Winter Lunch Menu	MAIN COURSE	CONTENTS (ALLERGENS IN RED)	DESSERT
WEEK 1	MON	**Chicken and Winter Vegetable Casserole with Garden Peas**	**Chicken Breast,** (Dextrose, Salt), **Sunflower Oil, Potato, Carrot, Swede, Onion, Thyme, Sage, Vegan Gravy*, Peas**	**Pears in Juice** (Pear, Citric Acid, Calcium Chloride)
	TUE	**Tuna, Sweetcorn, Pea Farfalle**	**Tuna** (**Fish**), **Sweetcorn, Pea, Durum Wheat Semolina** (**Wheat**), **Olive Oil, Mixed Herbs, Garlic, Onion, Lemon**	**Greek Yoghurt with Mango Puree** (**Milk**, Mango)
	WED	**Swedish Meatballs with Mash Potato, Gravy and Carrots**	**Meatballs,** (Pork, Beef, Onion, Potato, Potato Starch, Potato Flakes, Salt, Potato Fibre, Sugar, Dextrose, Beef Stock, Spice Extract) **Onion, Garlic, Mixed Herbs, Salt, Potato, Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene), **Vegan Gravy*, Carrot**	**Lemon and Sultana 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, Sultanas
	THU	**Chickpea, Lentil & Spinach Coconut Curry with Golden Rice**	**Chickpea, Lentil, Spinach, Coconut Milk, (**Coconut Extract, Water, Stabilisers, Emulsifiers**) Tinned Tomatoes** (Citric Acid), **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, Carrot, Peas, Green Bean, Sweetcorn, Vegan Gravy* Basmati Rice**	**Mandarin Orange Jelly** Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Citric Acid, Sodium Citrate, Colours – Carmine Curcumin, Acetic Acid, Flavouring,
	FRI	**Jacket Potatoes with Chilli Con-Carne**	**Potato, Tinned Tomatoes** (Citric Acid), **Beef Mince, Kidney Beans,** (Water, Calcium Chloride), **Cumin, Coriander, Salt, Pepper, Chilli Flakes, Onion, Garlic**	**Chocolate Toothpaste Tart** **Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene) **Sweet Pastry Case** (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Palm Oil, Sugar, Rapeseed Oil, Water, Whey Powder (**Milk**), Emulsifier) **Dried Milk** (**Milk**) Caster Sugar, **Cocoa Powder**

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

Winter Lunch Menu		MAIN COURSE	CONTENTS (ALLERGENS IN RED)	DESSERT
WEEK 2	MON	**Chicken Stir-Fry With Vegetables and Rice**	**Chicken Breast,** (Dextrose, Salt), **Smoked Paprika, Garlic, Onion, Lemon, Sugar, Peas, Sweetcorn, Green Beans, Rice, Salt, Pepper, Five Spice** (Star Anise, Cinnamon, Fennel, Black Pepper, Clove)	**Fruit Cocktail** (Pear, Pineapple, Grapes, Cherry, Peaches, Citric Acid, Calcium Chloride)
	TUE	**Hungarian Beef Goulash with Green Beans**	**Minced Beef, Paprika, Onion, Mixed Peppers, Tomatoes, Potato, Garlic, Carrot, Swede, Thyme, Green Beans, Vegan Gravy*, Sunflower Oil**	**Orchard Flapjack** **Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene), **Oat** Flakes, Sugar, Sultanas
	WED	**Creamy Mushroom and Sweet Pepper Carbonara**	**Penne Pasta,** (Durum **Wheat** Semolina), **Mushroom, Onion, Garlic, Milk,** (**Milk**) **Cheese** (**Milk**) **Margarine** (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) **Flour,** (**Wheat**, Calcium Carbonate, Iron, Niacin, Thiamine) **Red Peppers**	**Melon Cocktail** (Melon)
	THU	**Caribbean Chicken Curry with Basmati Rice**	**Chicken Breast, Mango, Coconut Milk,** (Coconut Extract, Water, Stabilisers, Emulsifiers) **Lime Juice, Ginger, Cumin, Cardamom, Sugar, Peas, Green, Peppers, Sunflower Oil, Salt, Black Pepper, Rice**	**Fruit Crumble** **Plain Flour** (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Sugar, **Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene), Peaches, Apples, Rhubarb, Cinnamon
	FRI	**Cheese, Tomato & Sweetcorn Pizza with Potato Wedges**	**Pizza** (**Wheat** Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin, Water, Mozzarella (**Milk**) Cheddar (**Milk**) Tomato Puree, Rapeseed Oil, Yeast, Sugar, Cornflour, Salt, Semolina (**Wheat**) Parsley, Basil, **Soya** Flour, Whey Powder, Ascorbic Acid, Oregano, Garlic, Onion, Cayenne Pepper, Chilli Powder), **Sweetcorn, Salt, Pepper, Sunflower Oil, Potato**	**Ginger Sponge Cake** **Self-Raising Flour** (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Calcium Phosphate, Sodium Bicarbonate), **Eggs**, Sugar, **Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene), Ginger

