Week 1

| Day | Lunch |
| :---: | :---: |
| Mon | Chicken and Leek Pie or Quorn and Leek Pie With Puff Pastry, Topper Mashed Potato Peas and Corn <br> $1,2,4,7$ <br> Blueberry Ripple Cake <br> $1,2,4,7$ |
| Tue | Thai Coconut Fish Curry or Thai Coconut Lentil and Chickpea Balls Curry With Fragrant Rice, Bamboo and Water Chestnuts, Broccoli, Cauliflower, Green Beans and Baby Corn <br> $2,4,5,7$ <br> Red Velvet Cookies <br> $2,4,7$ |
| Wed | Lamb and Mint Cobbler or Pearl Barley and Pumpkin Cobbler With Herby Parmentier Potato and Seasonal Vegetables |


|  | 2,4 | Homemade Swiss Roll | 2,4 |
| :---: | :---: | :---: | :---: |
| Thu | Sage and Onion Pork Balls or Cheesy Veggie Balls with Aduki Beans <br> Rich Tomato Sauce With Penne Pasta With Fresh Vegetables and Chunky Bread <br> 1, 2, 14 Fruits of the Forest Jelly - Fruits of the Forest Yogurt 1, 2, 7 |  |  |
| Fri | 2,7 | Beef Chilli or Lentil and Bean Chilli Tortilla Crisps and Brown and White Rice With Broccoli, Cauliflower, Green Beans and Peas Mint Marble Shortbread | $2,7$ |

Foods Highlighted Indicate - Pink = Protein Foods, Yellow = Starchy Foods, Green = Fruits And Vegetables, Blue = Dairy Foods, Purple $=$ Deserts.
Food Standard Agency (FSA) Allergy List: 1 - Celery, 2 - Gluten(Ngci), 3 - Crustaceans, 4 - Eggs, 5 - Fish, 6 - Lupin, 7 -
Milk, 8 - Molluscs, 9 - Mustard, 10 - Nuts, 11 - Peanuts, 12 - Sesame Seeds, 13 - Soya, 14 - Sulphur Dioxide

Winter 2023
Week 2
SLICE OF PIE

| Day | Lunch |  |  |
| :---: | :---: | :---: | :---: |
| Mon | Poached Fish or Courgette, Pepper and Butterbeans In a Sweet Potato and Tomato Sauce <br> With Croutons, Crinkle Cut Wedges Peas and Corn |  |  |
| Tue | Beef Bolognese or Quorn Bolognese <br> With Dressed Spaghetti Pasta, Garlic Focaccia and Fresh Vegetables, |  |  |
| Wed | Turkey and Cranberry Meatloaf or Veggie Meatloaf with Cranberries With Roast Potatoes, Seasonal Vegetables and a Homemade Sweet Potato Gravy |  |  |
| Thu | Lamb Curry or Gluten Free Lentil Curry With Butternut Squash and Baby Spinach <br> And Rice, Cauliflower, Broccoli, Baby Corn and Fine Green Beans |  |  |

$2,7,14$
Apple Crumbe Pot
$2,7,14$

## Roast Pork or Beetroot, Courgette and Split Pea Fillets With Sauté Potatoes or Hassle Backs

Fri Carrots, Broccoli, Cauliflower, Green Beans, Peas and a Homemade Gravy
$1,2,4,14$
Light Fruit Cake
1, 2, 4, 14

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Dietary Requirements Are Catered For Wherever Possible. Menu Is Subject To Change Depending On The Availability Of Ingredients, Seasonal Vegetables Are Used Although Substitutions May Be Made Where They Are Not Available.

| Day | Lunch |
| :---: | :---: |
| Mon | Greek-Style Lamb Stew or Greek-Style Lentil Stew With Feta and Mint And Cous Cous and Seasonal Vegetables $1,2,7,14 \quad$ Cranberry Jewel |
| Tue | Chicken and Lentil Curry or Black Turtle Bean and Lentil Curry <br> With Pepper and Fresh Coriander <br> Yellow and White Rice, Baby Corn, Broccoli, Cauliflower, Peas and Spinach <br> $2,7,14$ <br> Raspberry Panna Cotta - Raspberry Yogurt <br> 2, 7 |
| Wed | Beef with Peppers and Bok Choy or Roasted Sweet Potatoes and Black-Eyed Beans With Chop Suey Noodles, Broccoli, Cauliflower, Green Beans and Carrots 1, 2, 4, <br> Chocolate Orange Loaf <br> 1, 2, 7 |
| Thu |  Creamy Garlic and Turkey Stroganoff or <br> Creamy Garlic Courgette and Cannellini Beans <br> With Penne Pasta, Peas and Corn <br> $1,2,7,14$ Blackberry Jelly - Blackberry Yogurt |
| Fri | FRIDAY FAVOURITE <br> Breaded Fish or Breaded Quorn <br> And Mashed Potato <br> With Homemade Baked Beans with Hidden Vegetables <br> 1, 2, 5, 7 <br> Viennese Swirls $1,2,7$ |

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| Day | Lunch |
| :---: | :---: |
| Mon | Cuban Beef or Cuban Beans and Quinoa <br> With Peppers and Rice |
| And Peas, Crinkle Cut Carrots, Broccoli, Cauliflower, Sweetcorn |  |
| Tue | Rhubarb Crumble Cake |
| Poached Gammon or Beetroot, Courgette and Split Pea Fillets |  |

$1,2,4,7,14$
Spiced Pumpkin Cookie
$1,2,4,7$

Moroccan Chicken or Moroccan Peppers, Pumpkin and Gluten Free Lentils In a Sweet Potato Sauce Finished with Lemon Zest and Coriander With Cous Cous, Broccoli, Cauliflower, Green Beans and Carrots

2, 7
Black Cherry Yogurt 2, 7

Fish in a Creamy Parmesan and Parsley Sauce or Quorn in a Creamy (Vegetarian) Parmesan and Parsley Sauce in a Creamy
Thu With Penne Pasta, Peas and Corn
$1,2,4,5,7,14$
Fruit Pastry Slice
1, 2, 4, 7, 14

Chunky Beef Stew With Herby Dumplings or Chunky Roasted Root Vegetable and Cannellini Bean Stew With Herby

Fri
With Potatoes and Seasonal Vegetables
Banana and Coconut Biscuits
$1,2,4,7,14$

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