

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch main	<p>Turkey meatballs with spinach and peas in tomato sauce with herby couscous</p> <p>Celery, Chopped Tomatoes, Cinnamon, Cous Cous, Cumin, Diced Carrots, Garden Peas, Garlic Puree, Ground Black Pepper, Low Salt Vegetable Stock, Mix Herbs, Onion, Parsley, Spinach, Turkey Meatballs,</p> <p><b>G C</b></p>	<p>Macaroni cheese with tuna and sweetcorn</p> <p>Bechamel Sauce, Dill, Grated Cheddar Cheese, Low Salt Vegetable Stock, Macaroni Pasta, Milk, Mix Herbs, Parsley, Sweetcorn, Tuna Fish, Wheat Flour (Contains Gluten),</p> <p><b>G F SB D C</b></p>	<p>Slow cooked beef stew with root vegetables, mushrooms and crunchy diced potatoes. Served with fresh raw veggies</p> <p>Carrots, Celery, Chopped Tomatoes, Diced Beef, Low Salt Vegetable Stock, Mushrooms, Olive Oil, Onion, Parsnips, Potato, Raw Veggies, Swedes, Turnips,</p> <p><b>C</b></p>	<p>Caribbean mango chicken with butternut squash and baby-corn Served with basmati rice</p> <p>Baby Corn, Basmati Rice, Butternut Squash, Chicken Breast, Low Salt Vegetable Stock, Mango, Mixed Peppers, Onion, Parsley,</p> <p><b>C</b></p>	<p>Vegetable pie with cabbage, carrots, potato and pearl barley and cheddar cheese, served with fresh raw veggies</p> <p>Cabbage, Coconut Milk, Garlic Puree, Grated Carrots, Grated Cheddar Cheese, Low Salt Vegetable Stock, Onion, Pearl Barley, Potato, Single Cream,</p> <p><b>G D C</b></p>

Allergens Key

- D** Dairy

**E** Eggs

**SB** Soy Beans

**M** Mustard

**L** Lupin

**C** Crustaceans

**P** Peanuts
- G** Gluten

**F** Fish

**N** Nuts

**SS** Sesame Seeds

**M** Mollusc

**C** Celery

**SD** Sulphur Dioxide

Lunch desserts

Marble cake with vanilla and chocolate flavouring

Chocolate  
Flavouring, Colour, Defatted Soya Flour, Dextrose, Dried Egg White Powder, Dry Whole Egg Powder, Emulsifiers, Glucose Syrup, Milk Proteins, Raising Agents, Skimmed Milk Powder, Stabiliser, Sugar, Thickener (Xanthan Gum), Vanilla Flavouring, Vegetable Fat, Wheat Flour (Contains Gluten),



Peach yoghurt

Acidity Regulators, Colour (Annatto), Flavouring, Low Fat Yoghurt, Modified Maize Starch, Peach Puree, Preservative (Potassium Sorbate), Sugar,



Fresh oranges wedges

Oranges,

Forest fruit cake

Brown Sugar, Butter, Egg, Forest Fruit, Milk, Soya Flour, Wheat Flour (Contains Gluten),



Apple and cherry brown betty

Apple, Breadcrumbs, Cherry, Cinnamon, Demerara Sugar, Dextrose, Salt, Sugar, Vegetable Fat, Wheat Flour (Contains Gluten),



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| Gluten | Fish | Nuts      | Sesame Seeds | Mollusc | Celery      | Sulphur Dioxide |

<b>Tea main</b>	<p>Baby jacket potatoes with baked beans and grated cheddar cheese</p> <p>Baked Beans In Tomato Sauce, Grated Cheddar Cheese, Baby Jacket Potatoes,</p>	<p>Roast chicken in a light blended carrot and peppers sauce with roast courgette and aubergine with basmati rice</p> <p>Aubergines, Basmati Rice, Carrot, Chicken Breast, Chopped Tomatoes, Courgettes, Garlic Puree, Low Salt Vegetable Stock, Mix Herbs, Olive Oil, Onion, Paprika, Parsley,</p>	<p>Pollack fillet in a rich tomato sauce with diced carrots and garden peas with fusilli pasta and fresh raw veggies</p> <p>Chopped Tomatoes, Diced Carrots, Dill, Egg Free Fusilli, Fish, Garden Peas, Garlic Puree, Ground Black Pepper, Low Salt Vegetable Stock, Mix Herbs, Onion, Parsley, Raw Veggies,</p>	<p>Vegetarian pasta bake with red lentils, mixed peppers and a grated cheddar cheese topping</p> <p>Carrot, Chopped Tomatoes, Garlic Puree, Grated Cheddar Cheese, Ground Black Pepper, Low Salt Vegetable Stock, Mixed Herbs, Mixed Peppers, Onions, Parsley, Raw Veggies, Red Lentils,</p>	<p>Beef meatballs in a rich tomato sauce with diced carrots and garden peas Served with basmati rice and fresh raw veggies</p> <p>Basmati Rice, Beef Meatballs, Carrots, Chopped Tomatoes, Garden Peas, Garlic Puree, Ground Black Pepper, Low Salt Vegetable Stock, Mixed Herbs, Onion, Raw Veggies,</p>
<b>Tea desserts</b>	<p>Fruit yoghurt</p> <p>Acidity Regulators, Colour, Flavouring, Fruit Pureed, Low Fat Yoghurt, Modified Maize Starch, Preservative (Potassium Sorbate), Sugar,</p>	<p>Fresh fruit</p> <p>Seasonal Fresh Fruit Pieces,</p>	<p>Apple crumble</p> <p>Apple, Breadcrumbs, Demerara Sugar, Dextrose, Salt, Sugar, Vegetable Fat, Wheat Flour (Contains Gluten),</p>	<p>Nut free granola with date and natural yoghurt</p> <p>Brown Sugar, Butter, Date, Honey, Natural Yoghurt, Porridge Oats,</p>	<p>Juice carrot cake</p> <p>Butter, Cinnamon, Egg, Grated Carrots, Plain Flour, Soya Beans,</p>

