

WEEK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MONDAY	Beef Ragu And Jacket Potato (183G)	Minced Beef, Chopped Tomatoes, Passata, Diced Onion, Carrot, Red Lentils, Kidney Beans, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato ALLERGENS: NONE	Low Fat Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soya, Fruit Puree ALLERGENS: MILK, SOYA	Moroccan Pork With Rice (167g)	Minced Pork, Mixed Vegetables, Paprika, Ginger, Onion, Cinnamon, Cumin, Carrot, Long Grain Rice, Mixed Peppers, Tomatoes ALLERGENS: NONE	Apple And Pear Crumble (120G)	Apple, Pear, Crumble Topping ALLERGENS: GLUTEN, WHEAT, EGG, MILK, SOYA
TUESDAY	Sweet And Sour Chicken With Rice (190G)	Chicken Breast, Rice, Sweet And Sour Sauce (Sugar, Carrot, Onion, Pineapple, Sugar, Sliced Green Peppers, Tomato, White Rice Vinegar, Sliced Red Peppers, Modified Maize Starch, Spirit Vinegar, Bamboo Shoots, Rapeseed Oil, Ginger, Garlic Puree, Salt), Mixed Vegetables. ALLERGENS: NONE	Lemon And Sultana Cake (50G)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Lemon Essence, Egg, Sultanas ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES	Beef Chilli Pasta Bake (200G)	Beef, Kidney Beans, Tomatoes, Chilli Sauce (Tomatoes, Water, Red Kidney Beans, Tomato Puree, Onion, Red Pepper, Modified Maize Starch, Sugar, Salt, Acidity Regulator (Lactic Acid), Cumin, Paprika, Coriander Powder, Dried Oregano, Garlic Powder, Fat Reduced Cocoa Powder, Chilli Powder, Black Pepper), Mixed Vegetables, Pasta. ALLERGENS: WHEAT, GLUTEN	Chocolate And Raisin Krispie Cake (50G)	Milk Chocolate, Raisins, Vegetable Margarine, Rice Krispies ALLERGENS: GLUTEN, BARLEY, WHEAT, MILK, SOYA
WEDNESDAY	Macaroni Cheese With Peas and Sweetcorn (200G)	Macaroni Pasta, Semolina, Bechamel Sauce, Onion, Nutmeg, Pepper, Cheese, Peas, Sweetcorn ALLERGENS: MILK, WHEAT, GLUTEN	Fruit Jelly (50G)	Fruit, Sugar, Flavourings ALLERGENS: NONE	Fish Pie (140g) Topped With Carrot and Swede (140g) With Green Beans (60g)	Mixed Fish Pieces, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce, Parsley, Black Pepper, Garlic ALLERGENS: FISH, GLUTEN, MILK, WHEAT	Fruit Smoothie (50G)	Fruit ALLERGENS: NONE
THURSDAY	Fish Fingers, Mash Potato And Spaghetti Hoops (180G)	Fish Fingers, Potatoes, Wholewheat Spaghetti Hoops ((Water, Durum Wholewheat Semolina), Tomato Puree, Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Wheat Flour, Antioxidant (Ascorbic Acid), Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavourings) ALLERGENS: WHEAT, GLUTEN, FISH	Fruit Flapjack (50G)	Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, SULPHITES	Slow Cooked Lamb And Vegetables With Carrot, Swede And Potato Mash (187G)	Lamb, Carrot, Turnip, Swede, Peas Tomato, Peppers, Potato, Onion ALLERGENS: MILK	Ice Cream Pot (90G)	Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colourings ALLERGENS: MILK
FRIDAY	Summer Vegetables and Chicken Stew (210g)	Olive Oil, Leeks, Garlic, Thyme, Chicken, Potatoes, Gravy, Green Beans, Sweetcorn ALLERGENS: NONE	Raspberry Ripple Mousse (50G)	Water, Milk, Raspberry ALLERGENS: MILK	Pork Meatball Ragu With Wedges (190G)	Pork Meatballs, Mixed Herbs, Tomatoes, Mixed Peppers, Garlic, Potato Wedges, Courgette, Onion, Aubergine ALLERGENS: GLUTEN, WHEAT, EGG	Chocolate Brownie (70G)	Wheat Flour, Vegetable Oil, Dried Glucose Syrup, Fat Reduced Cocoa Powder, Egg Powder, Emulsifier, Salt, Chocolate Flavouring, Milk. ALLERGENS: EGG, GLUTEN, WHEAT, BARLEY, MILK, SOYA

