

Winter Spring Lunch Menu Week 1



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Thai Green Curry Rice	Sweet Potato, Peppers, Quorn Pieces E , Green Beans, Onions, Sweetcorn, Spinach, Gravy, Coconut Milk, Tomato Puree T , Chickpeas, Garlic, Coriander, Lime Juice, Thai Green Curry Paste, Rice	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
TUESDAY	Chicken Casserole Wholemeal Bread Roll	Chicken, Parsnip, Leek, Potato, Onion, Carrot, Garlic, Gravy, Spinach, Parsley, Rosemary Wholemeal Bread Roll G	Fruit Salad	Melon, Peach, Pineapple
WEDNESDAY	Roast Turkey in Gravy New Potatoes Carrots	Turkey, New Potatoes, Gravy, Carrots	Eve's Pudding	Self-Raising Flour G , Free Range Egg E , Apple, Caster Sugar, Dairy-Free Spread
THURSDAY	Veggie Shepherd's Pie Sweetcorn	Green Lentils, Vegetarian Mince S , Gravy, Leek, Onion, Carrot, Swede, Garlic, Oregano, Spinach, Worcestershire Sauce, Potatoes, Dairy Free Spread, Sweetcorn	Fruit Salad	Melon, Peach, Pineapple
FRIDAY	Mushroom Carbonara Organic Pasta	Mushroom, Sweetcorn, Peas, Butter Beans, Bechamel Sauce D , Vegetable Stock, Pasta G	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

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Winter Spring - Week One Lunch Alternatives

WEEK 1, MONDAY	Thai Green Curry E T , Rice
TF	Tomato Free Thai Green Curry, Rice Sweet Potato, Peppers, Quorn Pieces E , Green Beans, Onions, Sweetcorn, Spinach, Gravy, Coconut Milk, Chickpeas, Garlic, Coriander, Lime Juice, Thai Green Curry Paste
VA	Vegan Thai Green Curry, Rice Sweet Potato, Peppers, Tomato Puree T , Green Beans, Onions, Sweetcorn, Spinach, Gravy, Coconut Milk, Chickpeas, Garlic, Coriander, Lime Juice, Thai Green Curry Paste,
BPL	Bean, Pulse & Legume Free Thai Green Curry, Rice Quorn Pieces E , Sweet Potato, Peppers, Tomato Puree T , Onions, Sweetcorn, Spinach, Gravy, Coconut Milk, Garlic, Coriander, Lime Juice, Thai Green Curry Paste

WEEK 1, TUESDAY	Chicken Casserole, Wholemeal Bread Roll G S
V / P / VA	Butterbean Casserole, Wholemeal Bread Roll Butter Beans, Parsnip, Leek, Potato, Onion, Carrot, Garlic, Gravy, Spinach, Parsley, Rosemary, Wholemeal Bread Roll GS
HAL	Halal Chicken Casserole, Herby Dumplings Halal Chicken, Parsnip, Leek, Potato, Onion, Carrot, Garlic, Gravy, Spinach, Parsley, Rosemary, Wholemeal Bread Roll GS
GF	Gluten Free Gluten Free Roll

WEEK 1, WEDNESDAY	Roast Turkey in Gravy, New Potatoes, Sliced Carrots
V / VA / HAL / P	Meat Free Roast 1 x Falafel Fillet in Gravy (chickpeas, onion, garlic, parsley, coriander, cumin, turmeric)

WEEK 1, THURSDAY	Veggie Shepherds Pie S , Sweetcorn
SF	Soya Free Veggie Shepherds Pie Green Lentils, Gravy, Leeks, Onions, Carrots, Swede, Worcestershire Sauce, Garlic, Spinach, Oregano, Potato, Dairy Free Spread,
BPL	Bean, Pulse & Legume Free Shepherds Pie Quinoa, Gravy, Leeks, Onions, Carrots, Swede, Worcestershire Sauce, Garlic, Spinach, Oregano, Potato, Dairy Free Spread,

