

Allergy Key: **Wheat/ Gluten** **Garlic** **Egg** **Soya** Dairy
Mustard Fish Celery **Lupin** **Sesame** Peanuts/ Other Nuts Molluscs & Crustaceans Sulphur Dioxide/ Sulphites>10ppm

Correct as of July 2019

<u>Week 1</u>	<u>LUNCH</u>	<u>INGREDIENTS</u>	<u>DESSERT</u>	<u>INGREDIENTS</u>	<u>VEGETARIAN</u>	<u>INGREDIENTS</u>
<u>MONDAY</u>	HEARTY MINCED BEEF BOLOGNAISE PASTA TWISTS	90% minced beef Onions, garlic , tomato paste, chopped tomatoes, mixed vegetables	MULLER LITTLE STAR YOGHURTS, (strawberry, raspberry, peach)	Muller Yoghurts contain Milk	VEGETABLE BOLOGNAISE PASTA TWISTS	Chopped Tomatoes, Tomato Paste, Onions, garlic puree, lentils, peppers, white beans, cannellini beans, grated carrot soya mince mixed vegetables
<u>TUESDAY</u>	LOCALLY SOURCED FREE RANGE CHICKEN IN GRAVY, BOILED POTATOES AND PEAS & SWEETCORN	Chicken, potatoes, gluten free gravy Two types of veg	SULTANA SPONGE WITH CUSTARD	Butter, flour , egg , sugar, sultanas	SOYA STRIPS IN GLUTEN FREE GRAVY BOILED POTATOES PEAS & SWEETCORN	Soya strips contain soya & Mustard
<u>WEDNESDAY</u>	MIXED WHITE FISH CAKE WITH A CHEESE SAUCE NEW POTATOES PEAS & MIXED VEG	Mixed white cake contains flour , fish , milk , mustard , potato, mixed herbs Milk , flour , butter , cheese mixed herbs for the sauce	SUGAR FREE & VEGETARIAN JELLY, WITH FRUIT COCKTAIL	Jelly is vegetarian friendly, fruit cocktail contains a mixture of soft fruits which is subject to change	VEGETABLE PATTIES WITH A CHEESE SAUCE NEW POTATOES PEAS & MIXED VEG	Chick Peas, Milk Sweetcorn, Carrots, Wheat , Potato, Paprika, Oil, Turmeric Milk , flour , butter , cheese mixed herbs for the sauce
<u>THURSDAY</u>	LOCALLY SOURCED FREE RANGE CHICKEN SWEET'N' SOUR SERVED WITH LONG GRAIN RICE	Celeriac, Swede, Chicken, stevia, passata, pineapple, pepper, celery carrot, courgette, mushroom, aubergine, vinegar, tomato puree, arrowroot, B. Nut Squash	BANANAS & CUSTARD	As in the lunch description	VEGETABLE SWEET 'N' SOUR SERVED WITH LONG GRAIN RICE	Stevia, passata, celery pineapple, pepper, courgette, pulses, carrot, mushroom, aubergine, vinegar, tomato puree, arrowroot B.Nut Squash
<u>FRIDAY</u>	LOCALLY SOURCED ROASTED TURKEY, BOILED POTATOES, BROCCOLI & CARROTS AND GLUTEN FREE GRAVY	As in the lunch description	FRESHLY BAKED CARROT CAKE WITH CUSTARD	Eggs , vegetable oil, plain flour , baking powder, granulated sugar, ground cinnamon, allspice, carrots, sultanas, lemon	RED LENTIL & PEPPER BAKE WITH BOILED POTATOES, BROCCOLI & CARROTS	Red lentils, mixed peppers, onions, garlic, veg stock, basil, passata, grated apple, courgette, pulses, carrot, mushroom, aubergine