## Allergens Key

**D** Dairy    **E** Eggs    **SB** Soy Beans    **M** Mustard    **N** Nuts    **SS** Sesame Seeds

**L** Lupin    **C** Crustaceans    **P** Peanuts    **G** Gluten    **F** Fish    **M** Mollusc    **C** Celery    **SD** Sulphur Dioxide

<b>Vegetarian lunch main</b>	<p>Veggie balls with spinach and peas in tomato sauce with herby couscous</p> <p>Celery, Chopped Tomatoes, Cous Cous, Diced Carrots, Garden Peas, Garlic Puree, Ground Black Pepper, Low Salt Vegetable Stock, Mix Herbs, Onion, Parsley, Quorn Balls, Spinach,</p> <p><b>G E C</b></p>	<p>Macaroni cheese with sweetcorn</p> <p>Bechamel Sauce, Grated Cheddar Cheese, Low Salt Vegetable Stock, Macaroni Pasta, Milk, Mix Herbs, Parsley, Raw Veggies, Sweetcorn, Wheat Flour (Contains Gluten),</p> <p><b>G SB D C</b></p>	<p>Slow cooked vegetarian stew with root vegetables and mushrooms Served with crunchy diced potatoes Fresh raw veggies</p> <p>Carrot, Chopped Tomatoes, Garlic, Low Salt Vegetable Stock, Mix Herbs, Mushrooms, Onion, Potato, Raw Veggies, Swedes, Turnips,</p> <p><b>D C</b></p>	<p>Cannellini beans in a Caribbean mango sauce with butternut squash and baby-corn with basmati rice and raw veggies</p> <p>Baby Corn, Basmati Rice, Butternut Squash, Cannellini Beans, Low Salt Vegetable Stock, Mango, Mix Herbs, Mixed Peppers, Onion,</p> <p><b>C</b></p>	<p>Vegetable pie with cabbage, carrots, potato and pearl barley and cheddar cheese, served with fresh raw veggies</p> <p>Cabbage, Coconut Milk, Garlic Puree, Grated Carrots, Grated Cheddar Cheese, Low Salt Vegetable Stock, Onion, Pearl Barley, Potato, Single Cream,</p> <p><b>G D C</b></p>
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**Vegetarian lunch  
desserts**

Marble cake with vanilla  
and chocolate flavouring

Chocolate  
Flavouring, Colour, Defatted  
Soya Flour, Dextrose, Dried  
Egg White Powder, Dry  
Whole Egg  
Powder, Emulsifiers, Glucose  
Syrup, Milk Proteins, Raising  
Agants, Skimmed Milk  
Powder, Stabiliser,  
Sugar, Thickener (Xanthan  
Gum), Vanilla  
Flavouring, Vegetable  
Fat, Wheat Flour (Contains  
Gluten),



Peach yoghurt

Acidity Regulators, Colour  
(Annatto), Flavouring, Low Fat  
Yoghurt, Modified Maize  
Starch, Peach  
Puree, Preservative  
(Potassium Sorbate), Sugar,



Fresh oranges wedges

Oranges,

Forest fruit cake

Brown  
Sugar, Butter, Egg, Forest  
Fruit, Milk, Soya Flour, Wheat  
Flour (Contains Gluten),



Apple and cherry brown  
betty

Apple,  
Breadcrumbs,  
Cherry, Cinnamon, Demerara  
Sugar, Dextrose, Salt,  
Sugar, Vegetable Fat, Wheat  
Flour (Contains Gluten),



