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** Mandarin, Mandarin Orange Juice, Citric, Ascorbic 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, Carrots, Peas, Green Beans, Sweetcorn, 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 Breaded Fish & Chips with Peas**	**Breaded White Fish fillets** (**Fish, Wheat**) **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)

Summer Lunch Menu		MAIN COURSE	CONTENTS (ALLERGENS IN RED)	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 Milk, 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)

Summer Lunch Menu		MAIN COURSE	CONTENTS (ALLERGENS IN RED)	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 with Sweet Red Peppers, Tomatoes and 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, Vegan Gravy*, 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, Green Beans, Sweetcorn, Vegan Gravy* Potato, 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, Tinned Tomatoes** (Citric Acid), **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)

Vegetarian Allergen Free Menu

Summer Lunch Menu		MAIN COURSE	CONTENTS	DESSERT
WEEK 1	MON	**Vege Sausages, New Potatoes, Carrots, Gravy**	**Vegetarian Sausages** (Rehydrated Textured Pea, Onion, Rapeseed Oil, Chickpea Flour, Stabiliser – Methyl Cellulose, Salt, Sage, Natural Flavouring, Black Pepper) **New Potatoes, Cabbage, Vegan Gravy ***	**Layered Apple and Peach Puree** Apple, Peaches
	TUE	**Macaroni Cheese and Broccoli**	**Gluten Free Macaroni** (Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier – Mono and Diglycerides of Fatty Acids) **Coconut Milk,** (Coconut Extract, Guar Gum) **Vegan Margarine,** (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) **Gluten Free Flour,** (Rice, Potato, Tapioca, Maize, Buckwheat) **Vegan Cheese** (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) **Broccoli**	**Tinned mandarins** Mandarin, Mandarin Orange Juice, Citric, Ascorbic Acid
	WED	**Vegan Jambalaya**	**Vegetarian Sausages** (Rehydrated Textured Pea, Onion, Rapeseed Oil, Chickpea Flour, Stabiliser – Methyl Cellulose, Salt, Sage, Natural Flavouring, Black Pepper) **Garlic, Mixed Peppers, Onion, Tomato, Carrots, Peas, Green Beans, Sweetcorn, Cajun Spices, Basmati Rice**	**Jam & Coconut Sponge** **Jam** (Sugar, Strawberries, Pectin, Citric Acid, Acidity Regulator,) **Coconut, Gluten Free Self Raising Flour** (Rice, Potato, Tapioca, Maize, Buckwheat, Mono Calcium Phosphate, Sodium Bicarbonate, Xantham Gum) **Vegan Margarine** (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) **Sugar**
	THU	**Mixed Bean Bolognese**	**Haricot beans, Cannellini Beans, Hidden Vegetable Sauce** (Peppers, Carrots, Green Beans, Peas) **Sunflower Oil, Onion, Mushrooms, Garlic, Basil, Gluten Free Pasta** (Rice Flour, White and Yellow Maize Flour, Emulsifier)	**Tropical fruit salad** Pineapple, Melon, Mango, Kiwi
	FRI	**Falafel, Chips and Peas**	**Carrots, Onion, Cumin, Garlic Chickpeas** (Calcium Chloride) **Oven Potato Chips** (Potato, Sunflower Oil, Dextrose) **Peas, Sunflower Oil**	**Chocolate and Coconut Pudding** **Coconut Milk, Cornflour, Coco powder** (Acidity Regulator) **Sugar**

