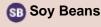


Monday Tuesday Wednesday **Thursday Friday** Lunch main Turkey meatballs with Macaroni cheese with tuna Slow cooked beef stew with Vegetable pie with Caribbean mango chicken spinach and peas in tomato and sweetcorn root vegetables, with butternut squash and cabbage, carrots, potato baby-corn Served with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

Allergens Key





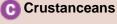














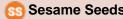


Peanuts















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),











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),









Allergens Key











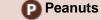




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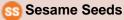














Tea main

Baby jacket potatoes with baked beans and grated cheddar cheese

Baked Beans In Tomato Sauce, Grated Cheddar Cheese, Baby Jacket Potatoes.

Roast chicken in a light blended carrot and peppers sauce with roast courgette and aubergine with basmati rice

Aubergines, Basmati Rice, Carrot, Chicken Breast, Chopped Tomatoes, Courgettes, Garlic Puree, Low Salt Vegetable Stock, Mix Herbs, Olive Oil, Onion, Paprika, Parsley,



Pollack fillet in a rich tomato sauce with diced carrots and garden peas with fusilli pasta and fresh raw veggies

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,







Vegetarian pasta bake with red lentils, mixed peppers and a grated cheddar cheese topping

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,





Beef meatballs in a rich tomato sauce with diced carrots and garden peas Served with basmati rice and fresh raw veggies

Basmati Rice, Beef Meatballs, Carrots, Chopped Tomatoes, Garden Peas, Garlic Puree, Ground Black Pepper, Low Salt Vegetable Stock, Mixed Herbs, Onion, Raw Veggies,



Tea desserts

Fruit yoghurt

Acidity Regulators, Colour, Flavouring, Fruit Pureed, Low Fat Yoghurt, Modified Maize Starch, Preservative (Potassium Sorbate), Sugar,



Fresh fruit

Seasonal Fresh Fruit Pieces.

Apple crumble

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











Nut free granola with date and natural yoghurt

Brown Sugar, Butter, Date, Honey, Natural Yoghurt, Porridge Oats,



Juice carrot cake

Butter, Cinnamon, Egg, Grated Carrots, Plain Flour, Soya Beans,





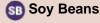






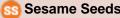
















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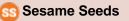














Vegetarian lunch main

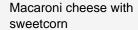
Veggie balls with spinach and peas in tomato sauce with herby couscous

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,









Bechamel Sauce, Grated Cheddar Cheese, Low Salt Vegetable Stock, Macaroni Pasta, Milk, Mix Herbs, Parsley, Raw Veggies, Sweetcorn, Wheat Flour (Contains Gluten),







Slow cooked vegetarian stew with root vegetables and mushrooms Served with crunchy diced potatoes Fresh raw veggies

Carrot, Chopped Tomatoes, Garlic, Low Salt Vegetable Stock, Mix Herbs, Mushrooms, Onion, Potato, Raw Veggies, Swedes, Turnips,





Cannellini beans in a Caribbean mango sauce with butternut squash and baby-corn with basmati rice and raw veggies

Baby Corn, Basmati Rice, Butternut Squash, Cannellini Beans, Low Salt Vegetable Stock, Mango, Mix Herbs, Mixed Peppers, Onion,



Vegetable pie with cabbage, carrots, potato and pearl barley and cheddar cheese, served with fresh raw veggies

Cabbage, Coconut Milk, Garlic Puree, Grated Carrots. Grated Cheddar Cheese, Low Salt Vegetable Stock, Onion, Pearl Barley, Potato, Single Cream,



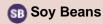




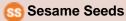
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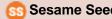














Vegetarian lunch desserts

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),









Allergens Key

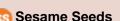






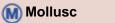














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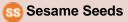














Vegetarian tea main

Baby jacket potatoes with baked beans and grated cheddar cheese

Baked Beans In Tomato Sauce, Grated Cheddar Cheese, Baby Jacket Potatoes.

Cannellini beans in a light blended carrot and peppers sauce with roast courgette and aubergine with basmati rice

Aubergines, Basmati Rice, Cannellini Beans, Carrot, Chopped Tomatoes, Courgettes, Garlic Puree, Low Salt Vegetable Stock, Mix Herbs, Olive Oil, Onion, Paprika, Parsley,



Butter beans in a tomato sauce with diced carrot and garden peas with fusilli pasta and fresh raw veggies

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,





Vegetarian pasta bake with red lentils, mixed peppers and a grated cheddar cheese topping

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,







Quorn balls in a rich tomato sauce with diced carrots and garden peas with basmati rice and fresh raw veggies

Basmati Rice, Carrot, Chopped Tomatoes, Garden Peas, Garlic Puree, Low Salt Vegetable Stock, Mix Herbs, Onion, Parsley, Quorn Balls, Raw Veggies, Sunflower Oil,







Vegetarian tea desserts

Fruit yoghurt

Acidity Regulators, Colour, Flavouring, Fruit Pureed, Low Fat Yoghurt, Modified Maize Starch, Preservative (Potassium Sorbate), Sugar,



Fresh fruit

Seasonal Fresh Fruit Pieces.

Apple crumble

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









Nut free granola with date and natural yoghurt

Brown Sugar, Butter, Date, Honey, Natural Yoghurt, Porridge Oats,





Juice carrot cake

Butter, Cinnamon, Egg, Grated Carrots, Plain Flour, Soya Beans,











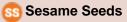








Mustard























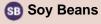


Baby lunch main	Turkey meatballs and spinach with couscous Cous Cous, Spinach, Turkey,	Tuna chunks and sweetcorn with macaroni pasta Macaroni Pasta, Sweetcorn, Tuna Fish, G F	Beef pieces and root vegetables with potatoes Beef Diced, Carrot, Celery, Onion, Potato, Swedes, Turnips,	Chicken and butternut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

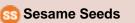
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