

Allergy Key: **Wheat/ Gluten** **Garlic** **Egg** **Soya** Dairy

Spring/Summer 2021

Mustard Fish Celery Lupin Sesame Peanuts/ Other Nuts Molluscs & Crustaceans Sulphur Dioxide/ Sulphites>10ppm

<b>Week 1</b>	<b>LUNCH</b>	<b>INGREDIENTS</b>	<b>DESSERT</b>	<b>INGREDIENTS</b>	<b>VEGETARIAN</b>	<b>INGREDIENTS</b>
<b>MONDAY</b>	HEARTY MINCED BEEF BOLOGNAISE  PASTA BOWS	90% minced beef Onions, <b>garlic</b> , tomato paste, chopped tomatoes, mixed vegetables  <b>Pasta Bows</b>	SUGAR FREE VEGETARIAN JELLY WITH FRUIT	Jelly is suitable for Vegetarians	VEGETABLE BOLOGNAISE BAKE PASTA BOWS	Chopped Tomatoes, Tomato Paste, Onions, <b>garlic</b> puree, lentils, peppers, white beans, cannellini beans, grated carrot <b>soya</b> mince mixed vegetables, <b>Pasta Bows</b>
<b>TUESDAY</b>	MIXED WHITE FISH CAKE WITH A CHEESE SAUCE POTATOES GREEN BEANS & CARROTS	Mixed white cake contains <b>flour</b> , <b>fish</b> , <b>milk</b> , <b>mustard</b> , potato, mixed herbs <b>Milk</b> , <b>flour</b> , <b>butter</b> , <b>cheese</b> mixed herbs for the sauce	YOGHURTS	<b>Milk</b>	VEGETABLE PATTIES WITH POTATOES GREEN BEANS & CARROTS	Sweetcorn, Carrots, Onions, Peas <b>Wheat</b> , Chickpeas, Mixed Beans, Potato, Paprika, Oil, Turmeric <b>Milk</b> , <b>flour</b> , <b>butter</b> , <b>cheese</b> mixed herbs for the sauce
<b>WEDNESDAY</b>	LOCALLY SOURCED ROASTED TURKEY, NEW POTATOES, BROCCOLI & CARROTS AND GLUTEN FREE GRAVY	As in the description	BANANA LOAF AND CUSTARD	<b>Flour</b> , <b>Egg</b> , <b>Milk</b> , <b>Soya</b> <b>Flour</b> , Sugar, Bananas  <b>Custard Contains</b> <b>Milk</b>	SOYA STRIPS & BEANS IN GLUTEN FREE GRAVY NEW POTATOES BROCCOLI & CARROTS	<b>Soya Strips contain</b> <b>soya</b> & <b>Mustard</b>  Chick Peas & Cannellini Beans
<b>THURSDAY</b>	MACARONI CHEESE BAKE WITH CARROT STICKS AND RED LENTIL & TOMATO DIP	<b>Flour</b> , <b>Milk</b> , <b>Butter</b> , <b>Cheese</b> , <b>Pasta</b>  Red Lentils, <b>Garlic</b> , Cumin, Tomato, Paprika	SLICED MELON & PINEAPPLE RINGS	As in the description	MACARONI CHEESE BAKE WITH CARROT STICKS AND RED LENTIL & TOMATO DIP	<b>Flour</b> , <b>Milk</b> , <b>Butter</b> , <b>Cheese</b> , <b>Pasta</b>  Red Lentils, <b>Garlic</b> , Cumin, Tomato, Paprika
<b>FRIDAY</b>	HOT DOGS WITH POTATO & SWEETCORN SALAD AND CHEESE	Pork, <b>soya</b> , <b>Gluten</b> , Seasoning  Potato, Red Onion, Sweetcorn, Parsley, <b>Mayo</b> , <b>Cheese</b>	PEACHES, MANDARINS, APRICOTS	As in the description	VEGETARIAN <b>SAUSAGES</b> WITH POTATO, CHICKPEA & SWEETCORN SALAD AND CHEESE	<b>Vegetarian Sausage</b> ,  Potato, Red Onion, Sweetcorn, Parsley, <b>Mayo</b> , <b>Cheese</b>