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

Winter Lunch Menu		MAIN COURSE	CONTENTS (ALLERGENS IN RED)	DESSERT
WEEK 3	MON	**Chicken, Tomato & Vegetable Pasta Bake**	**Chicken Breast,** (Dextrose, Salt), **Penne Pasta,** (Durum **Wheat** Semolina), **Olive Oil, Onion, Garlic, Tinned Tomatoes** (Citric Acid), **Carrot, Peas, Green Bean, Sweetcorn, Cheese** (**Milk**)	**Tinned Peaches** (Peach, Citric Acid, Calcium Chloride)
	TUE	**Chinese Stir Fried Quorn with Vegetable Rice**	**Quorn** (Mycoprotein 95%, Rehydrated Free-range **Egg** White, Natural Flavourings, Firming Agents), **Sweetcorn, Peas, Carrot, Cabbage, Star Anise, Five Spice, Rice, Sunflower Oil**	**Blueberry Sponge Cake** **Self-Raising Flour** (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Calcium Phosphate, Sodium Bicarbonate), **Eggs**, Sugar, **Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene), Blueberry
	WED	**Bedford Clanger Pie with Peas**	**Minced Pork, Carrots, Potato, Bramley Apples** (Citric Acid), **Peas, Vegan Gravy*, Onions, Shortcrust Pastry** (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Palm Oil, Water, Rapeseed Oil, Lemon, Salt, Preservative, Yeast, Flavouring, Emulsifier, Acidity Regulator, Colour, Flour Treatment Agent), **Sunflower Oil**	**Chocolate and Raisin Rice Crispy Cake** **Milk Chocolate** (Sugar, **Milk**, Cocoa Butter, **Soya** Lecithins), **Rice Pops** (Rice, Sugar, **Barley** Malt Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12), Raisins, Golden Syrup
	THU	**Vegetarian Sausage and Mash with Onion Gravy and Carrots**	**Vegetarian Heck Sausage** (Water, Textured Pea Protein, Binders, Pea Fibre, Yeast Extracts, Spices, Colour, Herbs, Salt, Rapeseed Oil, Gluten Free Crumb, Coconut Oil, Onion, Vegetable Oil, Citrus Fibre, Parsley, Preservative (**Sulphite**) Natural Flavouring, Colour), **Onion, Vegan Gravy*, Carrots, Potato, Margarine** (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene)	**Strawberry Jelly** Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Citric Acid, Sodium Citrate, Colours – Carmine Curcumin, Acetic Acid, Flavouring
	FRI	**Cod Fish Cakes with Baked Wedges and Sweetcorn**	**Fish Cake** (Cod, Potato, Parsley, Lemon Juice, Dill, Wholemeal **Wheat** Flour, Water, Yeast, **Gluten**, Salt, Emulsifiers, Spirit Vinegar, Preservative, Ascorbic Acid), **Baked Wedges** (Potato, Sunflower Oil, Rice Flour, Potato Starch, Garlic, Pepper, Onion, Chilli), **Sweetcorn**	**Warm Winter Fruits** (Pears, Apples, Peaches, Sultanas, Sugar, Water, Cinnamon)

