour Chicken, Wholemeal Rice</u>
P / V / VA / HAL	<u>Sweet and Sour Tofu</u> Tofu S, Pineapple, Peas, Sweetcorn, Onions, Carrots, Mixed Peppers, Apple Sauce, Tomatoes, Spinach, Tomato Ketchup, Garlic, Coriander
BPL	<u>Bean Pulse Legume Free Sweet and Sour Chicken</u> Chicken, Pineapple, Sweetcorn, Onions, Carrots, Mixed Peppers, Apple Sauce, Tomatoes, Spinach, Tomato Ketchup, Garlic, Coriander
Wednesday	<u>Beef and Chickpea Tagine, Couscous</u>
P / V / VA	<u>Vegan Mince and Chickpea Tagine</u> Soya Mince S, Carrots, Onions, Mixed Peppers, Courgettes, Chickpeas, Apricots, Gravy, Vegetable Stock, Tomato Puree, Garlic, Cinnamon, Cumin, Paprika
HAL	<u>Halal Beef and Chickpea Tagine</u> Halal Beef, Carrots, Onions, Mixed Peppers, Courgettes, Chickpeas, Apricots, Gravy, Vegetable Stock, Tomato Puree, Garlic, Cinnamon, Cumin, Paprika
BPL	<u>Bean, Pulse, Legume Free Beef Tagine</u> Minced Beef, Carrots, Onions, Mixed Peppers, Courgettes, Quinoa, Apricots, Gravy, Vegetable Stock, Tomato Puree, Garlic, Cinnamon, Cumin, Paprika
GF	<u>Side Alternative</u> Gluten Free Couscous
Thursday	<u>Sweet Potato and Courgette Dahl, Basmati Rice</u>
BPL	<u>Bean, Pulse Legume Free Sweet Potato and Courgette Dahl</u> Sweet Potatoes, Courgettes, Coconut Milk, Tomatoes, Quinoa, Mixed Peppers, Onions, Spinach, Garlic, Coriander, Cumin, Garam Masala, Turmeric
Friday	<u>Veggie Sausages, Gravy, Mashed Potatoes, Sweetcorn</u>
BPL	<u>Bean, Pulse Legume Free Roast, Gravy</u> Quorn Chunks, Gravy
GF	<u>Falafel Sausage in Gravy</u> Chickpeas, Onions, Garlic, Coriander, Cumin, Turmeric, Baking Powder

Week 2 - Spring Summer - Lunch Alternatives

Monday	Butterbean Madras, Pilau Rice
BPL	<u>Bean Pulse Legume Free Madras</u> Quinoa, Coconut Milk, Tomatoes, Sweet Potatoes, Roasted Red Peppers, Onions, Carrots, Spinach, Garlic, Coriander, Cumin, Ginger, Mild Madras Curry Powder, Turmeric
Tuesday	Salmon Arrabbiata, Wholemeal Pasta, Grated Cheddar Cheese
V	<u>Vegetarian Arrabbiata</u> Red Lentils, Tomatoes, Roasted Red Peppers, Onions, Carrots, Courgettes, Garlic, Basil, Oregano, Paprika, Cheddar Cheese D
VA	<u>Vegan Arrabbiata</u> Red Lentils, Tomatoes, Roasted Red Peppers, Onions, Carrots, Courgettes, Garlic, Basil, Oregano, Paprika, Dairy Free Cheese
DF	<u>Dairy Free Salmon Arrabbiata</u> Salmon F, Tomatoes, Roasted Red Peppers, Onions, Carrots, Courgettes, Garlic, Basil, Oregano, Paprika, Dairy Free Cheese
GF	<u>Side Alternative</u> Gluten Free Pasta
Wednesday	Chicken Casserole, New Potatoes
P / V / VA	<u>Cannellini Bean Casserole</u> Cannellini Beans, Parsnips, Sweet Potatoes, Peas, Carrots, Onions, Spinach, Garlic, Gravy, Parsley, Rosemary
HAL	<u>Halal Chicken Casserole</u> Halal Chicken, Parsnips, Sweet Potatoes, Peas, Carrots, Onions, Spinach, Garlic, Gravy, Parsley, Rosemary
BPL	<u>Bean Pulse Legume Free Chicken Casserole</u> Chicken, Parsnips, Sweet Potatoes, Quinoa, Carrots, Onions, Spinach, Garlic, Gravy, Parsley, Rosemary
Thursday	Roasted Red Pepper and Cannellini Beans, Couscous
BPL	<u>Bean, Pulse Legume Free Roasted Red Pepper Sauce</u> Roasted Red Peppers, Quinoa, Tomatoes, Onions, Mixed Peppers, Carrots, Apple Sauce, Garlic, Basil, Oregano
GF	<u>Side Alternative</u> Gluten Free Couscous
Friday	Chicken Pesto, Organic Pasta
P / V / VA	<u>Vegan Quorn Pasta</u> Quorn Pieces, Dairy Free Cream, Vegan Pesto, Peas, Courgettes, Sweetcorn, Spinach, Vegetable Stock, Cornflour, Onions, Garlic
HAL	<u>Halal Chicken Pesto Pasta</u> Halal Chicken, Double Cream D, Pesto D, Peas, Courgettes, Sweetcorn, Spinach, Vegetable Stock, Cornflour, Onions, Garlic
DF	<u>Dairy Free Chicken Pasta</u> Chicken, Dairy Free Cream, Vegan Pesto, Peas, Courgettes, Sweetcorn, Spinach, Vegetable Stock, Cornflour, Onions, Garlic
BPL	<u>Bean Pulse Legume Free Chicken Pesto</u> Chicken, Double Cream D, Pesto D, Courgettes, Sweetcorn, Spinach, Vegetable Stock, Onions, Garlic
GF	<u>Side Alternative</u> Gluten Free Pasta

