



Week 3 Autumn Winter – Lunch

W/C – 16th Sep, 14th Oct, 11th Nov, 9th Dec

	First Course	Ingredients	Second Course	Ingredients
Monday	Salmon Arabiata Wholemeal Pasta Grated Cheese	Salmon F , Roasted Red Peppers, Red Lentils, Chilli, Onions, Mixed Peppers, Tomatoes T , Carrots, Garlic, Basil, Parsley, Oregano, Wholemeal Pasta G Grated Cheese D	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
Tuesday	Sweet Potato & Chickpea Mild Madras Curry Rice	Sweet Potatoes, Chickpeas, Coconut Milk, Sweetcorn, Onions, Carrots, Mixed Peppers, Tomatoes T , Spinach, Garlic, Cumin, Turmeric, Coriander, Mild Madras Curry Powder, Rice	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Wednesday	Plant Based Sausage New Potatoes Gravy	Plant Based Sausage G , Gravy, New Potatoes, Peas	Pear & Blueberry Sponge	Self-raising Flour G , Free Range Eggs E , Caster Sugar, Dairy Free Spread, Pears, Blueberries
Thursday	Homemade Baked Beans Baked Potato Cheddar Cheese	Cannellini Beans, Tomatoes T , Onions, Carrots, Garlic, Smoked Paprika, Cumin, Worcestershire Sauce, Apple Sauce, Baked Potato, Cheddar Cheese D	Fruit Salad	Peaches, Pineapple, Melon
Friday	Gloucestershire Pie Carrots	Lamb Mince, Potatoes, Swede, Turnips, Onions, Carrots, Celery C , Rosemary, Apples, Sage, Gravy, Puff Pastry G , Carrots	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , 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.

