

Spring Summer Week 1 Lunch



W/C – 6th May, 3rd June, 1st July, 29th July, 26th August

	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Lentil Ragu Organic Pasta Grated Cheddar Cheese	Peppers, lentils, Tomatoes T , Onions, Basil, Gravy, Carrots, Garlic, Oregano, Pasta G , Cheddar Cheese D	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
TUESDAY	Sweet Potato & Courgette Dahl Rice	Sweet Potato, Courgette, Coconut Milk, Tomatoes T , Onions, Peas, Gravy, Peppers, Lentils, Spinach, Garlic, Coriander, Cumin, Mild Madras Curry Powder (contains chickpeas), Turmeric, Rice	Organic Mango and Vanilla Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Vanilla Extract, Organic Lemon Juice
WEDNESDAY	Minted Lamb Casserole New Potatoes	Lamb, Turnip, Celery C , Edamame Beans S , Mint Sauce, Basil, Gravy, Peas, Garlic, Swede, Carrots, Onions, Potatoes	Beetroot and Chocolate Brownie	Self-Raising Flour G , Free Range Egg E , Dairy Free Spread, Sugar, Cocoa Powder, Beetroot
THURSDAY	Mediterranean Tuna Couscous	Tuna F , Smoked Paprika, Tomatoes T , Spinach, Onions, Aubergine, Courgette, Peppers, Black Olives, Sweetcorn, Garlic, Oregano, Basil, Couscous G ,	Fruit Salad	Peach, Pineapple, Melon
FRIDAY	Veggie Meatballs in Gravy Mashed Potatoes Sliced Carrots	Meatballs G, S, T Potatoes, Gravy, Carrots	Strawberry Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, 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, CRUSTACEANS, AND MOLLUSCS

We cater for any dietary requirements.

Please contact us for more information.

Our menus run on four-week cycle offering a different range of meals each week, so that your child has the varied diet required to help them develop their tastes and make healthy choices in the future.

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All our eggs are free range. We use seasonal vegetables where possible.

Spring Summer - Week One Lunch Alternat

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

Week 1 Tuesday	Sweet Potato & Courgette Dahl T Rice
TF	Tomato Free Sweet Potato & Courgette Dahl Sweet Potato, Courgette, Coconut Milk, Gravy, Onion, Peas, Peppers, Lentils, Spinach, Garlic, Coriander, Cumin, Mild Madras Curry Powder, Turmeric,
BPL	Sweet Potato, Quinoa & Courgette Curry T Rice Quinoa, Sweet Potato, Courgette, Coconut Milk, Tomato T, Gravy, Onion, Peppers, Spinach, Garlic, Coriander, Cumin, Turmeric,

Week 1 Wednesday	Minted Lamb Casserole C New Potatoes
V / VA / P	Minted Vegetarian Mince Casserole Soya Mince S, Stew Pack Veg (Turnip, Celery C, Carrot, Swede, Onion) Peas, Edamame Beans, Mint Sauce, Gravy, parsley, Garlic,
BPL	Bean, Pulse, Legume Free Minted Lamb Casserole Lamb, Stew Pack Veg (Turnip, Celery C, Carrot, Swede, Onion), Mint Sauce, Gravy, parsley, Garlic,

Week 1 Thursday	Mediterranean Tuna F T, Couscous G
V / VA	Mediterranean Butterbeans Butter Beans, Tomato T, Spinach, Onions, Aubergine, Courgette, Pepper, Sweetcorn, Back Olives, Garlic, Basil, Oregano, Smoked Paprika, Couscous G
TF	Tomato Free Mediterranean Tuna F Tuna F, Spinach, Onions, Pepper, Sweetcorn, Back Olives, Garlic, Basil, Oregano, Smoked Paprika, Couscous G
GF	Side Alternative Gluten Free Cous Cous

Week 1 Friday	Veggie Meatballs G S, Gravy, Mashed Potatoes, Sliced Carrots
GF/SF	Falafel Ball 3 x Falafel Ball in Gravy (chickpeas, onion, garlic, parsley, coriander, cumin, turmeric)