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<p><b>Vegetarian tea main</b></p>	<p>Baby jacket potatoes with baked beans and grated cheddar cheese</p> <p>Baked Beans In Tomato Sauce, Grated Cheddar Cheese, Baby Jacket Potatoes,</p>	<p>Cannellini beans in a light blended carrot and peppers sauce with roast courgette and aubergine with basmati rice</p> <p>Aubergines, Basmati Rice, Cannellini Beans, Carrot, Chopped Tomatoes, Courgettes, Garlic Puree, Low Salt Vegetable Stock, Mix Herbs, Olive Oil, Onion, Paprika, Parsley,</p> <p><b>C</b></p>	<p>Butter beans in a tomato sauce with diced carrot and garden peas with fusilli pasta and fresh raw veggies</p> <p>Butter Beans, Chopped Tomatoes, Diced Carrots, Dill, Egg Free Fusilli, Garden Peas, Garlic Puree, Low Salt Vegetable Stock, Mix Herbs, Onion, Parsley, Raw Veggies, Sweetcorn, White Pepper,</p> <p><b>G C</b></p>	<p>Vegetarian pasta bake with red lentils, mixed peppers and a grated cheddar cheese topping</p> <p>Carrot, Chopped Tomatoes, Garlic Puree, Grated Cheddar Cheese, Ground Black Pepper, Low Salt Vegetable Stock, Mixed Herbs, Mixed Peppers, Onions, Parsley, Raw Veggies, Red Lentils,</p> <p><b>G D C</b></p>	<p>Quorn balls in a rich tomato sauce with diced carrots and garden peas with basmati rice and fresh raw veggies</p> <p>Basmati Rice, Carrot, Chopped Tomatoes, Garden Peas, Garlic Puree, Low Salt Vegetable Stock, Mix Herbs, Onion, Parsley, Quorn Balls, Raw Veggies, Sunflower Oil,</p> <p><b>G E C</b></p>
<p><b>Vegetarian tea desserts</b></p>	<p>Fruit yoghurt</p> <p>Acidity Regulators, Colour, Flavouring, Fruit Pureed, Low Fat Yoghurt, Modified Maize Starch, Preservative (Potassium Sorbate), Sugar,</p> <p><b>D</b></p>	<p>Fresh fruit</p> <p>Seasonal Fresh Fruit Pieces,</p>	<p>Apple crumble</p> <p>Apple, Breadcrumbs, Demerara Sugar, Dextrose, Salt, Sugar, Vegetable Fat, Wheat Flour (Contains Gluten),</p> <p><b>G E SB D</b></p>	<p>Nut free granola with date and natural yoghurt</p> <p>Brown Sugar, Butter, Date, Honey, Natural Yoghurt, Porridge Oats,</p> <p><b>G D</b></p>	<p>Juice carrot cake</p> <p>Butter, Cinnamon, Egg, Grated Carrots, Plain Flour, Soya Beans,</p> <p><b>G E SB D</b></p>

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<b>Baby lunch main</b>	<p>Turkey meatballs and spinach with couscous</p> <p>Cous Cous, Spinach, Turkey,</p> <p><b>G</b></p>	<p>Tuna chunks and sweetcorn with macaroni pasta</p> <p>Macaroni Pasta, Sweetcorn, Tuna Fish,</p> <p><b>G F</b></p>	<p>Beef pieces and root vegetables with potatoes</p> <p>Beef Diced, Carrot, Celery, Onion, Potato, Swedes, Turnips,</p> <p><b>C</b></p>	<p>Chicken and butternut squash with basmati rice</p> <p>Basmati Rice, Butternut Squash, Chicken Breast,</p>	<p>Cabbage and carrots with pearl barley</p> <p>Carrot, Pearl Barley, White Cabbage,</p> <p><b>G</b></p>
<b>Baby lunch desserts</b>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>
<b>Baby tea main</b>	<p>Seasonal mixed vegetables with potatoes</p> <p>Broad Beans, Carrots, Garden Peas, Green Beans, Potato, Sweetcorn,</p>	<p>Roast chicken and courgette with basmati rice</p> <p>Basmati Rice, Chicken Breast, Courgettes,</p>	<p>Pollack fillet and garden peas with fusilli pasta</p> <p>Alaska Pollack, Egg Free Fusilli, Garden Peas,</p> <p><b>G F</b></p>	<p>Red lentils and mixed peppers with fusilli pasta</p> <p>Egg Free Fusilli, Mixed Peppers, Red Lentils,</p> <p><b>G</b></p>	<p>Beef meatballs and diced carrots with basmati rice</p> <p>Basmati Rice, Beef Meatballs, Diced Carrots,</p> <p><b>G</b></p>
<b>Baby tea desserts</b>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>	<p>Fresh fruit</p> <p>Fresh Fruit,</p>

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