



Week 1 Spring Summer – Lunch

W/C 21st April, 19th May, 16th June, 14th July, 11th August

	First Course	Ingredients	Second Course	Ingredients
Monday	Lentil Ragu Organic Pasta Grated Cheddar Cheese	Lentils, Peppers, Tomatoes, Onions, Carrots, Garlic, Gravy, Basil, Oregano, Organic Fusilli Pasta G , Cheddar Cheese D	Flapjack	Oats, Golden Syrup, Dairy Free Spread
Tuesday	Sweet Potato and Courgette Dahl Wholemeal Rice	Sweet Potatoes, Courgettes, Coconut Milk, Tomatoes, Lentils, Peas, Mixed Peppers, Onions, Spinach, Garlic, Gravy, Coriander, Cumin, Mild Madras Curry Powder, Turmeric, Rice	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
Wednesday	Minted Lamb Casserole New Potatoes	Lamb, Swede, Turnips, Celery C , Peas, Carrots, Edamame Beans S , Onions, Garlic, Mint Sauce, Parsley, Gravy, Potatoes	Beetroot and Chocolate Brownie	Self-Raising Flour G , Beetroot, Free Range Eggs E , Dairy Free Spread, Sugar, Cocoa Powder
Thursday	Veggie Meatballs in Gravy Mashed Potatoes Sliced Carrots	Vegan Meatballs S , (contain soya , tomatoes, onions, chickpea flour, garlic powder) Potatoes, Dairy Free Spread, Gravy, Carrots	Fruit Salad	Melon, Peach, Pineapple
Friday	Mediterranean Tuna Couscous	Tuna F , Aubergine, Mixed Peppers, Courgettes, Roasted Red Peppers, Tomatoes, Onions, Sweetcorn, Black Olives, Spinach, Garlic, Basil, Oregano, Smoked Paprika, Couscous G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice



Allergen keys

G - Contains Gluten **D** - Contains Dairy Products **E** - Contains Egg **S** - Contains Soya
SD - Contains Sulphur Dioxide **F** - Contains Fish **T** - Contains Tomato **C** - Contains Celery

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

Spring Summer - Week One Lunch Alternatives

Week 1 Monday	Lentil Ragu, Organic Pasta G Cheddar Cheese D
TF	Pepper and Lentil Ragu
	Lentils, Mixed Peppers, Roasted Red Peppers, Onions, Carrots, Garlic, Gravy, Basil, Oregano, Cheddar Cheese D
DF / VA	Dairy Free Lentil Ragu
	Lentils, Mixed Peppers, Tomatoes, Onions, Carrots, Garlic, Gravy, Basil, Oregano, Dairy Free Cheese
BPL	Quinoa Ragu
	Quinoa, Mixed Peppers, Tomatoes, Onions, Carrots, Garlic, Gravy, Basil, Oregano, Cheddar Cheese D
GF	Gluten Free Pasta
	Gluten Free Pasta

Week 1 Tuesday	Sweet Potato & Courgette Dahl Rice
TF	Tomato Free Sweet Potato & Courgette Dahl
	Sweet Potatoes, Courgettes, Coconut Milk, Roasted Red Peppers, Lentils, Peas, Mixed Peppers, Onions, Spinach, Garlic, Gravy, Coriander, Cumin, Mild Madras Curry Powder, Turmeric
BPL	Sweet Potato, Quinoa & Courgette Curry Rice
	Sweet Potatoes, Courgettes, Coconut Milk, Tomatoes, Quinoa, Mixed Peppers, Onions, Spinach, Garlic, Gravy, Coriander, Cumin, Mild Madras Curry Powder, Turmeric

Week 1 Wednesday	Minted Lamb Casserole S C New Potatoes
V / VA / P	Minted Soya Mince Casserole
	Soya Mince S , Swede, Turnips, Celery C , Peas, Carrots, Edamame Beans S , Onions, Garlic, Mint Sauce, Parsley, Gravy
BPL	Bean, Pulse, Legume Free Minted Lamb Casserole
	Lamb, Swede, Turnips, Celery C , Quinoa, Carrots, Onions, Garlic, Mint Sauce, Parsley, Gravy