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

Summer Lunch Menu		MAIN COURSE	CONTENTS (ALLERGENS IN RED)	DESSERT
WEEK 2	MON	**Penne Pasta with Sun Dried Tomato, Cherry Tomatoes and Peas**	**Gluten Free Pasta** (Rice Flour, White & Yellow Maize Flour, Emulsifier) **Sun Dried Tomato Paste** (Partially Rehydrated Sundried Tomatoes, Sunflower Oil, Tomato Puree, Salt, Garlic Powder, Black Pepper, White Vinegar) **Cherry Tomatoes, Peas**	**Layered Apricot & Strawberry Puree** Apricots, Strawberries
	TUE	**Lentil & Vegetable Cottage Pie and Green Beans**	**Lentils** (Water, Calcium Chloride) **Potato, Onions, Garlic, Vegan Cheese** (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) **Carrots, Peas, Green Beans, Sweetcorn, Vegan Gravy***	**Lemon Cake** **Gluten Free Self Raising Flour** (Rice, Potato, Tapioca, Maize, Buckwheat, Mono Calcium Phosphate, Sodium Bicarbonate, Xantham Gum) **Vegan Margarine** (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) **Sugar, Lemon**
	WED	**Vegan Paella**	**Broad Beans, Courgettes, Mixed Peppers, Tomato puree,** (Citric Acid) **Sunflower Oil, Onions, Red Peppers, Garlic, Thyme, Paprika, Parsley, Lemon, Long Grain Rice**	**Apple & Rhubarb Fool** **Apple, Rhubarb, Plant cream** (Lentil Protein, Coconut and Rapeseed Oil, Sugar, Modified Corn starch, Emulsifiers, Stabilizers, Guar Gum, Salt, Colourant)
	THU	**Cauliflower, Potato and Vegetable korma**	**Potato, Peppers, Cauliflower, Onion, Garlic, Curry Spice, Vegan Gravy* Coconut Milk** (Coconut Extract, Guar Gum) **Rice**	**Homemade Raisin Shortbread** **Gluten Free Self Raising Flour** (Rice, Potato, Tapioca, Maize, Buckwheat, Mono Calcium Phosphate, Sodium Bicarbonate, Xantham Gum) **Vegan Margarine** (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) **Sugar, Raisins**
	FRI	**Jacket Potato with Baked Beans & Vegan Cheese**	**Potato, 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) **Vegan Cheese** (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) **Potato, Mushrooms, Peppers, Onion, Garlic, Vegan Gravy* Coconut Milk** (Coconut Extract, Guar Gum) **Rice**	**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)

Summer Lunch Menu		MAIN COURSE	CONTENTS (ALLERGENS IN RED)	DESSERT
WEEK 3	MON	**Moroccan Bean Tagine**	**Borlotti & Haricot Beans** (Calcium Chloride) **Tinned Tomatoes** (Citric Acid) **Garlic, Onion, Spices** (Cumin, Paprika, Ginger, Coriander, Cinnamon) **Vegan Gravy* Free From Cous-Cous** (Maize Flour) **Carrots, Peas, Green Beans, Sweetcorn**	**Tinned Peaches** (Water, Sugar, Citric Acid)
	TUE	**Vegetarian Meatballs with Sweet Red Peppers, Tomatoes and 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, Vegan Gravy*, Basmati Rice**	**Courgette & Lime Cake** **Gluten Free Self Raising Flour** (Rice, Potato, Tapioca, Maize, Buckwheat, Mono Calcium Phosphate, Sodium Bicarbonate, Xantham Gum) **Vegan Margarine** (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) **Sugar, Courgette, Lime**
	WED	**Bean, Vegetable and Potato Hotpot with Green Beans**	**Borlotti Beans,** (Calcium Chloride) **Onions, Mushrooms, Carrots, Broccoli, Green Beans, Vegan Gravy* Potato, Green Beans**	**Vegan Fruit Jelly**
	THU	**Hidden Roasted Vegetable Penne with Grilled Cheese**	**Gluten Free Pasta** (Rice Flour, White & Yellow Maize Flour, Emulsifier) **Vegetables** (Courgette, Carrots, Peas, Green Beans, Sweetcorn) **Onion, Garlic, Tinned Tomatoes** (Citric Acid), **Vegan Cheese** (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) **Olive Oil**	**Fresh Fruit Salad** Melon, Watermelon, Grapes, Pineapple
	FRI	**Vegetable Rissole with Chips & Peas**	**Mushrooms, Peppers, Carrot, Onion, Potato, Garlic, Oil, Chips** (Potato, Sunflower Oil, Dextrose) **Peas, Butter Beans** (Calcium Chloride)	**Vegan Strawberry Fool** **Strawberry, Plant cream** (Lentil Protein, Coconut and Rapeseed Oil, Sugar, Modified Corn starch, Emulsifiers, Stabilizers, Guar Gum, Salt, Colourant) **Sugar**

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

Allergens may change due to suppliers' substitutes, always check the allergen label on the food tray that is delivered to you every day. Although we never add nuts to our nursery menus, we do on occasion buy products from suppliers who use nuts in their factories or production lines and we do use nuts in our kitchen for other catering work that we do.