



# Lunch Menu

## Autumn / Winter 2020 - Vegetarian

Week 1	Main Course	Contents	Dessert
Monday	Beany Veggie Chilli (T) with baked tortilla triangles (G) & rice	Carrot, onion, tomato (T), cannellini beans, kidney bean, peppers, coriander, cumin, cinnamon, tortilla wraps (G), rice	Mango, Peach & Apple ice lolly
Tuesday	Veggie Sausage with Homemade beans (T) & mashed potato	Meatless farm veggie sausage, haricot beans, tomato (T), garlic, smoked paprika, tamarind, rapeseed oil, potato, dairy free spread	Apple & Raspberry Veggie Jelly
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	Root Vegetable and butterbean Pie (G) served with mixed vegetables	Carrot, butternut squash, butterbean, peas, spinach, onion, mixed herbs, coconut milk, flour (G), potato, dairy free spread	Orange & Cocoa Cake (G) (E) with Custard (D)
Friday	Oriental Tofu & Vegetable Wholemeal Noodles (S) (T) (G) with Mini Poppadoms	Tofu (S), spring onion, carrot, peppers, sweetcorn, garlic, ginger, cinnamon, clove, fennel seeds, star anise, black pepper, tomato (T), Wholemeal Noodles (G), mini poppadoms	Strawberry Yoghurt (D) with a sweet potato dinosaur biscuit (G)

Week 2	Main Course	Contents	Dessert
Monday	Italian farmhouse beany vegetables (T) with herby garlic bread (G)	Carrot, courgette, cannellini beans, onion, tomato (T), peas, garlic, mixed herbs, bread (G)	Apricot & raisin flapjack (G) (SD) with banana slices
Tuesday	Mexican Style Veggie Bean Soft Tacos (T) (G), cheesy nacho dip (D) & corn on the cob	Pinto beans, 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), Meatless Ragù (S) (T) served with Tomato & Cucumber Salad (T)	Meatless Farm Veggie Mince (S), 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 Chickpea Curry (SD) with Brown & White Rice	Chickpea, onion, butternut squash, carrot, red pepper, coconut milk, rice flour, Thai yellow curry paste (shallot, lemongrass, curry powder, turmeric, cinnamon, coriander, clove, fennel, cardamom, garlic, chilli, salt, galangal, citric acid SD), white & brown 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), garlic, smoked paprika, tamarind, rapeseed oil	Grape halves, Melon & Peach chunks
Tuesday	Lentil Dhaal with Brown & White Rice	Carrot, Onion, sweet potato, butternut squash, red lentils, cannellini beans, curry powder, garlic, coriander, white & brown rice	Apple & Blueberry Crumble (G) with Custard (D)
Wednesday	Veggie Sausage & Vegetable Casserole (C) with Carrotty Potato Mash	Meatless farm veggie sausage, vegetable stock (C), onion, carrot, turnip, leek, peas, garlic, oregano, cornflour, black pepper, potato, carrot	Banana ice cream (D), Strawberry chunks
Thursday	Keema Style Curry (T) (S) with flatbread strips (G) & rice	Meatless Farm Veggie Mince (S), 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	Tomato & Spinach Pasta Bake with flaxseed oil herby crumb (T) (G) with grated cheese (D)	Spinach, onion, courgette, carrot, herbs, garlic, tomato (T), flaxseed, breadcrumbs (G), pasta shapes (G), cheddar cheese (D)	Lemon Sponge (G) (E) with Clementine

G=Contains Gluten, D=Contains Dairy Products (Milk), E=Contains Egg, F=Contains Fish, C=Contains Celery Cr=Contains Crustacea, T=Contains Tomato, SD=Contains Sulphur Dioxide, S=Contains Soya