



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.





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

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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

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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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