



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

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

All our meat is locally sourced and Farm Assured.

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