

## Winter Spring 2020 Menu - Week 1

Allergens are listed in red

Tel: 01179 666 112  
Email: [admin@earlyyearscatering.co.uk](mailto:admin@earlyyearscatering.co.uk)  
Web: [www.earlyyearscatering.co.uk](http://www.earlyyearscatering.co.uk)

Monday

Ratatouille  
Organic pasta  
Grated cheese  
*(tomato, citric acid, gluten, dairy)*

Fruity flapjacks

Ham and cheese ploughman's  
Freshly baked baguette and crackers  
Cucumber and carrot sticks  
*(ham, dairy, gluten)*

Organic yeo valley yoghurt  
*(dairy, citrus)*

Tuesday

Caribbean fish and black bean stew  
Caribbean butterbean and black bean stew  
Boiled rice  
*(fish, tomato, citric acid)*

Organic natural yoghurt and fruit compote  
*(dairy, citric acid)*

Turkey/egg mayo wholemeal sandwiches  
*(dairy, gluten, soya, egg, turkey)*  
Salad  
*(tomato)*

Fruit salad

Wednesday

Roast beef in gravy  
Roasted new potatoes  
Sliced carrots  
*(beef)*

Cotswold vanilla ice cream  
*(dairy)*

Chicken and sweetcorn tomato pasta salad  
*(gluten, chicken, tomato, citric acid)*  
Grated cheese  
*(dairy)*

Organic yeo valley yoghurt  
*(dairy, citrus)*

Thursday

Slow cooked lamb ragu  
Lentil and fruity vegetable stew  
Herby cous cous  
*(lamb, tomato, citric acid, gluten)*

Pear upside down cake  
*(egg, gluten, citric acid)*

Tuna mayo and grated cheese  
wholemeal sandwiches  
*(gluten, egg, dairy, tuna, soya)*  
Salad  
*(tomato)*

Melon wedges

Friday

Chicken and tarragon pie  
Tofu and tarragon pie  
Peas and sweetcorn  
*(chicken)*

Fruit trifle  
*(dairy, egg, gluten, citric acid)*

Margherita pizza  
*(dairy, gluten, tomato, citric acid)*  
Salad  
*(tomato)*

Organic yeo valley yoghurt  
*(dairy, citrus)*

### About Our Menu

Our menus run on a 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.*

## Winter Spring 2020 Menu - Week 2

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Monday

Sweet and sour chicken  
**Sweet and sour quorn**  
*(chicken, tomato, citric acid)*  
Boiled rice  
  
Fairtrade banana and custard  
*(dairy)*

Pitta pockets with chicken/grated cheese  
*(gluten, chicken, dairy)*  
Salad  
*(tomato)*  
  
Fruit salad

Tuesday

Roast turkey  
**Roast quorn fillet**  
New potatoes  
Cabbage  
*(turkey)*  
  
Fruit jelly  
*(citric acid)*

Vegetarian sausage roll  
Crudites  
*(gluten, soya)*  
  
Organic yeo valley yoghurt  
*(dairy, citrus)*

Wednesday

Tuscan tuna casserole  
**Tuscan mixed bean casserole**  
Cous cous  
*(tuna, tomato, citric acid, gluten)*  
  
Organic yeo valley yoghurt  
*(dairy, citrus)*

Tuna mayo/cream cheese bagels  
*(gluten, egg, soya, dairy, gluten)*  
Salad  
*(tomato)*  
  
Fruit salad

Thursday

Creamy chickpea and butternut squash curry  
*(tomato, citric acid)*  
Fragrant rice  
  
Apple and forest fruit pie  
Custard  
*(citric acid, gluten, dairy)*

Ham and cheese ploughman's  
Freshly baked baguette and crackers  
Cucumber and carrot sticks  
*(ham, dairy, gluten)*  
  
Organic yeo valley yoghurt  
*(dairy, citrus)*

Friday

Vegetable and lentil lasagne  
Sliced carrots  
*(dairy, gluten, tomato, citric acid)*  
  
