**Week 1**

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| **Day** | **Lunch** |
| **Mon** | Creamy chicken korma  Or  Creamy chickpea korma  Served with coconut rice, baby spinach, broccoli, baby corn and sugar snap peas  Banana and mango ripple cake  FSA Allergy List 2, 4, 14 |
| **Tue** | Poached Pollock in a butternut squash and watercress sauce  Or  Quorn in a butternut squash and watercress sauce  Served with penne pasta, peas and sweetcorn and home-made bread  Neapolitan shortbread  FSA Allergy List 1, 2, 4, 5, 7 |
| **Wed** | Summer pork and apple stew finished with fresh herbs  Or  Butter bean and roasted root vegetables stew finished with fresh herbs  Served with sautéed potatoes and seasonal vegetables  Jelly and custard  FSA Allergy List 1, 7, 14 |
| **Thu** | Middle eastern lamb meatballs in a tomato and Cumin sauce  Or  Middle eastern Lentil and pepper meatballs in a tomato and Cumin sauce  Served with vegetable, rice and homemade flatbread  Lemon and lime Madeira cake  FSA Allergy List 1, 2, 4, 14 |
| **Fri** | Beef Bolognese  Or  Minced Quorn Bolognese  Served with linguini pasta, fresh seasonal vegetables and Home-made focaccia bread  Strawberry yoghurt  FSA Allergy List 1, 2, 7 |

**Week 2**

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| **Day** | **Lunch** |
| **Mon** | Poached fish topped with a tomato and dill crust  Or  Quorn fillet topped with a tomato and dill crust  Served with new potatoes, Peas and corn and a parsley mayo dip  Pumpkin and apple cake  FSA Allergy List 1, 2, 4, 5 |
| **Tue** | Lamb and sweet potato keema  Or  Back bean and sweet potato keema  Served with coloured rice, Seasonal vegetables and an apricot flatbread  Apple raspberry jelly  FSA Allergy List 2, 14 |
| **Wed** | Turkey in an Alfredo sauce  Or  Haricot bean and courgette in an Alfredo sauce  Served with penna pasta, and petit pois, broccoli, carrots, cauliflower and fine beans  Apple and cinnamon cookies  FSA Allergy List 1, 2, 4, 7 |
| **Thu** | Glazed gammon  Or  Lentil veggie loaf  Served with Steamed new potatoes, fresh vegetables and homemade gravy  Pear and blueberry crumble cake  FSA Allergy List 1, 2, 4 |
| **Fri** | Creamy lemon and garlic chicken  Or  Creamy lemon and garlic Quorn  Served with braised rice, crinkle cut carrots, broccoli, cauliflower and peas  Viennese swirl  FSA Allergy List 1, 2, 5, 7 |

**Week 3**

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| **Day** | **Lunch** |
| **Mon** | Home-made pork and oregano sausages  Or  Sweet potato, pumpkin and lentil sausages  Served with roasted new potatoes, seasonal vegetables and a home-made gravy  Apple and raspberry cake  FSA Allergy List 1, 2, 4 |
| **Tue** | Chicken cacciatore  Or  Quon cacciatore  Served with dressed spaghetti pasta, seasonal vegetables and a black olive and rosemary focaccia bread  Banana cookies  FSA Allergy List 1, 2, 4 |
| **Wed** | Lamb and beetroot patties  Or  Chickpea and beetroot patties  Served with oven baked potato wedges, peas, corn and a tomato dip  Orange and blueberry sponge  FSA Allergy List 1, 2, 4 |
| **Thu** | Chunky Beef chilli con Carnie  Or  Chunky Quorn chilli con Carnie  Served with rice, broccoli, carrots, green beans and a tortilla crisp  Summer berry Jelly  FSA Allergy List 1, 2, (vegetarian 4) |
| **Fri** | Lemon and dill panko topped fish  Or  Halloumi topped with a garlic panko crumb  Served with buttered potatoes, seasonal vegetables and a  Homemade child friendly Tartare sauce  Chocolate and courgette cake  FSA Allergy List 2, 4, 5 |

**Week 4**

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| **Day** | **Lunch** |
| **Mon** | Chunky beef ragu with Roasted cherry tomatoes and basil  Or  Roasted red pepper and lentil ragu  Served with herby parmentier potatoes, broccoli, green beans, carrots and sweetcorn  Rhubarb crumble cake  FSA Allergy List 1, 2, 4 |
| **Tue** | Lamb tangerine with dates and apricots  Or  Chickpea tangerine with dates and apricots  served with cous cous, seasonal vegetables and flat bread  Blueberry ripple yoghurt pot  FSA Allergy List 2, 7, 14 |
| **Wed** | Chicken, sweet potato and spinach curry  Or  Quorn, sweet potato and spinach curry  Served with caramelized onion rice, broccoli, cauliflower, baby corn and sugar snap peas  Orange and apricot cookies  FSA Allergy List 2, 4, 7 |
| **Thu** | Pollock in a creamy rocket and parsley sauce  Or  Edanane beans and roasted tomatoes in a creamy rocket and parsley sauce  Served with sautéed new potatoes, peas, corn and a tomato focaccia bread  Banana and date sponge  FSA Allergy List 1, 2, 4, 5, 7 |
| **Fri** | Turkey ala king  Or  Vegetarian ala king with pimento beans  Served with dressed fusilli pasta and seasonal vegetables  Strawberry jelly pot  FSA Allergy List 1, 2, 7 |