*(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

Winter Lunch Menu		MAIN COURSE	CONTENTS	DESSERT
WEEK 1	MON	**Vege Sausage, Roast Potatoes, Carrots and Gravy**	**Vege Sausages** (Rehydrated Textured Pea Protein, Onion, Rapeseed Oil, Chickpea Flour, Methyl Cellulose, Salt, Sage, Natural Flavouring, Black Pepper) **Roast Potatoes, Carrots, Vegan Gravy***	**Pears in Juice** (Pear, Citric Acid, Calcium Chloride)
	TUE	**Bean Bolognese with Penne Pasta**	**Haricot beans, Cannellini Beans, Hidden Vegetable Sauce** (Peppers, Carrots, Green Beans, Peas) **Sunflower Oil, Onion, Mushrooms, Garlic, Basil, Gluten Free Penne Pasta**	**Banana & Mango Puree**
	WED	**Vegan Meatballs with Mash Potato, Gravy and Carrots**	**Garlic, Onion, Carrot, Peas, Green Bean, Sweetcorn, Mixed Herbs, Salt, Potato, Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene), **Vegan Gravy*, Carrot**	**Vegan Lemon and Sultana Cake** **Gluten free Self-raising Flour,** (Rice, Potato, Tapioca, Maize, Buckwheat, Mono-Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Sugar, **Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene), Lemon, Sultanas
	THU	**Chickpea, Lentil & Spinach Coconut Curry with Golden Rice**	**Chickpea, Lentil, Spinach, Coconut Milk, (**Coconut Extract, Water, Stabilisers, Emulsifiers**) Tinned Tomatoes** (Citric Acid), **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, Carrot, Peas, Green Bean, Sweetcorn, Vegan Gravy* Basmati Rice**	**Mandarin Jelly** (Water, Mandarin, Deionised Pear Juice, Deionised Orange Juice, Gelling Agents, Acidity Regulators, Flavouring, Antioxidant, Firming Agent, Colour)
	FRI	**Vegetable Chilli with Jacket**	**Carrots, Green Beans, Peas, Sweetcorn, Onions, Vegan Gravy*, Cumin, Garlic Salt, Chilli Powder** (Chilli, Cumin, Salt, Garlic Powder, Oregano, Capsicum Extract, Silicon Dioxide) **Potato**	**Vegan Chocolate Pudding** Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene) Coconut Milk, Sugar, Cocoa Powder

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

Winter Lunch Menu		MAIN COURSE	CONTENTS (ALLERGENS IN RED)	DESSERT
WEEK 2	MON	**Vegetarian Stir-Fry With Vegetables and Rice**	**Borlotti Beans, Mushrooms, Peppers, Smoked Paprika, Garlic, Onion, Lemon, Sugar, Peas, Sweetcorn, Green Beans, Rice, Salt, Pepper, Five Spice** (Star Anise, Cinnamon, Fennel, Black Pepper, Clove)	**Fruit Cocktail** (Pear, Pineapple, Grapes, Cherry, Peaches, Citric Acid, Calcium Chloride)
	TUE	**Vege Sausages, New Potatoes and Cabbage**	**Vegetarian Sausages** (Rehydrated Textured Pea, Onion, Rapeseed Oil, Chickpea Flour, Stabiliser – Methyl Cellulose, Salt, Sage, Natural Flavouring, Black Pepper) **New Potatoes, Cabbage, Vegan Gravy ***	**Gluten Free Orchard Flapjack** **Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene), Gluten Free Oat Flakes, Sugar, Sultanas
	WED	**Creamy Mushroom and Sweet Pepper Carbonara**	**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) **Mushroom, Onion, Garlic**	**Rhubarb Fool** **Rhubarb, Plant cream** (Lentil Protein, Coconut and Rapeseed Oil, Sugar, Modified Corn starch, Emulsifiers, Stabilizers, Guar Gum, Salt, Colourant)
	THU	**Cauliflower, Spinach and Butternut Squash Curry**	**Cauliflower, Spinach, Butternut Squash, Coconut Milk** (coconut extract, guar gum) **Curry Powder** (Coriander Seed, Cumin Seed, Onion, Salt, Chilli Powder, Fenugreek, Garlic Powder, Ginger, Paprika, Turmeric, Cinnamon, Black Pepper, Clove, Bay leaf, Cardamom) **Garlic, Vegan Gravy * Basmati Rice**	**Fruit Crumble** **Gluten free Self-raising Flour,** (Rice, Potato, Tapioca, Maize, Buckwheat, Mono-Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Sugar, **Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene), Peaches, Apples, Rhubarb, Cinnamon
	FRI	**Vegan Pizza with Sweetcorn & Potato Wedges**	**Vegan Pizza** (Gluten Free Flour, Tomato, Vegan Cheese (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) **Sweetcorn, Salt, Pepper, Sunflower Oil, Potato**	**Ginger Sponge Cake** **Gluten free Self-raising Flour,** (Rice, Potato, Tapioca, Maize, Buckwheat, Mono-Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Sugar, **Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene), Ginger