W/C – 13th May, 10th June, 8th July, 5th August

	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Lamb Dhansak Wholemeal Rice Naan	Lamb, Red Lentils, Pineapple, Onions, Carrots, Peppers, Veg Stock, Tomatoes T , Green Beans, Spinach, Coriander, Garlic, Cumin, Turmeric, Ginger, Rice, Naan G	Organic Raspberry Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Roasted Pepper & Lentil Sauce Couscous	Peppers, Leeks, Onions, Carrots, Tomatoes T , Basil, Garlic, Red Lentils, Oregano, Couscous G	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
WEDNESDAY	Roast Turkey in Gravy New Potatoes Mixed Vegetables	Turkey, New Potatoes, Gravy, Peas, Carrots, Green Beans, Broad Beans, Sweetcorn	Fruit Salad	Peach, Pineapple, Melon
THURSDAY	Vegan Bolognese Organic Pasta Grated Cheddar Cheese	Vegan Mince S , Onions, Carrots, Mushrooms, Tomatoes T , Peppers, Gravy, Garlic, Oregano, Organic Pasta G , Cheddar Cheese D	Organic Mango and Vanilla Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Vanilla Extract, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
FRIDAY	Macaroni Cheese Peas & Sweetcorn	Macaroni Pasta G , Butter Beans, Bechamel Sauce D , Mozzarella D , Cheddar Cheese D , Double Cream D , Vegetable Stock, Breadcrumbs G , Parsley, Peas, Sweetcorn	Summer Berry Sponge	Self-raising Flour G , Free Range Egg E , Caster Sugar, Dairy-Free Spread, Blueberries, Raspberries



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Spring Summer - Week Two Lunch Alternat

Week 2 Monday	Lamb Dhansak T , Rice, Naan G
V / VA / P	Lentil Dhanask Lentil, Pineapple, Onions, Carrots, Peppers, Veg Stock, Tomato T , Green Beans, Spinach, Coriander, Garlic, Cumin, Turmeric, Ginger,
TF	Tomato Free Lamb Dhansak Lamb, Lentils, Pineapple, Onions, Carrots, Peppers, Veg Stock Gravy, Green Beans, Spinach, Coriander, Garlic, Cumin, Turmeric, Ginger,
BPL	Lentil Free Dhanask Lamb, Pineapple, Onions, Carrots, Peppers, Veg Stock, Tomato T , Spinach, Coriander, Garlic, Cumin, Turmeric, Ginger,
GF	Side Alternative Gluten Free Wrap

Week 2 Tuesday	Roasted Pepper & Lentil Sauce T Couscous G
TF	Tomato Free Roasted Red Pepper and Lentil Sauce Red Pepper Sauce (Tinned Red Peppers, Onions, Carrots, Garlic) Red Lentils, Basil, Oregano
BPL	Roasted Pepper Sauce Red Pepper Sauce (Tinned Red Peppers, Onions, Carrots, Garlic) Quinoa, Tomatoes T , Basil, Oregano,
GF	Side Alternative Gluten Free Couscous

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

Week 2 Thursday	Vegan Bolognese T S Organic Pasta G , Grated Cheddar Cheese D
TF	Tomato Free Vegan Bolognese Pasta Bake Vegan Mince S , Onions, Tinned Red Peppers, Mushrooms, Carrots, Gravy, Garlic, Oregano, Organic Pasta G , Cheddar Cheese D
DF	Dairy Free Bolognese Pasta Bake Vegan Mince S , Onions, Tomatoes T , Peppers, Mushrooms, Carrots, Gravy, Garlic, Oregano, Organic Pasta G , Dairy free Cheese
BPL	Quinoa Bolognese Pasta Bake Quinoa, Onions, Tomatoes T , Peppers, Mushrooms, Carrots, Gravy, Garlic, Oregano, Pasta G , Cheddar Cheese D
GF	Gluten Free Bolognese Pasta Bake Vegan Mince S , Onions, Tomatoes T , Peppers, Mushrooms, Carrots, Gravy, Garlic, Oregano, Gluten Free Pasta, Cheddar Cheese D

Week 2 Friday	Macaroni Cheese G D , Peas and Sweetcorn
DF / VA	Dairy Free Macaroni Cheese Macaroni G , Onion, Garlic, Leek, Carrot, Tomato T , Dairy Free Cheese, Basil, Oregano
GF	Gluten Free Macaroni Cheese Gluten Free Pasta (Contains Rice), Bechamel Sauce D , Mozzarella D , Cheddar Cheese D , Basil, Oregano
BPL	Side Alternative Sweetcorn