Week 1 Thursday	Veggie Meatballs S (contains soya and tomatoes), Gravy, Mashed Potatoes, Sliced Carrots
TF/SF	Falafel Ball
	3 x Falafel Ball in Gravy (chickpeas, onion, garlic, parsley, coriander, cumin, turmeric)

Week 1 Friday	Mediterranean Tuna F , Couscous G
V / VA	Mediterranean Butterbeans
	Butter Beans, Aubergine, Mixed Peppers, Roasted Red Peppers, Courgettes, Tomatoes, Onions, Sweetcorn, Spinach, Black Olives, Garlic, Basil, Oregano, Smoked Paprika
TF	Tomato Free Mediterranean Tuna F
GF	Side Alternative
	Gluten Free Couscous



Week 2 Spring Summer – Lunch

W/C 28th April, 26th May, 23rd June, 21st July, 18th August

	First Course	Ingredients	Second Course	Ingredients
Monday	Lamb Dhansak Wholemeal Rice Naan	Lamb, Red Lentils, Pineapple, Onions, Carrots, Mixed Peppers, Vegetable Stock, Tomatoes, Peas, Spinach, Coriander, Garlic, Cumin, Turmeric, Ginger, Rice, Naan G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
Tuesday	Vegan Bolognese Organic Pasta Grated Cheddar	Soya Mince S , Onions, Carrots, Mushrooms, Tomatoes, Mixed Peppers, Gravy, Garlic, Oregano, Organic Pasta G , Cheddar Cheese D	Flapjack	Oats, Dairy Free Spread, Golden Syrup
Wednesday	Roasted Red Pepper and Chickpea Sauce Couscous	Red Peppers, Chickpeas, Leeks, Mixed Peppers, Onions, Carrots, Tomatoes, Red Lentils, Garlic, Basil, Oregano, Couscous G	Fruit Salad	Melon, Peach, Pineapple
Thursday	Cheesy Vegetables Macaroni	Bechamel Sauce D , Cheddar Cheese D , Cream D , Cannellini Beans, Onions, Peas, Carrots, Green Beans, Broad Beans, Sweetcorn, Vegetable Stock, Parsley Macaroni Pasta G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
Friday	Roast Turkey in Gravy New Potatoes Peas	Turkey, New Potatoes, Gravy, Peas	Summer Berry Sponge	Self-raising Flour G , Free Range Eggs E , Caster Sugar, Dairy Free Spread, Blueberries, Raspberries



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Spring Summer - Week Two Lunch Alternatives

Week 2 Monday	Lamb Dhansak, Rice, Naan G
V / VA / P	Lentil Dhanask Puy Lentils, Red Lentils, Pineapple, Onions, Carrots, Mixed Peppers, Vegetable Stock, Tomatoes, Peas, Spinach, Coriander, Garlic, Cumin, Turmeric, Ginger
TF	Tomato Free Lamb Dhansak Lamb, Red Lentils, Pineapple, Onions, Carrots, Mixed Peppers, Veg Stock, Roasted Red Peppers, Peas, Spinach, Coriander, Garlic, Cumin, Turmeric, Ginger
BPL	Lentil Free Dhanask Lamb, Quinoa, Pineapple, Onions, Carrots, Mixed Peppers, Veg Stock, Tomatoes T, Spinach, Coriander, Garlic, Cumin, Turmeric, Ginger,
GF	Side Alternative Gluten Free Wrap

Week 2 Tuesday	Vegan Bolognese S Organic Pasta G, Grated Cheddar Cheese D
TF	Tomato Free Vegan Bolognese Soya Mince S, Onions, Carrots, Mushrooms, Roasted Red Peppers, Mixed Peppers, Gravy, Garlic, Oregano, Cheddar Cheese D
DF	Dairy Free Bolognese Soya Mince S, Onions, Carrots, Mushrooms, Tomatoes, Mixed Peppers, Gravy, Garlic, Oregano, Dairy Free Cheese
BPL	Quinoa Bolognese Quinoa, Onions, Carrots, Mushrooms, Tomatoes, Mixed Peppers, Gravy, Garlic, Oregano, Cheddar Cheese D
GF	Gluten Free Pasta Gluten Free Pasta