Cotswold chocolate ice cream  
*(dairy)*

Turkey/egg mayo wholemeal sandwiches  
Salad  
*(gluten, dairy, egg, soya)*  
  
Melon wedges

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## Winter Spring 2020 Menu - Week 3

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Monday

Beef and butterbean stew  
**Butterbean stew**  
Wholemeal roll  
*(beef, tomato, citric acid, gluten)*

White chocolate and raspberry drizzle cake  
*(dairy, egg, gluten, citric acid)*

Turkey and cheese ploughman's  
Freshly baked baguette  
Salad  
*(turkey, dairy, gluten)*

Organic yeo valley yoghurt  
*(dairy, citrus)*

Tuesday

Mixed bean chilli  
Baked potato  
*(tomato, citric acid)*

Organic yeo valley yoghurt  
*(dairy, citrus)*

Tuna and sweetcorn tomato organic pasta  
Crudites  
*(gluten, tuna, tomato, citric acid)*

Grated cheese  
*(dairy)*

Melon wedges

Wednesday

Lamb and root vegetable pie  
**Tofu and root vegetable pie**  
Peas and sweetcorn  
*(lamb)*

Fruit jelly  
*(citric acid)*

Margherita pizza  
*(gluten, citric acid, tomato, dairy)*

Salad  
*(tomato)*

Organic yeo valley yoghurt  
*(dairy, citrus)*

Thursday

Roast chicken in gravy  
**Roast quorn fillet**  
Sweet potato mash  
Green beans  
*(chicken)*

Natural yoghurt and fruit compote  
*(dairy, citric acid)*

Grated cheese/tuna mayo wholemeal sandwiches  
Crudites  
*(dairy, gluten, soya, egg, tuna)*

Fruit salad

Friday

Carbonara  
**Mushroom carbonara**  
Organic pasta  
*(ham, dairy, gluten)*

Spiced pumpkin and raisin cake  
*(egg, gluten)*

Egg mayo/turkey wholemeal rolls  
*(soya, egg, gluten, turkey)*

Salad  
*(tomato)*

Organic yeo valley yoghurt  
*(dairy, citrus)*

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Roast gammon  
**Roast quorn fillet**  
Roasted new potatoes  
Carrot and swede  
*(pork)*

Chicken and grated cheese wraps  
*(gluten, chicken, dairy)*  
Salad  
*(tomato)*

Organic yeo valley yoghurt  
*(dairy, citrus)*

Fruit salad

Tuesday

Beef stroganoff  
**Soya stroganoff**  
Wholemeal pasta  
*(beef, tomato, citric acid, gluten)*  
Fairtrade bananas and custard  
*(dairy)*

Vegetarian sausage roll  
Crudites  
*(soya, gluten)*

Organic yeo valley yoghurt  
*(dairy, citrus)*

Wednesday

Chicken korma  
**Butterbean korma**  
Boiled rice  
*(chicken, tomato, citric acid)*  
Fruity flapjack

Tomato organic pasta salad  
*(dairy, gluten, tomato, citric acid)*  
Grated cheese  
*(dairy)*

Fruit salad

Thursday

Tuna and broccoli pasta bake  
**Tofu and broccoli pasta bake**  
Peas  
*(tuna, dairy, gluten)*  
Cotswold strawberry ice cream  
*(dairy)*

Ham and cheese ploughman's  
Freshly baked baguette and crackers  
Cucumber and carrot sticks  
*(ham, cheese, gluten)*

Organic yeo valley yoghurt  
*(dairy, citrus)*

Friday

Moroccan chickpea tagine  
Cous cous  
*(tomato, citric acid, gluten)*  
Apple and rhubarb crumble and custard  
*(dairy, citric acid, gluten)*

Turkey/cream cheese bagels  
*(dairy, turkey, soya, gluten)*  
Salad  
*(tomato)*

Melon wedges

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