W/C – 20th May, 17th June, 15th July, 12th August

	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Sweet Potato and Pea Korma Rice	Sweet Potato, Garden Peas, Coconut Milk, Gravy, Onions, Peppers, Carrots, Tomatoes T , Spinach, Coriander, Garlic, Dates, Cumin, Turmeric, Mild Madras Curry Powder (Contains Chickpea Flour) Rice	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
TUESDAY	Roast Beef Gravy New Potatoes Sweetcorn	Beef, Gravy, New Potatoes, Sweetcorn	Organic Strawberry Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
WEDNESDAY	Spring Vegetable Casserole Couscous	Cannellini Beans, Broad Beans, Leeks, Peas, Green Beans, Sweetcorn, Spinach, Gravy, Tomatoes T , Carrots, Onions, Parsley, Garlic, Oregano, Worcestershire Sauce, Couscous G	Ginger Sponge	Self-Raising Flour G , Oat Milk, Dairy Free Spread, Sugar, Golden Syrup, Dates, Free Range Egg E , Ginger, Bicarbonate of Soda
THURSDAY	Veggie Meatball Marinara Wholemeal Pasta	Veggie Meatballs (contains soya S , onions, rapeseed oil, tomato T , garlic, chickpea flour, yeast extract, herbs, spices) Peppers, Onions, Carrots, Tomatoes T , Leeks, Basil, Garlic, Oregano, Wholemeal Pasta G	Fruit Salad	Peach, Pineapple, Melon
FRIDAY	Shepherd's Pie Sliced Carrots	Lamb, Leeks, Onions, Carrots, Swede, Vegan Mince S , Parsley, Gravy, Potatoes, Dairy Free Spread, Carrots	Organic Raspberry Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice



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Spring Summer - Week Three Lunch Alternatives

Week 3 Monday	Sweet Potato & Pea Korma T Rice
TF	Tomato Free Sweet Potato & Pea Korma
	Sweet Potato, Peas, Coconut Milk, Onions, Peppers, Carrots, Spinach, Coriander, Garlic, Dates, Cumin, Turmeric, Mild Madras Curry Powder (Contains Chickpea Flour)
BPL	Bean Pulse Legume Free Sweet Potato Korma
	Quinoa, Sweet Potato, Coconut Milk, Onions, Peppers, Carrots, Tomato T , Spinach, Coriander, Garlic, Dates, Cumin, Turmeric,

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

Week 3 Wednesday	Spring Vegetable ST Casserole CousCous G
TF	Tomato Free White Bean & Spring Vegetable Casserole
	Cannellini Beans, Leeks, Peas, Green Beans, sweetcorn, broad beans, Tomato T , Peppers, Spinach, Potato, Worcestershire Sauce, Gravy, Carrot, Onions, Basil, Garlic, Oregano
BPL / SF	BPL Free Spring Vegetable Casserole and Gluten/Soya Free Wrap
	Quinoa, Leeks, sweetcorn, Spinach, Gravy, Carrot, Onions, Tomato T , Potato, Basil, Garlic, Worcestershire sauce, Oregano
Side Alternative	Gluten Free
	Gluten Free CousCous

Week 3 Thursday	Veggie Meatball G S Marinara T
BPL / SF	Quorn Pieces in Tomato Sauce
	Quorn pieces E , Peppers, Onions, Carrots, Tomato T , Leeks, Basil, Garlic, Oregano,
TF	Veggie Meatballs (3 x 15g) in Tomato Free Sauce
	Veggie meatballs G S , Peppers, Onions, Carrots, Leeks, Garlic, Basil, Oregano,
GF	Falafel Balls (3 x 15g) Marinara Gluten Free Pasta
	Falafel balls (contains chickpeas) Peppers, Onions, Carrots, Tomato T , Leeks, Basil, Garlic, Oregano, Gluten Free Pasta (Contains Rice Flour)