WEEK 1, FRIDAY	Mushroom Carbonara D , Organic Pasta G
BPL	Tofu Mushroom & Sweetcorn Carbonara Quiona, Bechamel Sauce D , Sweetcorn, Mushroom, Vegetable Stock
DF/ VA	Mushroom & Sweetcorn Tomato Sauce Butterbean, Onion, Carrot, Leeks, Garlic, oregano, basil, Tomato T , Mushroom & Sweetcorn
GF	Gluten Free Gluten Free Pasta, Bechamel Sauce D , Sweetcorn, Mushroom, Vegetable Stock

Winter Spring Lunch Menu Week 2



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Pasta Pomodoro Grated Cheddar Cheese	Tomatoes T , Peppers, Red Lentils, Tomato Puree T , Onions, Leeks, Garlic, Basil, Oregano, Organic Pasta G , Cheddar Cheese D ,	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Roast Pork Gravy New Potatoes Mixed Vegetables	Pork, Gravy, New Potatoes, Broad Beans, Peas, Carrots, Green Beans, Sweetcorn Garlic,	Flapjack	Oats, Dairy Free Spread, Golden Syrup
WEDNESDAY	Chickpea Madras Wholemeal Rice Naan	Tomatoes T , Onions, Carrots, Peppers, Chickpeas, Garlic, Spinach, Cumin, Tomato Puree T , Coconut Milk, Sweet Potato, Cumin, Turmeric, Coriander, Mild Madras Curry Powder (contains chickpeas), Rice, Naan G	Fruit Salad	Melon, Peach, Pineapple
THURSDAY	Organic Beef and Mushroom Stroganoff Couscous	Beef, Mushrooms, Onions, Carrots, Double Cream D , Potatoes, Peppers, Gravy, Garlic, Paprika, Couscous G	Lemon & Apple Sponge	Self-Raising Flour G , Free Range Egg E , Lemon Juice, Apple, Caster Sugar, Dairy-Free Spread, Icing Sugar
FRIDAY	Vegetable Lasagne Sweetcorn	Lasagne Sheets G , Tomato T , Peppers, Onions, Aubergine, Courgette, Carrots, Red Lentils, Basil, Garlic, Oregano, Bechamel Sauce D Mozzarella Cheese D , Cheddar Cheese D Sweetcorn	Fruit Salad	Melon, Peach, Pineapple



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Winter Spring - Week Two Lunch Alternatives

WEEK 2, MONDAY	Pasta Pomodoro T , Grated Cheese D , Organic Pasta G
TF/BPL	Tomato Free Pasta Sauce
	Quinoa, Red Peppers, Onions, Leeks, Garlic, Basil, Oregano, Pasta G , Cheddar Cheese D
DF/VA	Pasta Bake with Dairy Free Cheese
	Tomato T , Red Lentils, Red Peppers, Onions, Leeks, Garlic, Basil, Oregano, Pasta G , Dairy Free Cheese
GF	Gluten Free
	Tomato T , Red Lentils, Red Peppers, Onions, Leeks, Garlic, Basil, Oregano, Gluten Free Pasta , Cheddar Cheese D

WEEK 2, TUESDAY	Roast Pork in Gravy, New Potatoes, Mixed Vegetables
V / VA / HAL / P	Meat Free Roast
	1 x Falafel Fillet In Gravy (chickpeas, onion, garlic, parsley, corlander, cumin, turmeric,)
BPL	Side Alternative
	Sliced Carrots

WEEK 2, WEDNESDAY	Chickpea Madras T , Rice, Naan G
BPL	Bean, Pulse & Legume Free Veggie Madras
	Quinoa, Onions, Tomato T , Carrots, Peppers, Sweet Potato, Garlic, Coconut Milk, Spinach, Cumin, Turmeric, Corlander,
TF	Tomato Free Veggie Madras
	Chickpeas, Onions, Carrots, Peppers, Sweet Potato, Garlic, Coconut Milk, Spinach, Cumin, Turmeric, Mild Madras, Corlander,
GF	Gluten Free
	Gluten Free Wrap