Week 2 Wednesday	Roasted Red Pepper & Chickpea Sauce, Couscous G
TF	Tomato Free Roasted Red Pepper and Chickpea Sauce Roasted Red Peppers, Chickpeas, Mixed Peppers, Leeks, Onions, Carrots, Red Lentils, Basil, Oregano
BPL	Roasted Pepper Sauce Roasted Red Peppers, Quinoa, Mixed Peppers, Leeks, Onions, Carrots, Tomatoes, Basil, Oregano
GF	Side Alternative Gluten Free Couscous

Week 2 Thursday	Cheesy Vegetables D, Macaroni G
DF / VA	Dairy Free 'Cheesy' Vegetables Plant Based Becamel Sauce, Dairy Free Cheese, Cannellini Beans, Peas, Carrots, Green Beans, Broad Beans, Sweetcorn, Onions, Garlic, Vegetable Stock, Parsley
BPL	Bean, Pulse, Legume Free Chesy Vegetables Bechamel Sauce D, Cheddar Cheese D, Cream D, Quorn Pieces E, Carrots, Sweetcorn, Onions, Garlic, Vegetable Stock, Parsley
GF	Gluten Free Gluten Free Pasta

Week 2 Wednesday	Roast Turkey in Gravy New Potatoes Peas
V / VA / HAL / P	Meat Free Roast Falafel Fillet (Contains Chickpeas, onions, garlic, parsley, coriander, cumin, turmeric)
BPL	Side Alternative Carrots



Week 3 Spring Summer - Lunch

W/C 5th May, 2nd June, 30th June, 28th July, 25th August

	First Course	Ingredients	Second Course	Ingredients
Monday	Chickpea Korma Rice	Chickpeas, Mixed Peppers, Peas, Sweet Potatoes, Carrots, Tomatoes, Spinach, Onions, Dates, Coconut Milk, Garlic, Coriander, Cumin, Turmeric, Mild Madras Curry Powder, Rice	Flapjack	Oats, Golden Syrup, Dairy Free Spread
Tuesday	Veggie Meatball Marinara Wholemeal Pasta	Veggie Meatballs S , Peppers, Onions, Carrots, Tomatoes, Leeks, Basil, Garlic, Oregano, Wholemeal Pasta G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
Wednesday	Shepherd's Pie Sliced Carrots	Lamb, Leeks, Onions, Carrots, Swede, Soya Mince S , Parsley, Thyme, Gravy, Potatoes, Dairy Free Spread, Carrots	Ginger Sponge	Self-Raising Flour G , Oat Milk, Dairy Free Spread, Sugar, Golden Syrup, Dates , Free Range Egg E , Ginger, Bicarbonate of Soda
Thursday	Roast Beef Gravy New Potatoes Sweetcorn	Beef, Gravy, New Potatoes, Sweetcorn	Fruit Salad	Melon, Peach, Pineapple
Friday	Spring Vegetable Casserole Couscous	Cannellini Beans, Broad Beans, Leeks, Peas, Green Beans, Potatoes, Sweetcorn, Spinach, Gravy, Tomatoes, Carrots, Onions, Basil, Garlic, Oregano, Worcestershire Sauce, Couscous G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice

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Spring Summer - Week Three Lunch Alternatives

Week 3 Monday	Chickpea Korma, Rice
TF	Tomato Free Chickpea Korma Chickpeas, Mixed Peppers, Peas, Sweet Potatoes, Carrots, Roasted Red Peppers, Spinach, Onions, Dates, Coconut Milk, Garlic, Coriander, Cumin, Turmeric, Mild Madras Curry Powder
BPL	Bean Pulse Legume Free Korma Quinoa, Mixed Peppers, Peas, Sweet Potatoes, Carrots, Tomatoes, Spinach, Onions, Dates, Coconut Milk, Garlic, Coriander, Cumin, Turmeric, Mild Madras Curry Powder

