



## Spring Summer Week 1 Lunch



W/C – 6<sup>th</sup> May, 3<sup>rd</sup> June, 1<sup>st</sup> July, 29<sup>th</sup> July, 26<sup>th</sup> August

	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Lentil Ragu Organic Pasta Grated Cheddar Cheese	Peppers, lentils, Tomatoes <b>T</b> , Onions, Basil, Gravy, Carrots, Garlic, Oregano, Pasta <b>G</b> , Cheddar Cheese <b>D</b>	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
TUESDAY	Sweet Potato & Courgette Dahl Rice	Sweet Potato, Courgette, Coconut Milk, Tomatoes <b>T</b> , Onions, Peas, Gravy, Peppers, Lentils, Spinach, Garlic, Coriander, Cumin, Mild Madras Curry Powder (contains chickpeas), Turmeric, Rice	Organic Mango and Vanilla Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Vanilla Extract, Organic Lemon Juice
WEDNESDAY	Minted Lamb Casserole New Potatoes	Lamb, Turnip, Celery <b>C</b> , Edamame Beans <b>S</b> , Mint Sauce, Basil, Gravy, Peas, Garlic, Swede, Carrots, Onions, Potatoes	Beetroot and Chocolate Brownie	Self-Raising Flour <b>G</b> , Free Range Egg <b>F</b> , Dairy Free Spread, Sugar, Cocoa Powder, Beetroot
THURSDAY	Mediterranean Tuna Couscous	Tuna <b>F</b> , Smoked Paprika, Tomatoes <b>T</b> , Spinach, Onions, Aubergine, Courgette, Peppers, Black Olives, Sweetcorn, Garlic, Oregano, Basil, Couscous <b>G</b> ,	Fruit Salad	Peach, Pineapple, Melon
FRIDAY	Veggie Meatballs in Gravy Mashed Potatoes Sliced Carrots	Meatballs <b>G, S, T</b> Potatoes, Gravy, Carrots	Strawberry Organic Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice



### Allergen Keys

**G** – Contains Gluten **D** – Contains Dairy Products **E** – Contains Egg **S** – Contains Soya  
**SD** – Contains Sulphur Dioxide **F** – Contains Fish **T** – Contains Tomato **C** – Contains Celery

ALL OF THESE DISHES ARE FREE FROM PEANUTS, TREE NUTS, SESAME SEEDS, MUSTARD, LUPIN, CRUSTACEANS, AND MOLLUSCS

### We cater for any dietary requirements. Please contact us for more information.

Our menus run on four-week cycle offering a different range of meals each week, so that your child has the varied diet required to help them develop their tastes and make healthy choices in the future.

All our meat is locally sourced and Farm Assured. All our eggs are free range. We use seasonal vegetables where possible.



W/C – 13<sup>th</sup> May, 10<sup>th</sup> June, 8<sup>th</sup> July, 5<sup>th</sup> August

	Lunch	Ingredients	Dessert	Ingredients
<b>MONDAY</b>	Lamb Dhansak Wholemeal Rice Naan	Lamb, Red Lentils, Pineapple, Onions, Carrots, Peppers, Veg Stock, Tomatoes <b>T</b> , Green Beans, Spinach, Coriander, Garlic, Cumin, Turmeric, Ginger, Rice, Naan <b>G</b>	Organic Raspberry Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
<b>TUESDAY</b>	Roasted Pepper & Lentil Sauce Couscous	Peppers, Leeks, Onions, Carrots, Tomatoes <b>T</b> , Basil, Garlic, Red Lentils, Oregano, Couscous <b>G</b>	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
<b>WEDNESDAY</b>	Roast Turkey in Gravy New Potatoes Mixed Vegetables	Turkey, New Potatoes, Gravy, Peas, Carrots, Green Beans, Broad Beans, Sweetcorn	Fruit Salad	Peach, Pineapple, Melon
<b>THURSDAY</b>	Vegan Bolognese Organic Pasta Grated Cheddar Cheese	Vegan Mince <b>S</b> , Onions, Carrots, Mushrooms, Tomatoes <b>T</b> , Peppers, Gravy, Garlic, Oregano, Organic Pasta <b>G</b> , Cheddar Cheese <b>D</b>	Organic Mango and Vanilla Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Vanilla Extract, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
<b>FRIDAY</b>	Macaroni Cheese Peas & Sweetcorn	Macaroni Pasta <b>G</b> , Butter Beans, Bechamel Sauce <b>D</b> , Mozzarella <b>D</b> , Cheddar Cheese <b>D</b> , Double Cream <b>D</b> , Vegetable Stock, Breadcrumbs <b>G</b> , Parsley, Peas, Sweetcorn	Summer Berry Sponge	Self-raising Flour <b>G</b> , Free Range Egg <b>F</b> , Caster Sugar, Dairy-Free Spread, Blueberries, Raspberries