WEEK 2, THURSDAY	Organic Beef Stroganoff , Couscous G
V / P / VA	Vegan Mince Stroganoff
	Vegan Mince S , Mushrooms, Peppers, Onions, Carrots, Plant Based Cream, Potato, Gravy, Garlic, Paprika,
DF	Dairy Free Organic Beef Stroganoff
	Organic Beef, Mushrooms, Peppers, Onions, Carrots, Plant Based Cream, Potato, Gravy, Garlic, Paprika,
HAL	Halal Beef Stroganoff
	Halal Beef, Mushrooms, Peppers, Onions, Carrots, Double Cream D , Potato, Gravy, Garlic, Paprika
SF	Soya Free Beef Stroganoff
	Organic Beef, Mushrooms, Peppers, Onions, Carrots, Double Cream D , Potato, Gravy, Garlic, Paprika,
GF	Gluten Free
	Gluten Free Couscous

WEEK 2, FRIDAY	Vegetable Lasagne T D G , Sweetcorn
BPL	Bean Pulse Legume free Lasagne
	Pasta G , Tomato T , Peppers, Carrots, Onions, Aubergine, Courgette, Quiona, Basil, Garlic, Oregano, Bechamel Sauce D , Mozzarella D , Cheddar Cheese D
TF	Tomato Free Vegetarian Lasagne
	Pasta G , Peppers, Onions, Carrots, Red Lentils, Basil, Garlic, Oregano, Bechamel Sauce D , Mozzarella D , Cheddar Cheese D
DF / VA	Dairy Free Vegan Lasagne
	Pasta G , Tomato T , Peppers, Onions, Carrots, Aubergine, Courgette, Red Lentils, Basil, Garlic, Oregano, Plant-based Bechamel S , Dairy Free Cheese
GF	Gluten Free Vegetarian Lasagne
	Gluten Free Pasta, Tomato T , Peppers, Onions, Carrots, Aubergine, Courgette, Red Lentils, Basil, Garlic, Oregano, Bechamel Sauce D , Mozzarella D , Cheddar Cheese D

Winter Spring Lunch Menu Week 3



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Winter Bean Stew Wholemeal Roll	Kidney Beans, Edamame Beans S , Cannellini Beans, Sweet Potato, Carrot, Onion, Tomato T , Garlic, Spinach, Smoked Paprika, parsley, Worcestershire Sauce, Gravy, Wholemeal Roll G ,	Flapjack	Oats, Dairy-Free Margarine, Golden Syrup
TUESDAY	Apricot and Rosemary Chicken Rice	Chicken, Chopped Apricots, Rosemary, Sweet Potato, Peppers, Aubergine, Courgette, Onion, Tomato T , Garlic, Gravy, Rice	Fruit Salad	Orange, Pineapple, Melon
WEDNESDAY	Salmon and Roasted Red Pepper Sauce Grated Cheddar Cheese Wholemeal Pasta	Red Pepper, Salmon F , Tuna F , Tomato T , Onion, Mixed Peppers, Basil, Garlic, Oregano, Pasta G	Apple and Blackberry Crumble Cake	Self-Raising Flour G , Free Range Egg E , Caster Sugar, Dairy-Free Spread, Apple, Blackberry, Oats
THURSDAY	Veggie Meatballs in Gravy Mashed Potato Sweetcorn	Veggie meatballs (contains soya S , Gluten G , onion, Tomato T , garlic, yeast extract, herbs, spices, beetroot powder, Parsley), Potato, Dairy Free Spread, Sweetcorn	Fruit Salad	Melon, Peach, Pineapple
FRIDAY	Organic Beef Ragu Couscous	Beef, Tomato T , Peppers, Red Lentils, Onion, Carrot, Basil, Spinach, Garlic, Oregano, Gravy, Couscous G	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice



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Winter Spring - Week Three Lunch Alternatives

WEEK 3, MONDAY	Winter Bean Stew, Wholemeal Roll G
BPL / SF	Bean Free Winter Stew
	Quinoa, Sweet Potato, Carrot, Onion, Tomato T , Splnach, Garlic, Smoked Paprika, Parsley, Worcestershire Sauce, Gravy
TF	Tomato Free Winter Bean Stew
	Kidney Beans, Edamame Beans S , Cannellini Beans, Sweet Potato, Carrot, Onion, Spinach, Garlic, Smoked Paprika, Parsley, Worcestershire Sauce, Gravy
GF	Side Alternative
	Gluten Free Bread/Roll