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<b>Week 2</b>	<b>LUNCH</b>	<b>INGREDIENTS</b>	<b>DESSERT</b>	<b>INGREDIENTS</b>	<b>VEGETARIAN</b>	<b>INGREDIENTS</b>
<b>MONDAY</b>	WHOLESOME CHILLI CON CARNE  SERVED WITH LONG GRAIN RICE	90% minced beef Chilli powder, kidney beans, Onions, <b>garlic</b> , tomato paste, chopped tomatoes, mixed vegetables	APRICOT FLAPJACK	Sugar, <b>Butter</b> , Syrup, Oats, Apricots	WHOLESOME THREE BEAN CHILLI  SERVED WITH LONG GRAIN RICE	Cannellini Beans, Chick peas, Chilli powder, kidney beans, Onions, <b>garlic</b> , tomato paste, chopped tomatoes, mixed vegetables
<b>TUESDAY</b>	SAUSAGE IN GRAVY, BOILED POTATOES, CARROTS & SWEETCORN  GLUTEN FREE GRAVY	Pork, <b>soya</b> , <b>Gluten</b> , Seasoning, Gluten Free Gravy	PEACHES AND PEARS	As in the description	VEGETARIAN <b>SAUSGAGE</b> WITH MIXED BEANS, BOILED POTATOES, CARROTS & SWEETCORN  GLUTEN FREE GRAVY	<b>Vegetarian Sausage</b> , Gluten Free Gravy
<b>WEDNESDAY</b>	CHICKEN AND MEDITERRANEAN VEGETABLE PASTA BAKE WITH CARROTS AND BROCCOLI	Chicken, <b>Pasta</b> , Peppers, Tomato, <b>Garlic</b> , Onion, Aubergine, Courgette, Basil, Oregano, <b>Cheese</b> , <b>Breadcrumbs</b>	YOGHURTS	<b>Milk</b>	MEDITERRANEAN VEGETABLE PASTA BAKE WITH CARROTS AND BROCCOLI	<b>Pasta</b> , Peppers, Tomato, <b>Garlic</b> , Onion, Aubergine, Courgette, Basil, Butterbeans, Oregano, <b>Cheese</b> , <b>Breadcrumbs</b>
<b>THURSDAY</b>	MIXED WHITE FISH CAKE WITH A CHEESE SAUCE NEW POTATOES PEAS & MIXED VEG	Mixed fish cake contains <b>flour</b> , <b>fish</b> , <b>milk</b> , <b>mustard</b> , potato, mixed herbs  <b>Milk</b> , <b>flour</b> , <b>butter</b> , <b>cheese</b> mixed herbs for the sauce	SUGAR FREE VEGETARIAN JELLY WITH FRUIT	Jelly is suitable for Vegetarians	NUTRITIOUS RATATOUILLE NEW POTATOES, PEAS & MIXED VEG	Onion, <b>garlic</b> , tomato, tomato paste, mixed herbs, peppers, mushroom, courgettes, leeks aubergines mixed beans
<b>FRIDAY</b>	CHICKEN SWEET & SOUR WITH RICE	Chicken, Carrots, Peppers, Onions, Aubergine, Leeks, Courgettes, Pineapple, Tomato	WATERMELON AND PINEAPPLE	As in the description	VEGEATBLE SWEET & SOUR WITH RICE	Carrots, Peppers, Onions, Aubergine, Leeks, Courgettes, Pineapple, Tomato, Kale

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<b>Week 3</b>	<b>LUNCH</b>	<b>INGREDIENTS</b>	<b>DESSERT</b>	<b>INGREDIENTS</b>	<b>VEGETARIAN</b>	<b>INGREDIENTS</b>
<b>MONDAY</b>	TURKEY MEATBALLS, IN A TOMATO & CHILLI SAUCE WITH PENNE PASTA	Turkey minced, rosemary tomato, onion, <b>garlic</b> , chilli powder, tomato paste, peppers, mixed vegetables  <b>Pasta</b>	SULTANA SPONGE AND CUSTARD	<b>Butter</b> , <b>Flour</b> , <b>Egg</b> , Sugar, Sultanas  <b>Custard Contains Milk</b>	PLANT BASED MEATBALLS WITH PASTA	Oyster Mushroom, <b>Soya</b> <b>Protein</b> , <b>Wheat</b> , Spices, Green Beans, Peas, Peppers, Sweetcorn, Onion, <b>Garlic</b> , Tomato, Mixed Herbs, <b>Pasta</b>
<b>TUESDAY</b>	JACKET POTATOES WITH CHEESE, BEANS, COLESLAW	<b>Cheese</b> , Beans, <b>Coleslaw contains</b> Onion, cabbage, carrots & <b>Mayo</b>	BANANAS AND CUSTARD	<b>Custard Contains Milk</b>	JACKET POTATOES WITH CHEESE, BEANS, COLESLAW	<b>Cheese</b> , Beans, <b>Coleslaw contains</b> Onion, cabbage, carrots & <b>Mayo</b>
<b>WEDNESDAY</b>	BEEF LASAGNE WITH PEAS AND SWEETCORN	Beef Mince, Onions, <b>Garlic</b> , Herbs, Chopped Tomatoes, <b>Pasta</b> , <b>Flour</b> , <b>Butter</b> , <b>Milk</b> , <b>Cheese</b>	MANDARINS, PEARS, PINEAPPLE	As in the description	VEGETABLE LASAGNE WITH PEAS AND SWEETCORN	Veggie Mince, Onions, <b>Garlic</b> , Herbs, Chopped Tomatoes, <b>Pasta</b> , <b>Flour</b> , Lentils, <b>Butter</b> , <b>Milk</b> , <b>Cheese</b>
<b>THURSDAY</b>	LOCALLY SOURCED ROASTED CHICKEN, NEW POTATOES, BROCCOLI & MIXED VEG AND GLUTEN FREE GRAVY	As in the description	CHOCOLATE BROWNIE AND CUSTARD	<b>Flour</b> , <b>Butter</b> , Sugar, <b>Eggs</b> , Vegetable Oil, Chocolate  <b>Custard Contains Milk</b>	SOYA STRIPS & BEANS IN GLUTEN FREE GRAVY WITH BOILED POTATOES, MIXED VEG & BROCCOLI	<b>Soya Strips contain</b> <b>Soya</b> & <b>Mustard</b>  Chick Peas & Cannellini Beans
<b>FRIDAY</b>	SALMON FISH CAKE WITH A <b>CHEESE SAUCE</b> NEW POTATOES PEAS & CARROTS	Salmon Fish Cake contains <b>Salmon</b> , <b>Flour</b> , potato, onions, herbs  <b>Milk</b> , <b>flour</b> , <b>butter</b> , <b>cheese</b> mixed herbs for the sauce	YOGHURTS	<b>Milk</b>	RATATOUILLE & LENTILS	Onion, <b>garlic</b> , tomato, tomato paste, mixed herbs, peppers, mushroom, courgettes, leeks aubergines, lentils