

LUNCH

MAIN COURSE

CONTENTS (ALLERGENS IN RED)

SIDE DISH

DESSERT

		MAIN COURSE	CONTENTS (ALLERGENS IN RED)	SIDE DISH	DESSERT
WEEK 1	MON	Roast Turkey	Turkey Breast, Meat Gravy Egg	Roast Potatoes, Carrots	Fruit Yogurt Milk
	TUE	Fish Pie	Salmon, Pollock, Potato, White Sauce with Parsley Fish, Milk, Soya, Celery	Peas	Apple Crumble with Custard Wheat, Milk
	WED	Beef Lasagne	Minced Beef, Pasta, Tomatoes, Onions, Mixed Peppers, Garlic Puree, Basil, Béchamel Sauce, Grated Cheese Wheat, Milk, Soya, Celery	Garlic Bread Wheat	Tinned Peaches in Juice
	THU	Lentil & Vegetable Korma	Lentils, Onions, Carrots, Peas, Cauliflower, Broccoli, Tomatoes, Apples, Sultanas, Coconut Milk, Curry Powder	Basmati Rice	Strawberry Jelly
	FRI	Sausage & Vegetable Casserole	Pork Sausages, Carrots, Turnips, Swede, Celery, Onion, Garlic Puree, Vegetable Stock Celery, Egg, Sulphates	Croquet Potatoes Wheat, Milk	Chocolate Brownie Milk, Wheat

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WEEK 2	MON	Vege Meatballs & Pasta	Vegetarian Meatballs, Hidden Vegetables, Tomatoes, Onions Egg, Soya, Barley, Wheat	Penne Wheat	Bananas & Custard Milk
	TUE	Roast Pork	Pork, Meat Gravy Egg	Roast Potatoes, Green Beans	Strawberry Angel Delight Milk
	WED	Cottage Pie	Minced Beef, Onions, Gravy, Shortcrust Pastry, Broccoli, Carrots, Cauliflower, Peas, Potato, Butter Wheat, Barley, Soya, Milk	Carrots	Chocolate Toothpaste Tart Wheat, Milk
	THU	Chicken & Vegetable Stir Fry with Rice	Chicken Breast, Red & Yellow Peppers, Beansprouts, Mushrooms, Mange Tout, Onion, Baby Corn and Bamboo Shoots	Basmati Rice, Sweet & Sour Sauce	Fruit Yogurt Milk
	FRI	Fishfingers & Sweet Potato Mash	Fish, Breadcrumbs, Sweet Potato, Potato, Butter Fish, Wheat, Milk	Peas	Stewed Apples & Custard. Milk

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WEEK 3	MON	Turkey Casserole	Turkey Breast, Potatoes, Carrots, Turnips, Swede, Celery, Onion, Garlic Puree, Vegetable Stock, Celery, Egg	Peas	Fromage Frais. Milk
	TUE	Quorn Tagine	Quorn, Hidden Mixed Vegetables, Tomatoes, Onions, Mixed Spices Egg	Mint Vegetable Cous Cous Wheat	Rice Crispy Cake Milk, Barley
	WED	Roast Lamb	Leg of Lamb, Meat Gravy Egg	Roast Potatoes, Mixed Vegetables	Pear Sponge with Custard Wheat, Milk, Egg.
	THU	Ham & Pea Carbonara	Spaghetti, Ham, Peas, Onions, Cheese, White Sauce, Garlic, Milk, Wheat, Celery, Soya, Egg	Garlic Bread Wheat	Strawberry Milk Jelly Milk
	FRI	Pizza with Tuna & Sweetcorn	Pizza Base, Tomatoes, Cheese, Tomato & Mixed Vegetable Puree, Tuna, Sweetcorn, Herbs, Wheat, Fish, Milk	Baked Beans	Fresh Fruit Salad