



Week 2 Autumn Winter – Lunch

W/C 9th Sep, 7th

Oct, 4th Nov, 2nd Dec

	First Course	Ingredients	Second Course	Ingredients
Monday	Veggie Chilli Baked Potato Grated Cheddar	Soya Mince S , Kidney Beans, Mixed Peppers, Carrots, Tomatoes T , Onions, Smoked Paprika, Garlic, Cumin, Oregano, Gravy, Baked Potato Cheddar Cheese D ,	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Tuesday	Caribbean Fish Stew Rice	Tuna F , Sweet Potato, Black Beans, Mixed Peppers, Aubergine, Onions, Courgettes, Tomatoes T , Mixed Spice, Garlic, Thyme, Coriander, Cumin, Gravy, Rice	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
Wednesday	Creamy Chicken Organic Pasta	Chicken, Cream D , Mixed Peppers, Onions, Carrots, Tomatoes T , Garlic, Gravy, Sweetcorn, Basil, Smoked Paprika, Oregano, Organic Pasta G	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Thursday	Veggie Meatballs New Potatoes Carrot and Swede Gravy	Veggie Meatballs S T , New Potatoes, Carrots and Swede, Gravy	Apple & Blackberry Sponge	Self-raising Flour G , Free Range Eggs E , Caster Sugar, Dairy Free Spread, Apples, Blackberries
Friday	Organic Beef Stew Wholemeal Roll	Organic Beef Mince, Onions, Carrots, Swede, Potatoes, Parsnips, Gravy, Spinach, Worcestershire Sauce, Garlic, Wholemeal Roll G	Fruit Salad	Peaches, Pineapple, Melon

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.