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



W/C – 27th May, 24th June, 22nd July, 19th August

	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Sweet & Sour Chicken Rice	Chicken, Bean Sprouts, Red Onion, Baby Sweetcorn, Bamboo Shoots, Water Chestnuts, Sugar Snap Peas, Pineapple, Tomatoes T , Apple Sauce, Onions, Carrots, Peppers, Spinach, Gravy, Garlic, Coriander, Rice	Organic Mango and Vanilla Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Vanilla Extract, Organic Lemon Juice
TUESDAY	Fish Tacos Wholemeal Rice	Salmon F , Tuna, Peppers, Onions, Red Kidney Beans, Black Beans, Gravy, Spinach, Tomatoes T , Garlic, Coriander, Cumin, Oregano, Rice, Taco G	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
WEDNESDAY	Quorn, Edamame Beans & Pesto Sauce Organic Pasta	Quorn Pieces E , Bechamel Sauce D , Pesto D , Edamame Beans S , Green Beans, Basil, Double Cream D , Vegetable Stock, Organic Pasta G	Organic Strawberry Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
THURSDAY	Veggie Sausages New Potato Gravy Peas and Sweetcorn	Vegan Sausage G , Gravy, Potato, Peas, Sweetcorn	Raspberry Sponge	Self-Raising Flour G , Free Range Egg E , Dairy Free Spread, Sugar, Raspberries
FRIDAY	Organic Beef Chilli Baked Potato Grated Cheddar Cheese	Organic Beef Mince, Onions, Carrots, Peppers, Kidney Beans, Tomatoes T , Gravy, Garlic, Smoked Paprika, Basil, Oregano, Potato, Cheddar Cheese D	Fruit Salad	Peach, Pineapple, Melon



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Spring Summer - Week Four Lunch Alternat

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

Week 4 Tuesday	Fish F T Tacos G & Rice
V / VA	Bean Tacos
	Peppers, Onions, Red Kidney Beans, Gravy, Spinach, Tomato T , Garlic, Coriander, Cumin, Oregano,
TF	Tomato Free Fish Tacos
	Salmon F , Tuna F , Peppers, Onions, Red Kidney Beans, Gravy, Spinach, Garlic, Coriander, Cumin, Oregano,
BPL	Bean Pulse Legume Free Fish Tacos
	Salmon F , Tuna F , Peppers, Onions, Gravy, Spinach, Tomato T , Garlic, Coriander, Cumin, Oregano
GF	Gluten Free
	Gluten Free Wrap

Week 4 Wednesday	Quorn, Edamame Bean & Pesto Pasta D E G S
BPL / SF	Quorn, Sweetcorn & Pesto Pasta
	Quorn E , Bechemal Sauce D , Pesto D , Sweetcorn, Stock, Basil, Pasta G
EF / VA	Tofu, Edamame Bean Plant-Based White Sauce Pasta
	Tofu, Edamame Beans S , Green Beans, Basil, Plant-Based White Sauce, Pasta G
DF	Quorn, Edamame Bean, Plant-Based White Sauce, Pasta
	Quorn E , Edamame Beans S , Green Beans, Basil, Plant-Based White Sauce, Pasta G
GF	Gluten Free Quorn Edamame Bean Pesto Pasta
	Quorn E , Bechamel Sauce D , Pesto D , Edamame S , Stock, Basil, Green Beans, Gluten Free Pasta (Contains Rice)

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

Week 4 Friday	Organic Beef Chilli T Baked Potato Grated Cheese D
V / P	Vegan Chilli Baked Potato with Cheese
	Vegan Mince S , Onions, Carrots, Kidney Beans, Tomato T , Gravy, Garlic, Peppers, Oregano, Cumin, Smoked Paprika, Potato, Cheddar Cheese D
HAL	Halal Beef Chilli Baked Potoato with Cheese
	Halal Beef, Onions, Carrots, Kidney Beans Tomato T , Gravy, Garlic, Peppers, Oregano, Cumin, Smoked Paprika Potato, Cheddar Cheese D
TF	Tomato Free Organic Beef Chilli Baked Potato with Cheese
	Organic Beef Mince, Onions, Carrots, Kidney Beans, Gravy, Garlic, Peppers, Oregano, Cumin, Smoked Paprika, Potato, Cheddar Cheese D
DF	Organic Beef Chilli Baked Potato with Dairy Free Cheese
	Organic Beef Mince, Onions, Carrots, Kidney Beans, Tomato T , Gravy, Garlic, Peppers, Oregano, Cumin, Smoked Paprika, Potato, Dairy Free Cheese