WEEK 3, TUESDAY	Apricot and Rosemary Chicken T , Rice
V / VA / P	Apricot & Rosemary Tofu
	Tofu Pieces S , Chopped Apricots, Rosemary, Sweet Potato, Peppers, Aubergine, Courgette, Onion, Tomato T , Garlic, Gravy
TF	Tomato Free Apricot & Rosemary Chicken
	Chicken, Chopped Apricots, Rosemary, Sweet Potato, Peppers, Onion, Garlic, Gravy
HAL	Apricot & Rosemary Halal Chicken
	Halal Chicken, Chopped Apricots, Rosemary, Sweet Potato, Peppers, Aubergine, Courgette, Onion, Tomato T , Garlic, Gravy

WEEK 3, WENDESDAY	Salmon and Roasted Red Pepper T , Organic Pasta G , Grated Cheddar Cheese D
V	Roasted Red Pepper and Red Lentils, Organic Pasta Bake, Grated Cheddar Cheese
	Red Lentils, red pepper, tomatoes T , onion, carrot, basil, garlic, oregano, pasta G , cheddar cheese D
VA	Vegan Roasted Red Pepper and Red Lentils, Organic Pasta Bake
	Red Lentils, red pepper, tomatoes T , onion, carrot, basil, garlic, oregano, pasta G , dalry free cheese
TF	Tomato Free Salmon and Roasted Red Pepper Organic Pasta Bake, Grated Cheddar Cheese
	Salmon F Tuna F , red pepper, onion, carrot, basil, garlic, oregano, pasta G , cheddar cheese D
GF	Gluten Free Salmon and Roasted Red Pepper Organic Pasta Bake, Cheddar Cheese
	Salmon F Tuna F , red pepper, tomatoes T , onion, carrot, basil, garlic, oregano, cheddar cheese D , gluten free pasta
DF	Dairy Free Salmon and Roasted Red Pepper Organic Pasta Bake
	Salmon F Tuna F , red pepper, tomatoes T , onion, carrot, basil, garlic, oregano, dalry free cheese, pasta G

WEEK 3, THURSDAY	Veggie Meatballs G S in Gravy, Mashed Potato, Sweetcorn
GF/SF	Falafel Ball
	3 x Falafel Ball In Gravy (chickpeas, onion, garlic, parsley, corlander, cumin, turmeric,raislns)

WEEK 3, FRIDAY	Organic Beef Ragu, CousCous
V / VA / P	Lentil Ragu
	Red Lentils, red pepper, tomatoes T , onion, carrot, gravy, basil, garlic, oregano
HAL	Halal Beef Ragu
	Halal beef, tomato T , red peppers, onion, carrot, gravy, garlic, oregano
TF	Tomato Free Ragu, CousCous
	Beef, red pepper, onion, carrot, gravy, basil, garlic, oregano
GF	Gluten Free
	Gluten Free CousCous

Winter Spring Lunch Menu Week 4



	Lunch	Ingredients	Dessert	Ingredients
MONDAY	Chicken Tikka Masala Rice	Chicken, Mango, Sweet Potato, Coconut Milk, Peppers, Onions, Tomatoes T , Peas, Coriander, Garlic, Cumin, Turmeric, Garam Masala, Ginger, Rice	Organic Yeo Valley Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
TUESDAY	Mediterranean Sauce Organic Pasta Grated Cheddar Cheese	Tomatoes T , Onions, Courgette, Aubergine, Peppers, Red Lentils, Olives, Sweetcorn, Basil, Garlic, Oregano, Pasta G , Cheddar Cheese D	Flapjack	Oats, Dairy Free Spread, Golden Syrup
WEDNESDAY	Veggie Sausage Gravy Sweet Potato Mash Cabbage	Veggie Sausage G , Gravy, Potato, Sweet Potato, Dairy-Free Spread, Cabbage	Fruit Salad	Melon, Peach, Pineapple
THURSDAY	Vegan Tacos Wholemeal Rice	Vegan Mince S , Kidney Beans, Peppers, Onions, Tomatoes T , Coriander, Gravy, Garlic, Cumin, Oregano, Tacos G , Wholemeal Rice	Carrot Cake	Self-raising Flour G , Caster Sugar, Free Range Egg E , Rapeseed Oil, Carrot, Mixed Spice, Cream Cheese D Lemon Juice, Vanilla Essence
FRIDAY	Lamb Hotpot New Potatoes	Lamb, Flageolet beans, Borlotti Beans, Parsnips, Leeks, Swede, Cabbage, Onions Carrots, Gravy, Garlic, Parsley, Mint Sauce, New Potatoes	Fruit Salad	Orange, Pineapple, Melon