WEEK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MONDAY	Salmon Fishcakes, Baby Potatoes In A Parsley Butter, Peas, Sweetcorn. (210G)	Salmon Fishcake, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn ALLERGENS: FISH, GLUTEN, WHEAT	Low Fat Rice Pudding With Fruit (100G)	Rice Pudding, Fruit ALLERGENS: MILK	Sweet And Sour Chicken With Rice (190G)	Chicken Breast, Rice, Sweet And Sour Sauce (Sugar, Carrot, Onion, Pineapple, Sugar, Sliced Green Peppers, Tomato, White Rice Vinegar, Sliced Red Peppers, Modified Maize Starch, Spirit Vinegar, Bamboo Shoots, Rapeseed Oil, Ginger, Garlic Puree, Salt), Mixed Vegetables. ALLERGENS: NONE	Lemon And Sultana Cake (50G)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Lemon Essence, Egg, Sultanas ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES
TUESDAY	BBQ Chicken And Mediterranean Vegetables With Rice (195G)	Chicken Breast, BBQ Sauce (Concentrated Tomato Puree, Glucose-Fructose Syrup, Spirit Vinegar, Molasses, Sugar, Modified Starch, Salt, Smoke Flavouring, Spices, Onion Powder, Flavourings, Preservative (Potassium Sorbate), Garlic Powder), Courgette, Mixed Peppers, White Rice, Tomatoes ALLERGENS: NONE	Low Fat Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soya, Fruit Puree ALLERGENS: MILK, SOYA	Beef Ragu And Jacket Potato (183G)	Minced Beef, Chopped Tomatoes, Passata, Diced Onion, Carrot, Red Lentils, Kidney Beans, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato ALLERGENS: NONE	Low Fat Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soya, Fruit Puree ALLERGENS: MILK, SOYA
WEDNESDAY	Cheesy Bean And Potato Pie (200G)	Potato, Cheese, Mustard, Baked Beans, Chives, Milk, Onion, Tomatoes ALLERGENS: MILK, MUSTARD	Baked Apples and Cinnamon (50G)	Apple, Cinnamon ALLERGENS: NONE	Chicken And Vegetable Curry With Rice (210G)	Diced Chicken, Broccoli, Cauliflower, Carrots, Peas, Tomatoes, Curry Powder, Turmeric, Long Grain Rice, ALLERGENS: NONE	Rhubarb And Apple With Custard	Rhubarb, Apple, Custard ALLERGENS: MILK
THURSDAY	Beef Lasagne (192G)	Minced Beef, Carrot, Onion, Mixed Peppers, Tomatoes, Garlic, Lasagne Sheets, White Sauce, Cheese, Oregano ALLERGENS: GLUTEN, MILK, WHEAT	Ice Cream Roll (90G)	Water, Sugar, Palm Oil, Milk, Buttermilk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour ALLERGENS: MILK, EGG, SOYA, WHEAT, GLUTEN	Fish Fingers, Mash Potato And Spaghetti Hoops (180G)	Fish Fingers, Potatoes, Wholewheat Spaghetti Hoops ((Water, Durum Wholewheat Semolina), Tomato Puree, Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Wheat Flour, Antioxidant (Ascorbic Acid), Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavourings) ALLERGENS: WHEAT, GLUTEN, FISH	Fruit Flapjack (50G)	Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, SULPHITES
FRIDAY	Pork Meatball Ragu With Wedges (190G)	Pork Meatballs, Mixed Herbs, Tomatoes, Mixed Peppers, Garlic, Potato Wedges, Courgette, Onion, Aubergine ALLERGENS: GLUTEN, WHEAT, EGG	Chocolate Brownie (70G)	Wheat Flour, Vegetable Oil, Dried Glucose Syrup, Fat Reduced Cocoa Powder, Egg Powder, Emulsifier, Salt, Chocolate Flavouring, Milk. ALLERGENS: EGG, GLUTEN, WHEAT, BARLEY, MILK, SOYA	Summer Vegetables and Chicken Stew (210g)	Olive Oil, Leeks, Garlic, Thyme, Chicken, Potatoes, Gravy, Green Beans, Sweetcorn ALLERGENS: NONE	Raspberry Ripple Mousse (50G)	Water, Milk, Raspberry ALLERGENS: MILK