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

Winter Lunch Menu		MAIN COURSE	CONTENTS (ALLERGENS IN RED)	DESSERT
WEEK 3	MON	**Vegetarian, Tomato Pasta Bake**	**Borlotti Beans,** (Calcium Chloride) **Onions, Mushrooms, Gluten Free Penne Pasta,** (Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier – Mono and Diglycerides of Fatty Acids), **Olive Oil, Onion, Garlic, Tinned Tomatoes** (Citric Acid), **Carrot, Peas, Green Bean, Sweetcorn, Vegan Cheese** (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12)	**Pear Puree** (Pears, Pear Juice, Citric Acid, Calcium Chloride)
	TUE	**Sweet and Sour stir fry with Rice**	**Mushrooms, Peppers, Carrot, Onion, Pineapple, Five Spice** (Star Anise, Black Pepper, Cinnamon, Fennel, Clove) **Sugar, White Vinegar, Long Grain Rice**	**Blueberry Sponge Cake** **Gluten free Self-raising Flour,** (Rice, Potato, Tapioca, Maize, Buckwheat, Mono-Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Sugar, **Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene), Blueberries
	WED	**Roasted Vegetables in a Cream and Tarragon Sauce with Pasta**	**Butternut Squash, Sweet Potato, Leek, Cauliflower and Carrot, Coconut Milk, Margarine** (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) **Gluten Free Pasta** (Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier – Mono and Diglycerides of Fatty Acids) **Tarragon**	**Chocolate & Raisin Shortbread** **Gluten free Self-raising Flour,** (Rice, Potato, Tapioca, Maize, Buckwheat, Mono-Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Sugar, **Margarine** (Rapeseed Oil, Palm Oil, Beta-Carotene), Cocoa Powder, Raisins
	THU	**Vegetarian Sausage and Mash with Onion Gravy and Carrots**	**Vegetarian Heck Sausage** (Water, Textured Pea Protein, Binders, Pea Fibre, Yeast Extracts, Spices, Colour, Herbs, Salt, Rapeseed Oil, Gluten Free Crumb, Coconut Oil, Onion, Vegetable Oil, Citrus Fibre, Parsley, Preservative (**Sulphite**) Natural Flavouring, Colour), **Onion, Vegan Gravy*, Carrots, Potato, Margarine** (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene)	**Mandarin Jelly** (Water, Mandarin, Deionised Pear Juice, Deionised Orange Juice, Gelling Agents, Acidity Regulators, Flavouring, Antioxidant, Firming Agent, Colour)
	FRI	**Chickpea and Cauliflower with Sweet Potato Curry**	**Chickpea, Cauliflower, Sweet Potato, Curry Powder** (Coriander Seed, Cumin Seed, Onion, Salt, Chilli Powder, Fenugreek, Garlic Powder, Ginger, Paprika, Turmeric, Cinnamon, Black Pepper, Clove, Bay leaf, Cardamom) **Garlic, Vegan Gravy* Basmati Rice**	**Fresh Fruit Salad** **Melon, Watermelon, Grapes, Pineapple**

*(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.