



Week 1 Autumn Winter – Lunch

W/C – 2nd Sep, 30th Sep, 28th Oct, 25th Nov

	First Course	Ingredients	Second Course	Ingredients
Monday	Chicken Curry Pilau Rice	Chicken, Coconut Milk, T Tomatoes, Onions, Mixed Peppers, Carrots, Spinach, Garlic, Coriander, Cumin, Turmeric, Garam Masala, Ginger, Rice	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
Tuesday	Organic Beef Goulash Wholemeal Pasta	Organic Beef Mince, D Cream, Mixed Peppers, Red Lentils, Onions, T Tomatoes, Swede, Carrots, Garlic, Paprika, Parsley, Gravy, G Wholemeal Pasta	Organic Yeo Valley Fruit Yoghurt	Organic D Milk, Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Wednesday	Fruity Chickpea Tagine Couscous	Chickpeas, Sweet Potato, Mixed Peppers, Aubergine, Courgettes, T Tomatoes, Onions, Apricots, Dates, Garlic, Gravy, Coriander, Cumin, Mixed Spice, G Couscous	Spiced Pumpkin & Date Sponge	Self-raising G Flour, Caster Sugar, E Free Range Eggs, Rapeseed Oil, Dates, Butternut Squash, Mixed Spice
Thursday	Roast Pork Gravy New Potatoes Mixed Vegetables	Pork, Potatoes, Broad Beans, Carrots, Green Beans, Peas, Sweetcorn, Gravy	Fruit Salad	Peaches, Pineapple, Melon
Friday	Quorn & Tarragon Pie Sweetcorn	E Quorn, Sweet Potato, Swede, Parsnips, Peas, Onions, Spinach, Carrots, Garlic, Tarragon, Gravy, Mashed Potato Sweetcorn	Organic Yeo Valley Fruit Yoghurt	Organic D Milk, 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, CRUSTACEA AND MOLLUSCS.