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Winter Spring - Week Four Lunch Alternatives

WEEK 4, MONDAY	Chicken Tikka Masala T , Rice
V / VA / P	Chickpea Tikka Masala Chickpeas, Mango, Sweet Potato, Coconut Milk, Peppers, Onions, Tomato T , Peas, Coriander, Garlic, Cumin, Turmeric, Garam Masala, Ginger, Rapeseed Oil
TF	Tomato Free Tikka Masala Chicken, Mango, Sweet Potato, Coconut Milk, Gravy, Peppers, Onions, Peas, Coriander, Garlic, Cumin, Turmeric, Garam Masala, Ginger, Rapeseed Oil
HAL	Halal Chicken Tikka Masala Halal Chicken, Mango, Sweet Potato, Coconut Milk, Peppers, Onions, Tomato T , Peas, Coriander, Garlic, Cumin, Turmeric, Garam Masala, Ginger, Rapeseed Oil
BPL	BPL Chicken Tikka Masala Chicken, Mango, Sweet Potato, Coconut Milk, Peppers, Onions, Tomato T , Coriander, Garlic, Cumin, Turmeric, Garam Masala, Ginger, Rapeseed Oil

WEEK 4, TUESDAY	Mediterranean Sauce, Organic Pasta, Grated Cheese T G D ,
TF	Tomato Free Mediterranean Pasta Bake Onion, Peppers, Red Pepper Sauce, Sweetcorn, Cheddar Cheese D , Basil, Garlic, Oregano, Pasta G
DF / VA	Dairy Free Mediterranean Pasta Bake Tomato T , Onion, Peppers, Courgette, Aubergine, Sweetcorn, Dairy Free Cheese, Basil, Garlic, Oregano, Pasta G
GF	Gluten Free Mediterranean Pasta Bake Tomato T , Onion, Peppers, Courgette, Aubergine, Sweetcorn, Cheddar Cheese D , Basil, Garlic, Oregano, Gluten Free Pasta

WEEK 4, WEDNESDAY	Veggie Sausage in Gravy, Sweet Potato Mash, Cabbage
GF	Meat Free Roast 1 x Falafel Fillet In Gravy (chickpeas, onion, garlic, parsley, coriander, cumin, turmeric, raisins)

WEEK 4, THURSDAY	Vegan Tacos TSG , Rice
TF	Tomato Free Vegan Tacos Vegan Mince, Kidney Beans, Peppers, Onions, Coriander, Gravy, Garlic, Cumin, Oregano
BPL/SF	Bean, Pulse & Legume Free Vegan Tacos Quinoa, Peppers, Onions, Coriander, Gravy, Tomato T , Garlic, Cumin, Oregano
GF	Gluten Free Gluten Free Wrap

WEEK 4, FRIDAY	Lamb Hotpot S New Potatoes
V/P/VA	Bean and Vegetable Hotpot Butter beans, Edamame Beans S , Parsnip, Leeks, Cabbage, Onion, Carrots, Gravy, Spinach, Garlic, Parsley, Mint Sauce
BPL	Quinoa and Vegetable Hot Pot Quinoa, Parsnip, Leeks, Cabbage, Onion, Carrots, Gravy, Tomato T , Spinach, Garlic, Parsley, Mint Sauce