Week 3 Tuesday	Veggie Meatball S Marinara Sauce
SF	Falafel Balls (3 x 15g) in Tomato Sauce Falafel Balls, Mixed Peppers, Onions, Carrots, Tomatoes, Leeks, Basil, Garlic, Oregano
TF	Falafel Balls (3 x 15g) in Red Pepper Sauce Falafel Balls, Mixed Peppers, Onions, Carrots, Roasted Red Peppers, Leeks, Garlic, Basil, Oregano,
GF	Gluten Free Pasta Gluten Free Pasta

Week 3 Wednesday	Shepherds Pie S , Sliced Carrots
V / VA / P	Vegan Mince Shepherds Pie Vegan Mince S , Leeks, Onions, Carrots, Swede, Oregano, Garlic, Gravy
BPL / SF	Bean Pulse Legume Free Shepherds Pie Lamb, Quinoa, Leeks, Onions, Carrots, Swede, Oregano, Garlic, Gravy

Week 3 Thursday	Roast Beef, New Potatoes Spring Greens
V / P / VA	Meat Free Roast Falafel Fillet (Contains Chickpeas, onion, garlic, parsley, coriander, cumin, turmeric), Gravy
HAL	Halal Roast Halal Chicken, Gravy

Week 3 Friday	Spring Vegetable Casserole Couscous G
TF	Tomato Free White Bean & Spring Vegetable Casserole Cannellini Beans, Broad Beans, Leeks, Peas, Green Beans, Potatoes, Sweetcorn, Spinach, Gravy, Roasted Red Peppers, Carrots, Onions, Basil, Garlic, Oregano, Worcestershire Sauce,
BPL / SF	BPL Free Spring Vegetable Casserole and Gluten/Soya Free Wrap Quinoa, Leeks, Potatoes, Sweetcorn, Spinach, Gravy, Tomatoes, Carrots, Onions, Basil, Garlic, Oregano, Worcestershire Sauce,
Side Alternative	Gluten Free Gluten Free Couscous



Week 4 Spring Summer - Lunch

W/C 12th May, 9th June, 7th July, 4th August

	First Course	Ingredients	Second Course	Ingredients
Monday	Creamy Quorn Organic Pasta	Quorn Pieces E , Mixed Peppers, Sweetcorn, Onions , Cream D , Tomatoes, Garlic, Basil, Smoked Paprika, Oregano, Organic Pasta G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
Tuesday	Sweet & Sour Chicken Rice	Chicken, Bean Sprouts S , Red Onion, Baby Sweetcorn, Bamboo Shoots, Water Chestnuts, Sugar Snap Peas, Pineapple, Tomatoes, Apple Sauce, Onions, Carrots, Mixed Peppers, Spinach, Tomato Ketchup, Gravy, Garlic, Coriander, Rice	Flapjack	Oats, Golden Syrup, Dairy Free Spread
Wednesday	Veggie Sausages New Potatoes Gravy Peas and Sweetcorn	Vegan Sausage G , Gravy, Potato, Peas, Sweetcorn	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Vanilla Extract, Organic Lemon juice
Thursday	Beef Chilli Baked Potato Grated Cheddar Cheese	Beef Mince, Onions, Carrots, Mixed Peppers, Kidney Beans, Tomatoes, Gravy, Garlic, Cumin, Smoked Paprika, Oregano, Potato, Cheddar Cheese D	Raspberry Sponge	Self-Raising Flour G , Free Range Egg E , Dairy Free Spread, Sugar, Raspberries
Friday	Fish Tacos Wholemeal Rice	Salmon F , Tuna F , Black Beans, Sweetcorn, Onions, Mixed Peppers, Tomatoes, Spinach, Gravy, Garlic, Coriander, Cumin, Oregano, Wholemeal Rice, Wrap G	Fruit Salad	Melon, Peach, Pineapple

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Spring Summer - Week Four Lunch Alternatives

