



Week 1 – Autumn Winter – Lunch

W/C – 1st Sep, 22nd Sep, 13th Oct, 3rd Nov, 24th Nov, 15th 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 Bean and Vegetable Sauce Organic Pasta	Butter Beans, Cannellini Beans, Peas, Sweetcorn, Carrots, Onions, Spinach, Garlic, Double Cream D, Vegetable Stock, Organic Pasta G	Apples
Wednesday	Fruity Chickpea Tagine Couscous	Chickpeas, Sweet Potato, Mixed Peppers, Aubergine, Courgettes, Tomatoes, Onions, Apricots, Dates, Garlic, Gravy, Coriander, Cumin, Mixed Spice, Couscous G	Bananas
Thursday	Vegan Sausages, New Potatoes Mixed Vegetables Gravy	Plant-based Sausage G, New Potatoes, Mixed Vegetables (peas, sweetcorn, carrots, green beans, broad beans), Gravy	Pears
Friday	Beef Goulash Wholemeal Rice	Beef Mince, Cream D, Mixed Peppers, Red Lentils, Onions, Tomatoes, Swede, Carrots, Garlic, Paprika, Parsley, Gravy, Organic Pasta G	Melon



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 One - Autumn Winter - Lunch Alternatives

Monday	Chicken Korma, Pilau Rice
V/VA/P/HAL	Vegan Korma Tofu S, Coconut Milk, Lentils, Vegetable Stock, Onions, Courgettes, Peas, Carrots, Spinach, Garlic, Coriander, Cinnamon, Garam Masala, Ginger, Turmeric
BPL	Bean Pulse Legume Free Chicken Korma Chicken, Coconut Milk, Quinoa, Vegetable Stock, Onions, Courgettes, Carrots, Spinach, Garlic, Coriander, Cinnamon, Garam Masala, Ginger, Turmeric
Tuesday	Creamy Bean and Vegetable Sauce, Wholemeal Rice
BPL	Bean Pulse Legume Free Creamy Vegetable Sauce Quinoa, Sweetcorn, Carrots, Onions, Spinach, Garlic, Double Cream, Vegetable Stock
DF	Dairy Free Creamy Bean and Vegetable Sauce Butter Beans, Cannellini Beans, Peas, Sweetcorn, Carrots, Onions, Spinach, Garlic, Plant-Based Cream, Vegetable Stock
Wednesday	Fruity Chickpea Tagine, Couscous
BPL	Bean Pulse Legume Free Fruity Tagine Quinoa, Sweet Potatoes, Mixed Peppers, Aubergines, Courgettes, Tomatoes, Onions, Apricots, Dates, Garlic, Gravy, Coriander, Cumin, Mixed Spice
GF	Side Alternative Gluten Free Couscous
Thursday	Beef Goulash, Wholemeal Pasta
V / VA / P	Vegan Goulash Soya Mince S, Dairy Free Cream, Mixed Peppers, Red Lentils, Onions, Tomatoes, Swede, Carrots, Garlic, Paprika, Parsley, Gravy
HAL	Halal Beef Goulash Halal Beef Mince, Cream D, Mixed Peppers, Red Lentils, Onions, Tomatoes, Swede, Carrots, Garlic, Paprika, Parsley, Gravy
BPL	Bean Pulse Legume Free Beef Goulash Beef Mince, Cream D, Mixed Peppers, Quinoa, Onions, Tomatoes, Swede, Carrots, Garlic, Paprika, Parsley, Gravy
DF	Dairy Free Beef Goulash Beef Mince, Plant Based Cream, Mixed Peppers, Red Lentils, Onions, Tomatoes, Swede, Carrots, Garlic, Paprika, Parsley, Gravy
GF	Side Alternative Gluten Free Pasta
Friday	Veggie Sausages, Gravy, New Potatoes, Mixed Vegetables
GF	Falafel Sausage 1 x Falafel Sausage (chickpeas, onions, garlic, parsley, coriander, cumin, turmeric) in Gravy
BPL	Side Alternative Sliced Carrots



