



## Week 1 – Autumn Winter – Lunch

W/C – 1<sup>st</sup> Sep, 22<sup>nd</sup> Sep, 13<sup>th</sup> Oct, 3<sup>rd</sup> Nov, 24<sup>th</sup> Nov, 15<sup>th</sup> Dec.

	Main Course	Ingredients	Fruit
<b>Monday</b>	<b>Chicken Korma Pilau Rice</b>	Chicken, Coconut Milk, Vegetable Stock, Peas, Courgettes, Onions, Carrots, Spinach, Garlic, Coriander, Cinnamon, Turmeric, Garam Masala, Ginger, Rice	<b>Satsumas</b>
<b>Tuesday</b>	<b>Creamy Bean and Vegetable Sauce Organic Pasta</b>	Butter Beans, Cannellini Beans, Peas, Sweetcorn, Carrots, Onions, Spinach, Garlic, <b>Double Cream D</b> , Vegetable Stock, <b>Organic Pasta G</b>	<b>Apples</b>
<b>Wednesday</b>	<b>Fruity Chickpea Tagine Couscous</b>	Chickpeas, Sweet Potato, Mixed Peppers, Aubergine, Courgettes, Tomatoes, Onions, Apricots, Dates, Garlic, Gravy, Coriander, Cumin, Mixed Spice, <b>Couscous G</b>	<b>Bananas</b>
<b>Thursday</b>	<b>Vegan Sausages, New Potatoes Mixed Vegetables Gravy</b>	<b>Plant-based Sausage G</b> , New Potatoes, Mixed Vegetables (peas, sweetcorn, carrots, green beans, broad beans), Gravy	<b>Pears</b>
<b>Friday</b>	<b>Beef Goulash Wholemeal Rice</b>	Beef Mince, <b>Cream D</b> , Mixed Peppers, Red Lentils, Onions, Tomatoes, Swede, Carrots, Garlic, Paprika, Parsley, Gravy, <b>Organic Pasta G</b>	<b>Melon</b>



### Allergen keys

**G** - Contains Gluten **D** - Contains Dairy Products **E** - Contains Egg **S** - Contains Soya

**SD** - Contains Sulphur Dioxide **F** - Contains Fish **C** - Contains Celery

ALL OF THESE DISHES ARE FREE FROM PEANUTS, TREE NUTS, SESAME SEEDS, MUSTARD, LUPIN, CRUSTACEA AND MOLLUSCS.



## Week 2 Autumn Winter – Lunch

W/C – 8<sup>th</sup> Sep, 29<sup>th</sup> Sep, 20<sup>th</sup> Oct, 10<sup>th</sup> Nov, 1<sup>st</sup> Dec, 22<sup>nd</sup> Dec.

	Main Course	Ingredients	Fruit
<b>Monday</b>	<b>Smoked Mackerel Tomato Sauce Wholemeal Pasta Grated Cheese</b>	<b>Smoked Mackerel F</b> , Roasted Red Peppers, Red Lentils, Onions, Sweet Potatoes, Tomatoes, Carrots, Spinach, Garlic, Basil, Oregano, <b>Wholemeal Pasta G</b> , <b>Grated Cheddar Cheese D</b>	<b>Apples</b>
<b>Tuesday</b>	<b>Caribbean Casserole Rice</b>	Sweet Potato, Black Beans, Mixed Peppers, Aubergine, Onions, Courgettes, Tomatoes, Mixed Spice, Garlic, Apple Sauce, Thyme, Coriander, Cumin, Gravy, Rice	<b>Melon</b>
<b>Wednesday</b>	<b>Roast Chicken, New Potatoes Sweetcorn Gravy</b>	Chicken, New Potatoes, Sweetcorn, Gravy	<b>Pears</b>
<b>Thursday</b>	<b>Lamb Ragu Herby Couscous</b>	Minced Lamb, Tomatoes, Roasted Red Peppers, Mixed Peppers, Onions, Carrots, Spinach, Garlic, Rosemary, Oregano, Gravy, <b>Couscous G</b> , Parsley	<b>Bananas</b>
<b>Friday</b>	<b>Veggie Chilli Baked Potato Grated Cheddar Cheese</b>	<b>Soya Mince S</b> , Kidney Beans, Mixed Peppers, Carrots, Tomatoes, Onions, Smoked Paprika, Garlic, Cumin, Oregano, Gravy, Baked Potato <b>Cheddar Cheese D</b>	<b>Satsumas</b>



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## Week 3 – Autumn Winter – Lunch

W/C – 15<sup>th</sup> Sep, 6<sup>th</sup> Oct, 27<sup>th</sup> Oct, 17<sup>th</sup> Nov, 8<sup>th</sup> Dec.

	Main Course	Ingredients	Fruit
<b>Monday</b>	<b>Sweet Potato and Chickpea Mild Madras Curry Wholemeal Rice Naan</b>	Sweet Potatoes, Chickpeas, Coconut Milk, Sweetcorn, Onions, Carrots, Mixed Peppers, Tomatoes, Spinach, Garlic, Cumin, Turmeric, Coriander, Mild Madras Curry Powder, Wholemeal Rice, <b>Naan G</b>	<b>Melon</b>
<b>Tuesday</b>	<b>Lamb Hotpot Mashed Potatoes</b>	Lamb Mince, Onions, Carrots, Swede, Parsnips, Turnip, <b>Celery C</b> , Peas, Gravy, Spinach, Worcestershire Sauce, Garlic, Rosemary, Thyme, Potatoes, Dairy Free Spread	<b>Pears</b>
<b>Wednesday</b>	<b>Ratatouille Wholemeal Pasta Grated Cheddar Cheese</b>	Tomatoes, Red Lentils, Onions, Roasted Red Peppers, Mixed Peppers, Aubergine, Courgettes, Garlic, Spinach, Basil, Oregano, <b>Wholemeal Pasta G, Cheddar Cheese D</b>	<b>Satsumas</b>
<b>Thursday</b>	<b>Roast Beef New Potatoes Carrots and Swede Gravy</b>	Sliced Roast Beef, Gravy, New Potatoes, Carrots, Swede	<b>Apples</b>
<b>Friday</b>	<b>Five Spice Chicken Rice</b>	Chicken, <b>Bean Sprouts S</b> , Bamboo Shoots, Water Chestnuts, Red Onions, Baby Sweetcorn, Sugar Snap Peas, Onions, Carrots, Tomatoes, Spinach, Five Spice, Garlic, Coriander, Apple Sauce, Gravy, Rice	<b>Bananas</b>



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