WEEK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	DESSERT	INGREDIENTS
MONDAY	Chicken And Vegetable Curry With Rice (210G)	Diced Chicken, Broccoli, Cauliflower, Carrots, Peas, Tomatoes, Curry Powder, Turmeric, Long Grain Rice, ALLERGENS: NONE	Rhubarb And Apple With Custard	Rhubarb, Apple, Custard ALLERGENS: MILK	Beef Lasagne (192G)	Minced Beef, Carrot, Onion, Mixed Peppers, Tomatoes, Garlic, Lasagne Sheets, White Sauce, Cheese, Oregano ALLERGENS: GLUTEN, MILK, WHEAT	Ice Cream Roll (90G)	Water, Sugar, Palm Oil, Milk, Buttermilk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour ALLERGENS: MILK, EGG, SOYA, WHEAT, GLUTEN
TUESDAY	Slow Cooked Lamb And Vegetables With Carrot, Swede And Potato Mash (187G)	Lamb, , Carrot, Turnip, Swede, Peas Tomato, Peppers, Potato, Onion ALLERGENS: MILK	Ice Cream Pot (90G)	Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colourings ALLERGENS: MILK	Macaroni Cheese With Peas and Sweetcorn (200G)	Macaroni Pasta, Semolina, Bechamel Sauce, Onion, Nutmeg, Pepper, Cheese, Peas, Sweetcorn ALLERGENS: MILK, WHEAT, GLUTEN	Fruit Jelly (50G)	Fruit, Sugar, Flavourings ALLERGENS: NONE
WEDNESDAY	Beef Chilli Pasta Bake (200G)	Beef, Kidney Beans, Tomatoes, Chilli Sauce (Tomatoes, Water, Red Kidney Beans, Tomato Puree, Onion, Red Pepper, Modified Maize Starch, Sugar, Salt, Acidity Regulator (Lactic Acid), Cumin, Paprika, Coriander Powder, Dried Oregano, Garlic Powder, Fat Reduced Cocoa Powder, Chilli Powder, Black Pepper), Mixed Vegetables, Pasta. ALLERGENS: WHEAT, GLUTEN	Chocolate And Raisin Krispie Cake (50G)	Milk Chocolate, Raisins, Vegetable Margarine, Rice Krispies ALLERGENS: GLUTEN, BARLEY, WHEAT, MILK, SOYA	Salmon Fishcakes, Baby Potatoes In A Parsley Butter, Peas, Sweetcorn. (210G)	Salmon Fishcake, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn ALLERGENS: FISH, GLUTEN, WHEAT	Low Fat Rice Pudding With Fruit (100G)	Rice Pudding, Fruit ALLERGENS: MILK
THURSDAY	Moroccan Pork With Rice (167g)	Minced Pork, Mixed Vegetables, Paprika, Ginger, Onion, Cinnamon, Cumin, Carrot, Long Grain Rice, Mixed Peppers, Tomatoes ALLERGENS: NONE	Apple And Pear Crumble (120G)	Apple, Pear, Crumble Topping ALLERGENS: GLUTEN, WHEAT, EGG, MILK, SOYA	BBQ Chicken And Mediterranean Vegetables With Rice (195G)	Chicken Breast, BBQ Sauce (Concentrated Tomato Puree, Glucose-Fructose Syrup, Spirit Vinegar, Molasses, Sugar, Modified Starch, Salt, Smoke Flavouring, Spices, Onion Powder, Flavourings, Preservative (Potassium Sorbate), Garlic Powder), Courgette, Mixed Peppers, White Rice, Tomatoes ALLERGENS: NONE	Low Fat Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soya, Fruit Puree ALLERGENS: MILK, SOYA
FRIDAY	Fish Pie (140g) Topped With Carrot and Swede (140g) With Green Beans (60g)	Mixed Fish Pieces, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce, Parsley, Black Pepper, Garlic ALLERGENS: FISH, GLUTEN, MILK, WHEAT	Fruit Smoothie (50G)	Fruit ALLERGENS: NONE	Cheesy Bean And Potato Pie (200G)	Potato, Cheese, Mustard, Baked Beans, Chives, Milk, Onion, Tomatoes ALLERGENS: MILK, MUSTARD	Baked Apples and Cinnamon (50G)	Apple, Cinnamon ALLERGENS: NONE