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## Spring Summer Week 3 Lunch



W/C – 20<sup>th</sup> May, 17<sup>th</sup> June, 15<sup>th</sup> July, 12<sup>th</sup> August

	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Sweet Potato and Pea Korma Rice	Sweet Potato, Garden Peas, Coconut Milk, Gravy, Onions, Peppers, Carrots, Tomatoes <b>T</b> , Spinach, Coriander, Garlic, Dates, Cumin, Turmeric, Mild Madras Curry Powder (Contains Chickpea Flour) Rice	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
TUESDAY	Roast Beef Gravy New Potatoes Sweetcorn	Beef, Gravy, New Potatoes, Sweetcorn	Organic Strawberry Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
WEDNESDAY	Spring Vegetable Casserole Couscous	Cannellini Beans, Broad Beans, Leeks, Peas, Green Beans, Sweetcorn, Spinach, Gravy, Tomatoes <b>T</b> , Carrots, Onions, Parsley, Garlic, Oregano, Worcestershire Sauce, Couscous <b>G</b>	Ginger Sponge	Self-Raising Flour <b>G</b> , Oat Milk, Dairy Free Spread, Sugar, Golden Syrup, Dates, Free Range Egg <b>E</b> , Ginger, Bicarbonate of Soda
THURSDAY	Veggie Meatball Marinara Wholemeal Pasta	Veggie Meatballs (contains soya <b>S</b> , onions, rapeseed oil, tomato <b>T</b> , garlic, chickpea flour, yeast extract, herbs, spices) Peppers, Onions, Carrots, Tomatoes <b>T</b> , Leeks, Basil, Garlic, Oregano, Wholemeal Pasta <b>G</b>	Fruit Salad	Peach, Pineapple, Melon
FRIDAY	Shepherd's Pie Sliced Carrots	Lamb, Leeks, Onions, Carrots, Swede, Vegan Mince <b>S</b> , Parsley, Gravy, Potatoes, Dairy Free Spread, Carrots	Organic Raspberry Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice



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W/C – 27<sup>th</sup> May, 24<sup>th</sup> June, 22<sup>nd</sup> July, 19<sup>th</sup> August

