Early Years Catering

Week 1 – Autumn Winter – Lunch

W/C – 31st Aug, 21st Sep, 12th Oct, 2nd Nov, 23rd Nov, 14th Dec

	Main Course	Ingredients	Fruit
Monday	Chicken Korma Pilau Rice	Chicken, Coconut Milk, Lentils, Vegetable Stock, Peas, Courgettes, Onions, Carrots, Spinach, Garlic, Coriander, Cinnamon, Turmeric, Garam Masala, Ginger, Rice	Satsumas
Tuesday	Creamy Lentil and Vegetable Sauce Wholemeal Penne Pasta	Lentils, Sweet Potatoes, Carrots, Sweetcorn, Onions, Tomatoes, Garlic, Basil, Oregano, **Double Cream D**, Vegetable Stock, **Wholemeal Pasta G**	Apples
Wednesday	Fruity Chickpea Tagine Couscous	Chickpeas, Mixed Peppers, Aubergine, Courgettes, Tomatoes, Apple Sauce, Onions, Apricots, Dates, Garlic, Gravy, Cumin, Mixed Spice, **Couscous G**	Bananas
Thursday	Vegan Sausages, New Potatoes Sweetcorn, Gravy	**Plant-based Sausage G S SD**, New Potatoes, Sweetcorn, Gravy	Pears
Friday	Beef Goulash Wholemeal Rice	Beef Mince, **Sour Cream D**, Mixed Peppers, Onions, Tomatoes, Roasted Red Peppers, Carrots, Garlic, Paprika, Parsley, Vegetable Stock, Wholemeal Rice	Melon

FOOD FOR LIFE SERVED HERE
Soil Association

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.

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Week 1 - Autumn Winter - Lunch Alternatives

Monday	**Chicken Korma, Pilau Rice**
V / VA / P / HAL	Vegan Korma Tofu S, Coconut Milk, Lentils, Vegetable Stock, Peas, Courgettes, Onions, Carrots, Spinach, Garlic, Coriander, Cinnamon, Turmeric, Garam Masala, Ginger
BPL	Bean, Pulse, Legume Free Chicken Korma Chicken, Coconut Milk, Quinoa, Vegetable Stock, Courgettes, Onions, Carrots, Spinach, Garlic, Coriander, Cinnamon, Turmeric, Garam Masala, Ginger
Tuesday	**Creamy Lentil and Vegetable Sauce, Wholemeal Penne Pasta**
DF / VA	Dairy Free Creamy Lentil and Vegetable Sauce Lentils, Sweet Potatoes, Carrots, Sweetcorn, Onions, Tomatoes, Garlic, Basil, Oregano, Dairy Free Cream, Vegetable Stock
BPL	Bean Pulse Legume Free Creamy Vegetable Sauce Quinoa, Sweet Potatoes, Carrots, Sweetcorn, Onions, Tomatoes, Garlic, Basil, Oregano, Double Cream D, Vegetable Stock
GF	Side Alternative Gluten Free Pasta
Wednesday	**Fruity Chickpea Tagine, Couscous**
BPL	Bean, Pulse Legume Free Fruity Tagine Quinoa, Mixed Peppers, Aubergine, Courgettes, Tomatoes, Onions, Garlic, Dates, Apricots, Apple Sauce, Gravy, Cumin, Mixed Spice
GF	Side Alternative Gluten Free Couscous
Thursday	**Vegan Sausages, New Potatoes, Sweetcorn, Gravy**
BPL	Bean Pulse Legume Free Roast Quorn Chunks, Gravy
Friday	**Beef Goulash, Wholemeal Rice**
P / V / VA	Vegan Goulash Soya Mince S, Dairy Free Cream, Mixed Peppers, Onions, Tomatoes, Roasted Red Peppers, Carrots, Garlic, Paprika, Parsley, Vegetable Stock
HAL	Halal Beef Goulash Halal Beef, Sour Cream D, Mixed Peppers, Onions, Tomatoes, Roasted Red Peppers, Carrots, Garlic, Paprika, Parsley, Vegetable Stock
DF	Dairy Free Beef Goulash Beef, Dairy Free Cream, Mixed Peppers, Onions, Tomatoes, Roasted Red Peppers, Carrots, Garlic, Paprika, Parsley, Vegetable Stock

Early Years Catering

Week 3 – Autumn Winter – Lunch

W/C – 14th Sep, 5th Oct, 26th Oct, 16th Nov, 7th Dec, 28th Dec

	Main Course	Ingredients	Fruit
Monday	Sweet Potato and Chickpea Mild Madras Curry Wholemeal Rice	Sweet Potatoes, Chickpeas, Coconut Milk, Sweetcorn, Onions, Carrots, Mixed Peppers, Tomatoes, Spinach, Garlic, Cumin, Turmeric, Coriander, Mild Madras Curry Powder, Wholemeal Rice	Pears
Tuesday	Beef Hotpot Mashed Potatoes	Beef Mince, Onions, Carrots, Parsnips, Sweet Potatoes, Peas, Spinach, Gravy, Worcestershire Sauce, Garlic, Parsley, Potatoes, Dairy Free Spread	Bananas
Wednesday	Ratatouille Wholemeal Pasta Grated Cheddar Cheese	Tomatoes, Red Lentils, Onions, Roasted Red Peppers, Mixed Peppers, Aubergine, Courgettes, Garlic, Spinach, Basil, Oregano, **Wholemeal Pasta G, Cheddar Cheese D**	Satsumas
Thursday	Five Spice Chicken Rice	Chicken, Mixed Peppers, Peas, Sweetcorn, Onions, Carrots, Tomatoes, Spinach, Five Spice, Garlic, Apple Sauce, Gravy, Rice	Melon
Friday	Veggie Cutlet, Gravy New Potatoes Carrots and Swede	Veggie Cutlet (contains pea protein, broad bean protein, onions, potato starch, mushrooms, herbs and spices), Gravy, New Potatoes, Carrots, Swede	Apples

