



Week 1 Spring Summer – Lunch

W/C 21st April, 19th May, 16th June, 14th July, 11th August

	First Course	Ingredients	Second Course	Ingredients
Monday	Lentil Ragu Organic Pasta Grated Cheddar Cheese	Lentils, Peppers, Tomatoes, Onions, Carrots, Garlic, Gravy, Basil, Oregano, Organic Fusilli Pasta G, Cheddar Cheese D	Flapjack	Oats, Golden Syrup, Dairy Free Spread
Tuesday	Sweet Potato and Courgette Dahl Wholemeal Rice	Sweet Potatoes, Courgettes, Coconut Milk, Tomatoes, Lentils, Peas, Mixed Peppers, Onions, Spinach, Garlic, Gravy, Coriander, Cumin, Mild Madras Curry Powder, Turmeric, Rice	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
Wednesday	Minted Lamb Casserole New Potatoes	Lamb, Swede, Turnips, Celery C , Peas, Carrots, Edamame Beans S , Onions, Garlic, Mint Sauce, Parsley, Gravy, Potatoes	Beetroot and Chocolate Brownie	Self-Raising Flour G , Beetroot, Free Range Eggs E , Dairy Free Spread, Sugar, Cocoa Powder
Thursday	Veggie Meatballs in Gravy Mashed Potatoes Sliced Carrots	Vegan Meatballs S , (contain soya , tomatoes, onions, chickpea flour, garlic powder) Potatoes, Dairy Free Spread, Gravy, Carrots	Fruit Salad	Melon, Peach, Pineapple
Friday	Mediterranean Tuna Couscous	Tuna F , Aubergine, Mixed Peppers, Courgettes, Roasted Red Peppers, Tomatoes, Onions, Sweetcorn, Black Olives, Spinach, Garlic, Basil, Oregano, Smoked Paprika, Couscous G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, 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, CRUSTACEA AND MOLLUSCS.





Week 2 Spring Summer – Lunch

W/C 28th April, 26th May, 23rd June, 21st July, 18th August

	First Course	Ingredients	Second Course	Ingredients
Monday	Lamb Dhansak Wholemeal Rice Naan	Lamb, Red Lentils, Pineapple, Onions, Carrots, Mixed Peppers, Vegetable Stock, Tomatoes, Peas, Spinach, Coriander, Garlic, Cumin, Turmeric, Ginger, Rice, Naan G	Organic Yeo Valley Yoghurt	Organic Milk D, Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
Tuesday	Vegan Bolognese Organic Pasta Grated Cheddar	Soya Mince S, Onions, Carrots, Mushrooms, Tomatoes, Mixed Peppers, Gravy, Garlic, Oregano, Organic Pasta G, Cheddar Cheese D	Flapjack	Oats, Dairy Free Spread, Golden Syrup
Wednesday	Roasted Red Pepper and Chickpea Sauce Couscous	Red Peppers, Chickpeas, Leeks, Mixed Peppers, Onions, Carrots, Tomatoes, Red Lentils, Garlic, Basil, Oregano, Couscous G	Fruit Salad	Melon, Peach, Pineapple
Thursday	Cheesy Vegetables Macaroni	Bechamel Sauce D, Cheddar Cheese D, Cream D, Cannellini Beans, Onions, Peas, Carrots, Green Beans, Broad Beans, Sweetcorn, Vegetable Stock, Parsley, Macaroni Pasta G	Organic Yeo Valley Yoghurt	Organic Milk D, Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
Friday	Roast Turkey in Gravy New Potatoes Peas	Turkey, New Potatoes, Gravy, Peas	Summer Berry Sponge	Self-raising Flour G, Free Range Eggs E, Caster Sugar, Dairy Free Spread, Blueberries, Raspberries

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Week 3 Spring Summer - Lunch

W/C 5th May, 2nd June, 30th June, 28th July, 25th August

	First Course	Ingredients	Second Course	Ingredients
Monday	Chickpea Korma Rice	Chickpeas, Mixed Peppers, Peas, Sweet Potatoes, Carrots, Tomatoes, Spinach, Onions, Dates, Coconut Milk, Garlic, Coriander, Cumin, Turmeric, Mild Madras Curry Powder, Rice	Flapjack	Oats, Golden Syrup, Dairy Free Spread
Tuesday	Veggie Meatball Marinara Wholemeal Pasta	Vegan Meatballs S , (contains soya, tomatoes, onions, chickpea flour, garlic powder) Mixed Peppers, Onions, Carrots, Tomatoes, Leeks, Basil, Garlic, Oregano, Wholemeal Pasta G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
Wednesday	Shepherd's Pie Sliced Carrots	Lamb, Leeks, Onions, Carrots, Swede, Soya Mince S , Parsley, Thyme, Gravy, Potatoes, Dairy Free Spread, Carrots	Ginger Sponge	Self-Raising Flour G , Oat Milk, Dairy Free Spread, Sugar, Golden Syrup, Dates , Free Range Egg E , Ginger, Bicarbonate of Soda
Thursday	Roast Beef Gravy New Potatoes Sweetcorn	Beef, Gravy, New Potatoes, Sweetcorn	Fruit Salad	Melon, Peach, Pineapple
Friday	Spring Vegetable Casserole Couscous	Cannellini Beans, Broad Beans, Leeks, Peas, Green Beans, Potatoes, Sweetcorn, Spinach, Gravy, Tomatoes, Carrots, Onions, Basil, Garlic, Oregano, Worcestershire Sauce, Couscous G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice



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Week 4 Spring Summer - Lunch

W/C 12th May, 9th June, 7th July, 4th August

	First Course	Ingredients	Second Course	Ingredients
Monday	Creamy Quorn Organic Pasta	Quorn Pieces E , Mixed Peppers, Sweetcorn, Onions, Cream D , Tomatoes, Garlic, Basil, Smoked Paprika, Oregano, Organic Pasta G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
Tuesday	Sweet & Sour Chicken Rice	Chicken, Bean Sprouts S , Red Onion, Baby Sweetcorn, Bamboo Shoots, Water Chestnuts, Sugar Snap Peas, Pineapple, Tomatoes, Apple Sauce, Onions, Carrots, Mixed Peppers, Spinach, Tomato Ketchup, Gravy, Garlic, Coriander, Rice	Flapjack	Oats, Golden Syrup, Dairy Free Spread
Wednesday	Veggie Sausages New Potatoes Gravy Peas and Sweetcorn	Vegan Sausage G , Gravy, Potato, Peas, Sweetcorn	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
Thursday	Beef Chilli Baked Potato Grated Cheddar Cheese	Beef Mince, Onions, Carrots, Mixed Peppers, Kidney Beans, Tomatoes, Gravy, Garlic, Cumin, Smoked Paprika, Oregano, Potato, Cheddar Cheese D	Raspberry Sponge	Self-Raising Flour G , Free Range Egg E , Dairy Free Spread, Sugar, Raspberries
Friday	Fish Tacos Wholemeal Rice	Salmon F , Tuna F , Black Beans, Sweetcorn, Onions, Mixed Peppers, Tomatoes, Spinach, Gravy, Garlic, Coriander, Cumin, Oregano, Wholemeal Rice, Wrap G	Fruit Salad	Melon, Peach, Pineapple

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Spring Summer – Tea Menus

Weeks 1 and 3

	First Course	Ingredients	Second Course	Ingredients
Monday	Roasted Red Pepper and Cream Cheese Dip Flatbread Salad	Roasted Red Peppers, Cream Cheese D , Garlic, Cumin, Smoked Paprika, Flatbread G Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D , Organic Fruit Puree Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Tuesday	Sliced Turkey Wraps Salad	Turkey, Wrap G , Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D , Organic Fruit Puree Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Wednesday	Grated Cheddar Cheese Wholemeal Sandwiches Salad	Cheddar Cheese D Wholemeal Bread G Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D , Organic Fruit Puree Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Thursday	Tomato and Sweetcorn Pasta Salad	Pasta G , Tomatoes, Onions, Carrots, Leeks, Spinach, Garlic, Basil, Oregano, Sweetcorn Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D , Organic Fruit Puree Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Friday	Egg Mayonnaise Wholemeal Rolls Salad	Free Range Egg E , Vegan Mayonnaise, Wholemeal Roll G Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D , Organic Fruit Puree Organic Sugar, Organic Maize Starch, Organic Lemon Juice

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Spring Summer – Tea Menus

Weeks 2 and 4

	First Course	Ingredients	Second Course	Ingredients
Monday	Cheese Wraps Salad	Cheddar Cheese D, Wrap G Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D, Organic Fruit Puree Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Tuesday	Houmous Flatbread Salad	Houmous Flatbread G Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D, Organic Fruit Puree Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Wednesday	Tuna Mayonnaise Wholemeal Sandwiches Salad	Tuna F, Vegan Mayonnaise, Wholemeal Bread G S Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D, Organic Fruit Puree Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Thursday	Pesto, Pasta, Peas and Sweetcorn Salad	Pasta G, Pesto D, Peas, Sweetcorn, Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D, Organic Fruit Puree Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Friday	Wholemeal Pizza Fingers Salad	Pizza Dough G, Tomato Sauce, Mozzarella Cheese D, Basil, Oregano Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D, Organic Fruit Puree Organic Sugar, Organic Maize Starch, Organic Lemon Juice



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