Week 4 Monday	Creamy Quorn D E , Organic Pasta G
EF / VA	Creamy Tofu
	Tofu S , Mixed Peppers, Sweetcorn, Onions, Dairy Free Cream, Tomatoes, Garlic, Basil, Smoked Paprika, Oregano
DF	Dairy Free Creamy Quorn
	Quorn Pieces E , Mixed Peppers, Sweetcorn, Onions, Dairy Free Cream, Tomatoes, Garlic, Basil, Smoked Paprika, Oregano
TF	Tomato Free Creamy Quorn
	Quorn Pieces E , Mixed Peppers, Sweetcorn, Onions, Double Cream D , Roasted Red Peppers, Garlic, Basil, Smoked Paprika, Oregano
GF	Gluten Free Quorn Edamame Bean Pesto Pasta
	Gluten Free Pasta

Week 4 Tuesday	Sweet & Sour Chicken, Rice
V / VA / P / HAL	Sweet & Sour Tofu
	Tofu S , Bean Sprouts S , Red Onion, Baby Sweetcorn, Bamboo Shoots, Water Chestnuts, Sugar Snap Peas, Pineapple, Tomatoes, Apple Sauce, Tomato Ketchup, Onions, Carrots, Mixed Peppers, Spinach, Gravy, Garlic, Coriander
TF	Tomato Free Sweet & Sour Chicken
	Chicken, Bean Sprouts S , Red Onion, Baby Sweetcorn, Bamboo Shoots, Water Chestnuts, Sugar Snap Peas, Pineapple, Roasted Red Peppers, Apple sauce, Onions, Carrots, Mixed Peppers, Spinach, Gravy, Garlic, Coriander
BPL	Bean Pulse Legume Free Sweet & Sour Chicken
	Chicken, Pineapple, Tomatoes, Apple Sauce, Tomato Ketchup, Onions, Carrots, Mixed Peppers, Spinach, Gravy, Garlic, Coriander

Week 4 Wednesday	Veggie Sausages, Gravy, New Potatoes, Peas & Sweetcorn
GF	Falafel Sausage
	Chickpeas, Onion, Garlic, Parsley, Coriander, Cumin, Turmeric

Week 4 Thursday	Organic Beef Chilli Baked Potato Grated Cheese D
V / P	Vegan Chilli
	Vegan Mince S , Onions, Carrots, Mixed Peppers, Kidney Beans, Tomatoes, Gravy, Garlic, Cumin, Smoked Paprika, Oregano, Cheddar Cheese D
HAL	Halal Beef Chilli
	Halal Beef, Onions, Carrots, Mixed Peppers, Kidney Beans, Tomatoes, Gravy, Garlic, Cumin, Smoked Paprika, Oregano, Cheddar Cheese D
TF	Tomato Free Beef Chilli
	Beef Mince, Onions, Carrots, Mixed Peppers, Kidney Beans, Roasted Red Peppers, Gravy, Garlic, Cumin, Smoked Paprika, Oregano, Cheddar Cheese D
DF	Beef Chilli Dairy Free Cheese
	Beef Mince, Onions, Carrots, Mixed Peppers, Kidney Beans, Tomatoes, Gravy, Garlic, Cumin, Smoked Paprika, Oregano, Plant Based Cheese
VA	Vegan Chilli Dairy Free Cheese
	Vegan Mince S , Onions, Carrots, Mixed Peppers, Kidney Beans, Tomatoes, Gravy, Garlic, Cumin, Smoked Paprika, Oregano, Plant Based Cheese

Week 4 Friday	Fish F Tacos G & Rice
V / VA	Tofu Taco Sauce
	Tofu S , Black Beans, Sweetcorn, Onions, Mixed Peppers, Tomatoes, Spinach, Gravy, Garlic, Coriander, Cumin, Oregano
TF	Tomato Free Fish Taco Sauce
	Salmon F , Tuna F , Black Beans, Sweetcorn, Onions, Mixed Peppers, Roasted Red Peppers, Spinach, Gravy, Garlic, Coriander, Cumin, Oregano
BPL	Bean Pulse Legume Free Fish Taco Sauce
	Salmon F , Tuna F , Quinoa, Sweetcorn, Onions, Mixed Peppers, Tomatoes, Spinach, Gravy, Garlic, Coriander, Cumin, Oregano
GF	Gluten Free
	Gluten Free Wrap