

Summer Lunch Menu MAIN COURSE

CONTENTS (ALLERGENS IN RED)

DESSERT

WEEK 1	MON	Roast Chicken, New Potatoes, Peas, Carrots and Gravy	Chicken Breast , (Dextrose, Salt) New Potatoes, Sunflower Oil, Rosemary, Carrots, Peas, Vegan Gravy*	Natural Greek Yoghurt with Peach Puree (Milk, Sugar, Citric Acid)
	TUE	Macaroni Cheese Broccoli	Macaroni (Durum Wheat Semolina) Full Fat Milk, Cheese (Milk) Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Flour, (Wheat, Calcium Carbonate, Iron, Niacin, Thiamine) Broccoli	Tinned Mandarins (Water, Sugar, citric acid)
	WED	Vege Sausage Jambalaya	Vege Sausages (Rehydrated Textured Pea Protein, Onion, Rapeseed Oil, Chickpea Flour, Methyl Cellulose, Salt, Sage, Natural Flavouring, Black Pepper) Garlic, Mixed Peppers, Onion, Tomato, Cajun Spices, Basmati Rice	Jam and Coconut Sponge Self-Raising Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Calcium Phosphate, Sodium Bicarbonate,) Eggs , Sugar, Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene,) Coconut, (Sulphites) Jam (Sugar, Strawberries, Pectin, Citric Acid, Acidity Regulator.)
	THU	Spaghetti Bolognese	Minced Beef, Tinned Tomatoes (Citric Acid) Onion, Mushrooms, Mixed Peppers, Garlic Salt , (Salt, Dried Garlic, Onion Powder, Garlic Oil, Silicon Dioxide) Basil, Spaghetti Pasta , (Durum Wheat Semolina, Soft Wheat Flour)	Tropical Fruit Salad Pineapple, Melon, Mango, Kiwi
	FRI	Baked Fish & Chips with Peas	White Fish fillets (Fish), Oven Potato Chips (Potato, Sunflower Oil, Dextrose) Peas	Chilled Chocolate Pudding Milk , Coco-Powder (Acidity Regulators) Sugar, Cornflour

*(Potato Starch, Palm Oil, Salt, Maltodextrin, Dried Onion, Caster Sugar, Hydrolysed Maize Protein, Colour – Plain Caramel, Flavouring, Sage, Parsley, Emulsifier – Rapeseed Lecithin)

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DESSERT

WEEK 2	MON	Penne Pasta with Sun Dried Tomato, Cherry Tomatoes and Peas	Penne Pasta (Durum Wheat Semolina) Sun Dried Tomato Paste (Partially Rehydrated Sundried Tomatoes, Sunflower Oil, Tomato Puree, Salt, Garlic Powder, Black Pepper, White Vinegar) Cherry Tomatoes, Peas	Natural Greek Yoghurt with Strawberry Puree (Milk , Sugar, Citric Acid)
	TUE	Lentil & Vegetable Cottage Pie and Green Beans	Lentils (Water, Calcium Chloride) Potato, Onions, Garlic, Cheese (Milk) Carrots, Peas, Green Beans, Sweetcorn, Vegan Gravy*	Lemon Cake Self-Raising Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Calcium Phosphate, Sodium Bicarbonate,) Eggs, Sugar, Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene,) Lemon
	WED	Salmon, Pea, Sweetcorn & Dill Paella	Salmon (Fish) Peas, Sweetcorn, Rice, Dill, Turmeric, Onion, Garlic, Sunflower Oil, Long Grain Rice	Apple Fool Apple, Sugar, Custard Powder (Maize Starch, Salt, Flavouring, Colour-Annatto Norbixin) Milk
	THU	Chicken Korma with and Vegetable Rice	Chicken Breast , (Dextrose, Salt) Tinned Tomatoes (Citric Acid) Vegan Gravy* , Coconut, Curry Powder (Coriander Seed, Cumin Seed, Onion, Salt, Chilli Powder, Fenugreek, Garlic Powder, Ginger, Paprika, Turmeric, Cinnamon, Black Pepper, Clove, Bay leaf, Cardamom), Garlic, Onion, Basmati Rice, Peas, Sweetcorn	Homemade Raisin Shortbread Wheat Flour (Wheat flour, Calcium Carbonate, Iron, Niacin, Thiamine) Margarine (Rapeseed Oil, Palm Oil 1%, Flavourings, Beta-Carotene) Sugar, Raisins
	FRI	Jacket Potato with Baked Beans and Cheese	Potato, Cheese (Milk) Baked Beans (Haricot Beans, Tomato Puree, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Maltodextrin, Paprika Extract, Clove Extract, Capsicum Extract, Flavouring)	Melon Mix Watermelon, Honeydew, Galia

*(Potato Starch, Palm Oil, Salt, Maltodextrin, Dried Onion, Caster Sugar, Hydrolysed Maize Protein, Colour – Plain Caramel, Flavouring, Sage, Parsley, Emulsifier – Rapeseed Lecithin)

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DESSERT

WEEK 3	MON	Chicken Tagine with Vegetable Cous-Cous	Chicken Breast , (Dextrose, Salt) Tinned Tomatoes (Citric Acid) Garlic, Onion, Spices (Cumin, Paprika, Ginger, Coriander, Cinnamon) Vegan Gravy* Cous-Cous (Durum Wheat , Semolina) Carrots, Peas, Green Beans, Sweetcorn	Tinned Peaches (Water, Sugar, Citric Acid)
	TUE	Vegetarian Meatballs in a Sweet Red Pepper & Tomato Sauce with Rice	Vegetarian Meatballs (Rehydrated Textured Pea Protein, Tomato Puree, Onion, Rapeseed Oil, Chickpea Flour, Methyl Cellulose, Salt Natural Flavouring, Black Pepper) Mixed Peppers, Tinned Tomatoes (Citric Acid) Onion, Garlic, Basil, Basmati Rice	Courgette & Lime Cake Self-Raising Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Calcium Phosphate, Sodium Bicarbonate,) Eggs, Sugar, Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene) Courgette, Lime
	WED	Turkey, Leek and Potato Hotpot with Green Beans	Turkey Mince, Onions, Leeks, Potato, Carrots, Peas, Sweetcorn, Vegan Gravy* Green Beans	Fruit Jelly (Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Citric Acid, Sodium Citrate, Colours – Carmine Curcumin, Acetic Acid, Flavouring)
	THU	Hidden Roasted Vegetable Penne with Grilled Cheese Served with Garlic Bread	Penne Pasta (Durum Wheat Semolina) Vegetables (Courgette, Carrots, Peas, Green Beans, Sweetcorn) Onion, Garlic, Cheese (Milk) Olive Oil, Garlic Bread (Wheat Flour, Milk , Water, Yeast, Fermented Wheat Flour, Salt, Malted Wheat Flour, Flour Treatment Agent, Processing Aids, Garlic, Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene) Parsley)	Natural Greek Yoghurt with Apricot Puree (Milk , Sugar, Citric Acid)
	FRI	Fish Fingers with Chips and Peas	Fish Fingers (Alaskan Pollock Fish, Wheat Flour, Rapeseed Oil, Water, Dextrose, Potato Starch, Salt, Paprika, Yeast, Turmeric) Chips (Potato, Sunflower Oil, Dextrose) Peas	Chilled Strawberry Fool Strawberries, Sugar, Custard Powder Milk

*(Potato Starch, Palm Oil, Salt, Maltodextrin, Dried Onion, Caster Sugar, Hydrolysed Maize Protein, Colour – Plain Caramel, Flavouring, Sage, Parsley, Emulsifier – Rapeseed Lecithin)