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Week 3 - Autumn Winter - Lunch Alternatives

Monday	Sweet Potato and Chickpea Mild Madras Curry, Wholemeal Rice
GF / SF	Bean Pulse Legume Free Sweet Potato Mild Madras Curry Sweet Potatoes, Quinoa, Coconut Milk, Sweetcorn, Onions, Carrots, Mixed Peppers, Tomatoes, Spinach, Garlic, Cumin, Turmeric, Corlander, Mild Madras Curry Powder
Tuesday	Beef Hotpot, Mashed Potatoes
V / VA / P	Vegan Hotpot Soya Mince S, Onions, Carrots, Parsnips, Sweet Potatoes, Peas, Spinach, Garlic, Gravy, Vegetable Stock, Cornflour, Worcestershire Sauce, Parsley
HAL	Halal Beef Hotpot Halal Beef, Onions, Carrots, Parsnips, Sweet Potatoes, Peas, Spinach, Garlic, Gravy, Vegetable Stock, Cornflour, Worcestershire Sauce, Parsley
BPL	Bean Pulse Legume Free Hotpot Beef, Onions, Carrots, Parsnips, Sweet Potatoes, Spinach, Garlic, Gravy, Vegetable Stock, Cornflour, Worcestershire Sauce, Parsley
Wednesday	Ratatouille, Wholemeal Pasta, Grated Cheddar Cheese
DF / VA	Vegan Ratatouille Tomatoes, Red Lentils, Onions, Roasted Red Peppers, Mixed Peppers, Aubergines, Courgettes, Spinach, Garlic, Basil, Oregano, Dairy free Cheese
BPL	Bean Pulse Legume Free Ratatouille Tomatoes, Quinoa, Onions, Roasted Red Peppers, Mixed Peppers, Aubergines, Courgettes, Spinach, Garlic, Basil, Oregano, Cheddar Cheese D
GF	Side Alternative Gluten Free Pasta
Thursday	Five Spice Chicken, Rice
V / VA / P	Five Spice Tofu Tofu, Mixed Peppers, Peas, Sweetcorn, Onions, Carrots, Tomatoes, Spinach, Five Spice, Garlic, Coriander, Cumin, Apple Sauce, Gravy
HAL	Five Spice Halal Chicken Halal Chicken, Mixed Peppers, Peas, Sweetcorn, Onions, Carrots, Tomatoes, Spinach, Five Spice, Garlic, Coriander, Cumin, Apple Sauce, Gravy
BPL	Bean Pulse Legume Free Five Spice Chicken Chicken, Mixed Peppers, Quinoa, Sweetcorn, Onions, Carrots, Tomatoes, Spinach, Five Spice, Garlic, Coriander, Cumin, Apple Sauce, Gravy
Friday	Veggie Cutlet, Gravy, New Potatoes, Carrots and Swede
BPL	Bean Pulse Legume Free Roast Quorn Chunks in Gravy

Early Years Catering

Week 2 – Autumn Winter – Lunch

W/C – 7th Sep, 28thSep, 19thOct, 9thNov, 30thNov, 21stDec

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

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Week 2 - Autumn Winter - Lunch Alternatives

Monday	**Smoked Mackerel and Tomato Sauce, Wholemeal Pasta, Grated Cheddar Cheese**
V	Vegetarian Red Lentil and Tomato Sauce Red Lentils, Tomatoes, Roasted Red Peppers, Sweet Potatoes, Onions, Carrots, Spinach, Garlic, Basil, Oregano, Cheddar Cheese D
VA	Vegetarian Red Lentil and Tomato Sauce Red Lentils, Tomatoes, Roasted Red Peppers, Sweet Potatoes, Onions, Carrots, Spinach, Garlic, Basil, Oregano, Dairy Free Cheese
DF	Dairy Free Smoked Mackerel and Tomato Sauce Smoked Mackerel F, Tomatoes, Roasted Red Peppers, Sweet Potatoes, Onions, Carrots, Spinach, Garlic, Basil, Oregano, Dairy Free Cheese
GF	Side Alternative Gluten Free Pasta
Tuesday	**Caribbean Casserole, Rice**
BPL	Bean Pulse Legume Free Caribbean Casserole, Sweet Potatoes, Quinoa, Coconut Milk, Mixed Peppers, Onions, Courgettes, Spinach, Tomatoes, Mixed Spice, Garlic, Apple Sauce, Parsley, Thyme, Cumin
Wednesday	**Roast Chicken, New Potatoes, Carrots, Gravy**
P / V / VA	Vegan Roast Falafel Sausage, Gravy
HAL	Halal Roast Halal Chicken, Gravy
Thursday	**Lamb Ragu, Herby Couscous**
P /V /VA	Vegan Ragu Soya Mince S, Tomatoes, Roasted Red Peppers, Mixed Peppers, Onions, Carrots, Spinach, Garlic, Oregano
GF	Side Alternative Gluten Free Couscous
Friday	**Veggie Chilli Baked Potato, Grated Cheese**
BPL / SF	Bean Pulse Legume Free Veggie Chilli, Cheddar Cheese Quinoa, Mixed Peppers, Carrots, Tomatoes, Onions, Smoked Paprika, Garlic, Cumin, Oregano, Gravy, Cheddar Cheese D
DF / VA	Vegan Chilli, Dairy Free Cheese Soya Mince S, Kidney Beans, Mixed Peppers, Carrots, Tomatoes, Onions, Smoked Paprika, Garlic, Cumin, Oregano, Gravy, Dairy Free Cheese