Week 3 - Spring Summer - Lunch Alternatives

Monday	Veggie Bolognese, Wholemeal Pasta, Grated Cheddar Cheese
DF / VA	<u>Vegan Bolognese</u> Soya Mince, Tomatoes, Mixed Peppers, Mushrooms, Onions, Carrots, Garlic, Oregano, Dairy Free Cheese
SF	<u>Bean, Pulse, Legume Free Veggie Bolognese</u> Quinoa, Tomatoes, Mixed Peppers, Mushrooms, Onions, Carrots, Garlic, Oregano, Cheddar Cheese D
GF	<u>Side Alternative</u> Gluten Free Pasta
Monday	Lamb Dhansak, Rice
P / V / VA	<u>Lentil Dhansak</u> Red Lentils, Tomatoes, Sweet Potatoes, Pineapple, Onions, Carrots, Peas, Spinach, Vegetable Stock, Garlic, Coriander, Cumin, Garam Masala, Ginger, Turmeric
BPL	<u>Bean, Pulse, Legume Free Lamb Dhansak</u> Minced Lamb, Quinoa, Tomatoes, Sweet Potatoes, Pineapple, Onions, Carrots, Spinach, Vegetable Stock, Garlic, Coriander, Cumin, Garam Masala, Ginger, Turmeric
Wednesday	Lentil Shepherds Pie, Peas and Sweetcorn
BPL	<u>Quinoa Shepherds Pie, Sweetcorn</u> Quinoa, Swede, Carrots, Sweet Potatoes, Onions, Gravy, Garlic, Parsley, Thyme
Thursday	Roast Chicken, Gravy, New Potatoes, Mixed Vegetables
P / V / VA	<u>Meat Free Roast</u> Falafel Fillet (contains chickpeas, onions, garlic, parsley, coriander, cumin, turmeric), Gravy
HAL	<u>Halal Roast</u> Halal Chicken, Gravy
BPL	<u>Side Alternative</u> Carrots
Friday	Beef Chilli, Rice, Soft Tortilla Wrap
P / V / VA	<u>Vegan Chilli</u> Soya Mince, Kidney Beans, Tomatoes, Mixed Peppers, Onions, Carrots, Gravy, Garlic, Cumin, Oregano, Smoked Paprika
HAL	<u>Halal Beef Chilli</u> Halal Beef, Kidney Beans, Tomatoes, Mixed Peppers, Onions, Carrots, Gravy, Garlic, Cumin, Oregano, Smoked Paprika
BPL	<u>Bean, Pulse, Legume Free Beef Chilli</u> Beef, Quinoa, Tomatoes, Mixed Peppers, Onions, Carrots, Gravy, Garlic, Cumin, Oregano, Smoked Paprika
GF	<u>Side Alternative</u> Gluten Free Soft Tortilla Wrap