



Lunch Menu

Autumn / Winter 2020 - Main

Week 1	Main Course	Contents	Dessert
Monday	Beany Beef Chilli (T) with baked tortilla triangles (G) & rice	Beef mince, onion, tomato (T), kidney bean, carrot, peppers, coriander, cumin, cinnamon, tortilla wraps (G), rice	Mango, Peach & Apple ice lolly
Tuesday	Pork Link Sausage (G) (SD) with Homemade beans (T) & mashed potato	Pork link sausage (G) (SD), haricot beans, tomato (T), garlic, smoked paprika, tamarind, rapeseed oil, potato, dairy free spread	Apple & Raspberry Jelly (SD)
Wednesday	Pasta shapes (G) with Tomato, lentil & chunky veg sauce (T) & grated cheese (D)	Tomato (T), courgette, carrot, onion, lentils, garlic, oregano, basil, pasta (G), cheddar cheese (D)	Oaty choc chip cookie (G) (E) with orange smiles
Thursday	Creamy Salmon & Cod Pie (F) (G) served with mixed vegetables	Salmon, cod, peas, spinach, onion, mixed herbs, coconut milk, flour (G), potato, dairy free spread	Orange & Cocoa Cake (G) (E) with Custard (D)
Friday	Oriental Chicken & Vegetable Wholemeal Noodles (T) (G) with Prawn crackers (Cr)	Chicken, spring onion, carrot, peppers, sweetcorn, garlic, ginger, cinnamon, clove, fennel seeds, star anise, black pepper, tomato (T), Wholemeal Noodles (G), prawn crackers (Cr)	Strawberry Yoghurt (D) with a sweet potato dinosaur biscuit (G)

Week 2	Main Course	Contents	Dessert
Monday	Italian farmhouse chicken (T) with herby garlic bread (G)	Chicken, onion, carrot, courgette, beans, tomato (T), peas, garlic, mixed herbs, bread (G)	Apricot & raisin flapjack (G) (SD) with banana slices
Tuesday	Mexican Style Salmon & Cod Soft Tacos (F) (T) (G), cheesy nacho dip (D) & corn on the cob	Salmon (F), cod (F), onion, carrot, Tomato (T), yellow & green peppers, garlic, cumin, coriander, sweet chilli sauce (Garlic, chilli, tapioca starch, monosodium glutamate), tortilla wraps (G), cheese (D) milk (D) cornflour, sweetcorn	Pineapple & Carrot Cake (G) (E), crème frais (D)
Wednesday	Wholemeal Pasta Shapes (G), Beef Ragu (T) served with Tomato & Cucumber Salad (T)	Beef, onion, carrot, tomato (T), garlic, thyme, oregano, basil, wholemeal pasta (G), Tomato (T), Cucumber, Lettuce	Raspberry Yoghurt (D) with a sweet potato animal biscuit (G)
Thursday	Lentil & Sweet Potato Soup (C) with a cheese sandwich (G) (D)	Lentils, Sweet Potato, Carrot, Onion, Garlic, Vegetable Stock (C), Bread (G), Cheese (D), Dairy Free Spread	Fresh Fruit Salad
Friday	Thai Yellow Chicken Curry (SD) with Brown & White Rice	Chicken, onion, butternut squash, carrot, red pepper, coconut milk, rice flour, Thai yellow curry paste (shallot, lemongrass, curry powder, turmeric, cinnamon, coriander, clove, fennel, cardomam, garlic, chilli, salt, galangal, citric acid) (SD), brown & white rice	Apple Sponge (G) (E) with chocolate custard (D)

Week 3	Main Course	Contents	Dessert
Monday	Butternut Squash Mac & Cheese (G) (D) with homemade baked beans (T)	Butternut squash, cheese (D), milk (D), pasta (G), haricot beans, tomato (T), onion, rapeseed oil, garlic, smoked paprika, tamarind, medjool dates	Grape halves, Melon & Peach chunks
Tuesday	Turkey Daal with Brown and White rice	Turkey, onion, carrot, sweet potato, butternut squash, red lentils, cannellini beans, curry powder, garlic, coriander, brown & white rice	Apple & Blueberry Crumble (G) with Custard (D)
Wednesday	Sausage (G) (SD) & Vegetable Casserole with Carrot Potato Mash	Pork link sausage (G) (SD), Beef Stock, onion, carrot, turnip, leek, peas, garlic, oregano, black pepper, potato, carrot	Banana ice cream (D), Strawberry chunks
Thursday	Keema Lamb Curry (T) with flatbread strips (G) & rice	Lamb, onion, carrot, potato, peas, mixed peppers, garlic, cumin, curry powder, tomato (T), coriander, white rice, flatbread (G)	Mango Yoghurt (D) with mini oaty choc chip cookie (G) (E)
Friday	Tuna & Mackerel Pasta Bake (F) (T) (G) with grated cheese (D)	Tuna, mackerel (F), onion, courgette, herbs, garlic, tomato (T), carrot, pasta shapes (G), cheddar cheese (D)	Lemon Sponge (G) (E) with Clementine