

# Menu

Summer 2024



## Week 1

Day	Lunch
Mon	<p><b>Chicken</b> Massaman Curry <b>or</b> <b>Quorn</b> Massaman Curry With fragrant yellow &amp; white <b>Rice</b>, baby <b>Corn</b>, <b>Broccoli</b>, <b>Cauliflower</b> and fancy <b>Peas</b></p> <p>14                      Mango &amp; coconut jelly - Mango &amp; coconut yogurt                      4, 7</p>
Tue	<p><b>Lemon &amp; Garlic Fish</b> finished with fresh <b>Dill</b> <b>or</b> <b>Sweet Potato Lentil</b> balls in a <b>Creamy Garlic</b> sauce With oven baked crinkle cut <b>Potato</b> wedges, <b>Carrots</b> and <b>Peas</b></p> <p>1, 2, 4, 5, 7                      Lemon &amp; raspberry drizzle loaf                      1, 2, 4, 7</p>
Wed	<p><b>Lamb</b> ragu <b>or</b> gluten free <b>Lentil</b> ragu And fresh cherry <b>Tomatoes</b> &amp; <b>Basil</b> With spaghetti <b>Pasta</b> and seasonal <b>Vegetables</b> and homemade <b>Bread</b></p> <p>1, 2, 7, 14                      Garibaldi biscuits                      1, 2, 7 14</p>
Thu	<p>Thai <b>Turkey</b> meat balls <b>or</b> Thai <b>Veggie</b> balls With <b>Vegetable Rice</b>, baby <b>Corn</b>, <b>Broccoli</b>, <b>Cauliflower</b> and <b>Peas</b></p> <p>2, 4, 14                      Mint chocolate cake                      2, 4, 14</p>
Fri	<p><b>Beef Lasagne</b> <b>or</b> <b>Lentil &amp; Red Pepper Lasagne</b> With seasonal <b>Vegetables</b> and <b>Garlic &amp; Parsley Dough</b> balls</p> <p>1, 2, 4, 7                      Carrot cake cookies                      1, 2, 4, 7</p>

Foods Highlighted Indicate - **Red** = 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  
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## Week 2

Day	Lunch
<b>Mon</b>	<p>Poached <b>Fish</b> <b>or</b> Roasted <b>Cauliflower</b> &amp; <b>Pepper</b> balls with Adzuki <b>Beans</b>                      In a <b>Coconut</b> &amp; <b>Mango</b> sauce                      With <b>Braised Rice</b>, seasonal <b>Vegetables</b> and <b>Garlic flat Bread</b></p> <p>1, 2, 5, 7                      Strawberry swirl yogurt                      1, 2, 7</p>
<b>Tue</b>	<p>Summery <b>Beef</b> stew <b>or</b> Summery white <b>Bean</b> stew                      And <b>Peppers</b>                      With chunky <b>Cheesy Bread</b> and seasonal <b>Vegetables</b>,</p> <p>1, 2, 4, 7                      Banana bread                      1, 2, 4, 7</p>
<b>Wed</b>	<p><b>Creamy Turkey</b> fricassee <b>or</b> <b>Creamy Quorn</b> fricassee                      And <b>Petit Pois</b>                      With spaghetti <b>Pasta</b>, crinkle cut <b>Carrots</b>, <b>Sweetcorn</b> and <b>Broccoli</b></p> <p>1, 2, 7                      Chocolate orange marble shortbread                      1, 2, 4, 7</p>
<b>Thu</b>	<p><b>Lamb</b> &amp; <b>Beetroot</b> patties <b>or</b> Mixed <b>Bean</b>, <b>Carrot</b> &amp; <b>Courgette</b> patties                      With crinkle cut <b>Potato</b> wedges, <b>Peas</b>, <b>Corn</b> and <b>Tomato</b> sauce</p> <p>1, 2, 7, 14                      Jelly &amp; custard                      1, 2, 7, 14</p>
<b>Fri</b>	<p>Roast <b>Gammon</b> <b>or</b> <b>Beetroot</b> &amp; <b>Lentil</b> Fillets                      And Parsley sauce                      With <b>Buttered</b> new <b>Potatoes</b> and fresh <b>Vegetables</b></p> <p>1, 2, 4, 7, 14                      Lemon &amp; blueberry cake                      1, 2, 4, 7, 14</p>

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## Week 3

Day	Lunch		
Mon	<p>Lamb Tagine <b>or</b> Lentil and Pumpkin Tagine                      And Dates &amp; Apricots, finished with fresh Coriander                      With Cous Cous and Vegetables</p>		
	1, 2, 7, 14	Passion fruit snap	1, 2, 7, 14
Tue	<p>Sweet &amp; sour Chicken <b>or</b> Vegetarian sweet &amp; sour turtle Beans                      And Pineapple and Peppers                      With long grain Rice, Broccoli, Cauliflower, fine green Beans, baby Corn                      and Peas</p>		
	1, 2, 7	Key lime cheesecake	1, 2, 7
Wed	<p>Beef in a rich gravy <b>or</b> Lentil in a rich gravy                      With Cheesy mashed Potatoes, and seasonable Vegetables</p>		
	1, 2, 4, 7	Peach upside down cake	1, 2, 4, 7
Thu	<p>Creamy Chicken korma <b>or</b> Creamy Quorn korma                      With yellow &amp; white Rice, Broccoli, Cauliflower, fine green Beans, baby                      Corn and fancy Peas</p>		
	1, 2, 7, 14	Black cherry jelly – Black cherry yogurt	1, 2, 7
Fri	<p>FRIDAY FAVOURITE                      Lemon &amp; Dill Fish Cakes <b>or</b> Vegetarian style Fish Cakes                      With homemade Baked Beans, Peas and Corn</p>		
	1, 2, 4, 5, 7	Strawberry thumb cookies	1, 2, 4, 7

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SLICE OF PIE



## Week 4

Day	Lunch
Mon	<p>Beef chilli con carne or Quorn chilli con carne With Rice, Peas, oven baked Tortilla crisps and seasonable Vegetables</p> <p>1, 2, 4                                      Blackcurrant swirl cake                                      1, 2, 4</p>
Tue	<p>Summer Pork &amp; Apple stew or Summer butter Bean &amp; Courgette stew In a Sweet Potato gravy With Parsley new Potatoes and seasonal Vegetables</p> <p>1, 2, 4, 7                                      Strawberry &amp; lemon cookies                                      1, 2, 4, 7</p>
Wed	<p>Chicken or Quorn In a Tomato &amp; Basil Sauce With penne Pasta, fresh Vegetables and Garlic ciabatta Bread</p> <p>1, 2, 7, 14                                      Fruity pastry puff                                      1, 2, 4, 7, 14</p>
Thu	<p>Poached Pollock or Butternut squash &amp; cannellini Beans In a Parsley sauce With sauté Potatoes, puff Pastry, topper, Peas and Corn</p> <p>1, 2, 5, 7                                      Pineapple yoghurt                                      1, 2, 4, 7</p>
Fri	<p>Middle Eastern Lamb meat balls or Middle Eastern Veggie &amp; Lentil balls With Fruity Cous Cous, Broccoli, Carrots, Cauliflower and fancy Peas</p> <p>1, 2, 7, 14                                      Flavoured shortbread fingers                                      1, 2, 7, 14</p>

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