Week 2 Autumn Winter – Lunch

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

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

Monday	Smoked Mackerel and Tomato Sauce, Wholemeal Pasta, Grated Cheddar Cheese	
V	Vegetarian Sauce Quinoa, Roasted Red Peppers, Red Lentils, Onions, Mixed Peppers, Tomatoes, Carrots, Spinach, Garlic, Basil, Oregano, Cheddar Cheese D	
VA	Vegan Sauce Quinoa, Roasted Red Peppers, Red Lentils, Onions, Mixed Peppers, Tomatoes, Carrots, Spinach, Garlic, Basil, Oregano, Dairy Free Cheese	
BPL	Bean Pulse Legume Free Smoked Mackerel and Tomato Sauce Smoked Mackerel F, Roasted Red Peppers, Quinoa, Onions, Mixed Peppers, Tomatoes, Carrots, Spinach, Garlic, Basil, Oregano, Cheddar Cheese D	
DF	Dairy Free Smoked Mackerel and Tomato Sauce Smoked Mackerel F, Roasted Red Peppers, Red Lentils, Onions, Mixed Peppers, Tomatoes, 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, Mixed Peppers, Aubergine, Onions, Courgettes, Tomatoes, Mixed Spice, Garlic, Apple Sauce, Thyme, Coriander, Cumin, Gravy	
Wednesday	Roast Chicken, New Potatoes, Sweetcorn, Gravy	
P / V / VA	Falafel 1 x Falafel Fillet (contains chickpeas, onions, garlic, parsley, coriander, cumin, turmeric) in Gravy	
HAL	Halal Roast Halal Chicken, Gravy	
Thursday	Lamb Ragu, Herby Couscous	
V / VA / P	Vegan Ragu Soya Mince S, Tomatoes, Roasted Red Peppers, Mixed Peppers, Onions, Carrots, Spinach, Garlic, Gravy, Oregano	
GF	Side Alternative Gluten Free Couscous	
Friday	Veggie Chilli, Baked Potato, Cheddar Cheese	
SF / BPL	Bean Pulse Legume Free Veggie Chilli Quinoa, Mixed Peppers, Carrots, Tomatoes, Onions, Smoked Paprika, Garlic, Cumin, Oregano, Gravy, Cheddar Cheese D	
DF / VA	Dairy Free Free Veggie Chilli Soya Mince S, Kidney Beans Mixed Peppers, Carrots, Tomatoes, Onions, Smoked Paprika, Garlic, Cumin, Oregano, Gravy, Dairy Free Cheese	



Week 3 – Autumn Winter – Lunch

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

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



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Week Three - Autumn Winter - Lunch Alternatives

Monday	Sweet Potato and Chickpea Mild Madras Curry, Rice, Naan	
BPL	Bean Pulse Legume Free Sweet Potato Mild Madras Curry Sweet Potatoes, Quinoa, Coconut Milk, Sweetcorn, Onions, Carrots, Mixed Peppers, Tomatoes, Spinach, Garlic, Cumin, Turmeric, Coriander, Mild Madras Curry Powder	
GF	Side Alternative Gluten Free Naan	
Tuesday	Lamb Hotpot, Mashed Potatoes	
P / V / VA	Vegan Hotpot Soya Mince S, Onions, Carrots, Swede, Parsnips, Turnips, Celery C, Peas, Spinach, Gravy, Worcestershire Sauce, Garlic, Rosemary, Thyme	
Wednesday	Ratatouille, Wholemeal Pasta, Grated Cheese	
DF / VA	Vegan Ratatouille Tomatoes, Red Lentils, Onions, Mixed Peppers, Aubergine, Courgettes, Garlic, Spinach, Basil, Oregano, Dairy Free Cheese	
BPL	Bean Pulse Legume Free Ratatouille Tomatoes, Quinoa, Onions, Mixed Peppers, Aubergine, Courgettes, Garlic, Spinach, Basil, Oregano, Cheddar Cheese D	
GF	Side Alternative Gluten Free Pasta	
Thursday	Roast Beef, Gravy, New Potatoes, Carrots And Swede	
V / VA / P	Gluten Free Falafel Sausage 1 x Falafel Sausage in Gravy (chickpeas, onions, garlic, parsley, coriander, cumin, turmeric)	
HAL	Halal Roast Halal Chicken, Gravy	
Friday	Five Spice Chicken, Rice	
V / VA / P	Five Spice Tofu Tofu S, Mixed Peppers, Bean Sprouts S, Bamboo Shoots, Water Chestnuts, Red Onions, Baby Sweetcorn, Sugarsnap Peas, Onions, Carrots, Tomatoes, Spinach, Five Spice, Garlic, Apple Sauce, Coriander	
HAL	Halal Five Spice Chicken Halal Chicken, Mixed Peppers, Bean Sprouts S, Bamboo Shoots, Water Chestnuts, Red Onions, Baby Sweetcorn, Sugarsnap Peas, Onions, Carrots, Tomatoes, Spinach, Five Spice, Garlic, Apple Sauce, Coriander	
BPL	Bean Pulse Legume Free Five Spice Chicken Chicken, Mixed Peppers, Quinoa, Onions, Carrots, Tomatoes, Spinach, Five Spice, Garlic, Apple Sauce, Coriander	