

















	First Course	Ingredients	Second Course	Ingredients
Monday	Chicken Curry Pilau Rice	Chicken, Coconut Milk, Tomatoes T, 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, Cream D, Mixed Peppers, Red Lentils, Onions, Tomatoes T, Swede, Carrots, Garlic, Paprika, Parsley, Gravy, Wholemeal Pasta G	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Wednesday	Fruity Chickpea Tagine Couscous	Chickpeas, Sweet Potato, Mixed Peppers, Aubergine, Courgettes, Tomatoes T , Onions, Apricots, Dates, Garlic, Gravy, Coriander, Cumin, Mixed Spice, Couscous G	Spiced Pumpkin & Date Sponge	Self-raising Flour G , Caster Sugar, Free Range Eggs E , 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	Quorn E, Sweet Potato, Swede, Parsnips, Peas, Onions, Spinach, Carrots, Garlic, Tarragon, Gravy, Mashed Potato Sweetcorn	Organic Yeo Valley Fruit Yoghurt	Organic Milk D, Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice



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.

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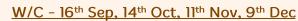
Oct, 4th Nov, 2nd Dec

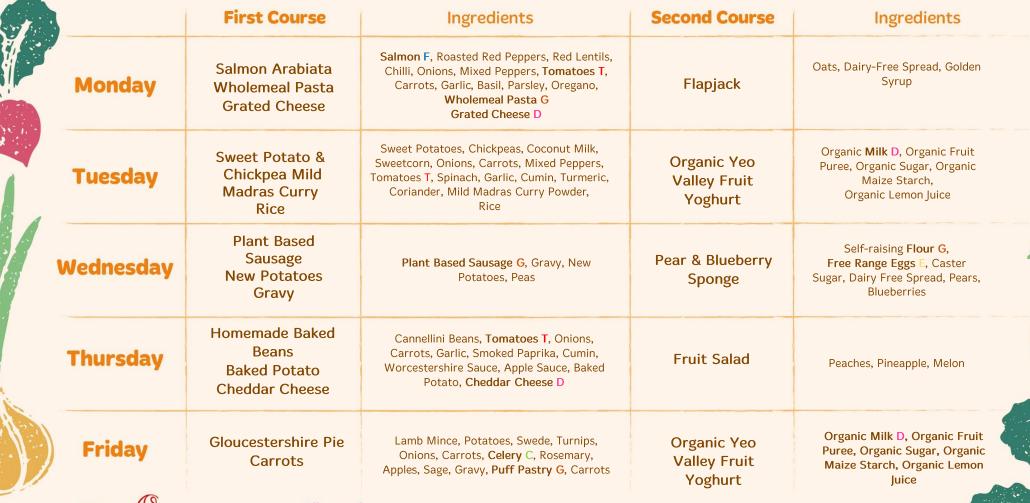
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		First Course	Ingredients	Second Course	Ingredients	•
	Monday	Veggie Chilli Baked Potato Grated Cheddar	Soya Mince S, Kidney Beans, Mixed Peppers, Carrots, Tomatoes T, Onions, Smoked Paprika, Garlic, Cumin, Oregano, Gravy, Baked Potato Cheddar Cheese D,	Organic Yeo Valley Fruit Yoghurt	Organic Milk D, Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice	is,
	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	
	FOOD SERVED HERE LIFE SOil Association www.earlyyearso	SD - Conta	keys ns Gluten D - Contains Dairy Products E - Contains Sulphur Dioxide F - Contains Fish T - Contains E DISHES ARE FREE FROM PEANUTS, TREE NUTS, SESAME SEE	ins Tomato C - Contains Celer		











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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



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