

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

Week 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	VEGETARIAN	INGREDIENTS
MONDAY	MORROCAN CHICKEN TAGINE SERVED WITH LONG GRAIN RICE	Chicken, onions, leeks, aubergines, peppers, courgettes, carrots, chick peas, sweet potatoes, butternut squash, coriander, cumin, paprika, turmeric, garlic Tomato's chopped	HOMEMADE BLUBERRY MUFFIN WITH CUSTARD	Flour , butter & sugar, Egg , oil, milk, blueberries, baking powder	MIXED VEGETABLE MOROCCAN CURRY SERVED WITH LONG GRAIN RICE	Onions, leeks, tomato aubergines, peppers, courgettes, carrots, chick peas, lentils, sweet potatoes, butternut squash, coriander, cumin, paprika, turmeric, garlic
TUESDAY	JACKET POTATOES WITH CHEESE , BEANS, CARROT STICKS	As in the lunch description	Pear Halves & Pineapple Slices	As in the lunch description	JACKET POTATOES WITH CHEESE , BEANS CARROT STICKS	As in the lunch description
WEDNESDAY	COTTAGE PIE WITH PEAS & CARROTS TOPPED WITH MASH GLUTEN FREE GRAVY	Minced beef 90% abv Onion, garlic , mixed veg, herbs, gluten free gravy, topped with mash only pepper added	MULLER LITTLE STAR YOGHURTS, (strawberry, raspberry, peach)	Muller Yoghurts contain Milk	HEALTHY LENTIL AND VEGETABLE COTTAGE PIE TOPPED WITH MASG PEAS & CARROTS GLUTEN FREE GRAVY	Lentils green and red, Onions, garlic , mixed herbs, mixed vegetables, gravy, topped with mash only pepper added
THURSDAY	SAUSAGES IN GRAVY, WITH BOILED POTATOES & MIXED VEG & BROCCOLI	As in the lunch description Sausages are free from all above allergens	HOMEMADE CHOCOLATE BROWNIE AND CUSTARD	Flour , butter, sugar, eggs , veg oil, chocolate chips, cocoa powder	VEGETARIAN SAUSAGES & BEANS WITH BOILED POTATOES, MIXED VEG & BROCCOLI	Vegetable sausage , gluten free gravy, Chick Peas & Cannellini Beans
FRIDAY	SALMON & SWEET POTATO FISH CAKE CHEESE SAUCE NEW POTATOES, BROCCOLI & CARROTS	Salmon , breadcrumbs cod , onions, herbs, potato, sunflower oil Milk , flour , butter, cheese mixed herbs for the sauce	SUGAR FREE VEGETARIAN JELLY WITH FRUIT COCKTAIL	Jelly is suitable for vegetarians	SOYA STRIPS & BEANS IN GLUTEN FREE GRAVY NEW POTATOES BROCCOLI & CARROTS	Chick Peas & Cannellini Beans Soya strips contain soya & Mustard