

Autumn Winter Week 4 Lunch



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Goan Fish Curry Pilau Rice Naan Bread	Pollock F , Lemon Grass, Coconut Milk, Garam Masala, Green Beans, Tomato T , Red Lentils, Onion, Carrot, Cauliflower, Lime Juice, Garlic, Cumin, Turmeric, Ginger, Coriander, Rice Naan Bread G	Orange Jelly	Vegan Jelly Crystals
TUESDAY	Roast Beef Gravy New Potatoes Sliced Carrots	Beef, Potato, Carrots, Gravy	Banana & Chocolate Sponge cake	Self-raising Flour G , Free range Egg E , Caster Sugar, Dairy-Free Margarine, Banana, Cocoa Powder
WEDNESDAY	Slow Cooked Lamb Ragu Minted Couscous	Lamb, Tomato T , Onion, Carrot, Swede, Spinach, Leek, Garlic, Rosemary, Mixed Herbs, Gravy, Rapeseed Oil Couscous G , Mint	Marshfield Vanilla Ice Cream	Milk D , Dextrose, Sustainable Palm Oil, Guar Gum, Natural Flavouring
THURSDAY	Mediterranean Tomato Sauce Wholemeal Pasta Cheddar Cheese	Tomato T , Onion, Carrot, Pepper, Aubergine, Courgette, Garlic, Spinach, Basil, Mixed Herbs, Rapeseed Oil Wholemeal Pasta G , Cheddar Cheese D	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
FRIDAY	Moroccan Chicken Rice	Chicken, Sweet Potato, Dates, Raisins, Olives, Smoked Paprika, Ginger, Cumin, Cinnamon, Onion, Carrot, Pepper, Garlic, Tomato T Gravy, Rapeseed Oil, Rice	Flapjack	Oats, Dairy-Free Margarine, Golden Syrup



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.