	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Sweet & Sour Chicken Rice	Chicken, Bean Sprouts, Red Onion, Baby Sweetcorn, Bamboo Shoots, Water Chestnuts, Sugar Snap Peas, Pineapple, Tomatoes <b>T</b> , Apple Sauce, Onions, Carrots, Peppers, Spinach, Gravy, Garlic, Coriander, Rice	Organic Mango and Vanilla Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Vanilla Extract, Organic Lemon Juice
TUESDAY	Fish Tacos Wholemeal Rice	Salmon <b>F</b> , Tuna, Peppers, Onions, Red Kidney Beans, Black Beans, Gravy, Spinach, Tomatoes <b>T</b> , Garlic, Coriander, Cumin, Oregano, Rice, Taco <b>G</b>	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
WEDNESDAY	Quorn, Edamame Beans & Pesto Sauce Organic Pasta	Quorn Pieces <b>E</b> , Bechamel Sauce <b>D</b> , Pesto <b>D</b> , Edamame Beans <b>S</b> , Green Beans, Basil, Double Cream <b>D</b> , Vegetable Stock, Organic Pasta <b>G</b>	Organic Strawberry Yeo Valley Yoghurt	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
THURSDAY	Veggie Sausages New Potato Gravy Peas and Sweetcorn	Vegan Sausage <b>G</b> , Gravy, Potato, Peas, Sweetcorn	Raspberry Sponge	Self-Raising Flour <b>G</b> , Free Range Egg <b>E</b> , Dairy Free Spread, Sugar, Raspberries
FRIDAY	Organic Beef Chilli Baked Potato Grated Cheddar Cheese	Organic Beef Mince, Onions, Carrots, Peppers, Kidney Beans, Tomatoes <b>T</b> , Gravy, Garlic, Smoked Paprika, Basil, Oregano, Potato, Cheddar Cheese <b>D</b>	Fruit Salad	Peach, Pineapple, Melon



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## Spring Summer Tea Menu Week 1 and 3



	Tea	Ingredients	Dessert	Ingredients
MONDAY	Sliced Turkey Wraps Salad	Turkey Wrap <b>G</b> , Carrot, Cucumber, Red pepper	Organic Fromage Frais Fresh Fruit	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Vegan Sausage Roll Salad	Puff Pastry <b>G</b> , Soya Mix <b>S</b> Onion, Mushroom, Sage, Nutmeg, Cayenne Pepper Carrot, Cucumber, Red pepper	Organic Fromage Frais Fresh Fruit	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
WEDNESDAY	Tomato and Sweetcorn Pasta Salad	Pasta <b>G</b> , Tomato Sauce <b>T</b> , Sweetcorn Carrot, Cucumber, Red pepper	Organic Fromage Frais Fresh Fruit	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
THURSDAY	Grated Cheese Wholemeal Roll Salad	Cheddar Cheese <b>D</b> , Wholemeal Roll <b>G S</b> Carrot, Cucumber, Red pepper	Organic Fromage Frais Fresh Fruit	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
FRIDAY	Tuna Mayo Wholemeal Bread Salad	Tuna <b>F</b> , Vegan Mayonnaise, Dairy-Free Spread, Wholemeal Bread <b>G S</b> Carrot, Cucumber, Red pepper	Organic Fromage Frais Fresh Fruit	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice



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## Spring Summer Tea Menu Week 2 and 4



	Tea	Ingredients	Dessert	Ingredients
MONDAY	Cheese Wraps Salad	Wraps <b>G</b> , Cheddar Cheese <b>D</b> , Carrot, Cucumber, Red Pepper	Organic Fromage Frais Fresh Fruit	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Pesto, Pasta, and Peas Salad	Pasta <b>G</b> , Pesto <b>D</b> , Peas, Carrot, Cucumber, Red Pepper	Organic Fromage Frais Fresh Fruit	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
WEDNESDAY	Margherita Pizza Salad	Pizza Dough <b>G</b> , Tomato Sauce <b>T</b> , Mozzarella Cheese <b>D</b> , Herbs and Spices Carrot, Cucumber, Red Pepper	Organic Fromage Frais Fresh Fruit	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
THURSDAY	Egg Mayonnaise Wholemeal Roll Salad	Free Range Egg <b>E</b> , Vegan Mayonnaise, Wholemeal Roll <b>G</b> Carrot, Cucumber, Red Pepper	Organic Fromage Frais Fresh Fruit	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
FRIDAY	Houmous Pitta Bread Salad	Pitta <b>G</b> , Houmous (contains chickpeas) Carrot, Cucumber, Red Pepper	Organic Fromage Frais Fresh Fruit	Organic Milk <b>D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice



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