



Week 4 Autumn Winter – Lunch W/C - 23rd Sep.

21st Oct, 18th Nov, 16nd Dec

	First Course	Ingredients	Second Course	Ingredients
Monday	Ratatouille Wholemeal Pasta Grated Cheese	Tomatoes T , Red Lentils, Onions, Mixed Peppers, Aubergine, Courgettes, Garlic, Spinach, Basil, Oregano, Wholemeal Pasta G , Grated Cheese D	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Tuesday	Five Spice Chicken Rice	Chicken, Mixed Peppers, Bean Sprouts S , Bamboo Shoots, Water Chestnuts, Red Onions, Baby Sweetcorn, Sugar Snap Peas, Onions, Carrots, Tomatoes T , Spinach, Five Spice, Garlic, Coriander, Cumin, Apple Sauce, Gravy, Rice	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
Wednesday	Roast Beef Gravy New Potatoes Mixed Vegetables	Sliced Roast Beef, Gravy, New Potatoes, Broad Beans, Peas, Carrots, Green Beans, Sweetcorn	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Thursday	Lentil Dahl Wholemeal Rice Naan	Red Lentils, Coconut Milk, Peas, Onions, Mixed Peppers, Tomatoes T , Spinach, Carrots, Garlic, Cumin, Turmeric, Mild Madras Curry Powder, Coriander, Rice, Naan G	Banana & Chocolate Sponge	Self-raising Flour G , Free range Eggs E , Caster Sugar, Dairy-Free Margarine, Bananas, Cocoa Powder
Friday	Lamb Ragu Minted Couscous	Lamb Mince, Tomatoes T , Roasted Red Peppers, Onions, Carrots, Spinach, Garlic, Rosemary, Oregano, Gravy, Couscous G , Mint	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.

