

## Winter Menu 2017/18 Including Weight Per Portion Version ALLERGEN FREE 1.5

WEEK 1	LUNCH	INGREDIENTS
<b>MON</b> (Week 2 Thurs Tea)	<b>Winter vegetable risotto (210g)</b>	Carrot, Peas, Swede, Turnip, Mixed herbs, Chickpeas, <b>Allergen Free Vegetable gravy</b> , Black pepper, Rice, Garlic <b>ALLERGENS: NONE</b>
<b>TUE</b> (Week 2 Wed Tea)	<b>Beef chilli (100g) served with potato wedges (90g)</b>	Minced beef, Kidney beans, Tomato, Passata, Carrot, Swede, Onion, Chilli powder, Skin on potato wedges <b>ALLERGENS: NONE</b>
<b>WED</b> (Week 2 Mon Tea)	<b>Mixed Bean pie topped with carrot and swede mash (175g) with green beans(40g)</b>	Chick Peas, Kidney Beans, Borlotti Beans, Cannellini Beans, Butter Beans, Carrot, Swede, Sweetcorn, Peas, Green beans, Potatoes, Parsley, Black pepper, Garlic, <b>Vegan Cheese White Sauce</b> , Cornflour <b>ALLERGENS: NONE</b>
<b>THU</b> (Week 3 Tues Tea)	<b>Mixed bean hotpot (120g) served with mashed potato (60g)</b>	Baked beans, Borlotti beans, Flageolet beans, Cannellini beans, Butter beans, Mixed herbs, Potato, Vegetable margarine, <b>Allergen Free Vegetable gravy</b> <b>ALLERGENS: NONE</b>
<b>FRI</b> (Week 2 Tues Tea)	<b>Chicken Ragu (120g) Rice (100g)</b>	Chicken, Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice <b>ALLERGENS: NONE</b>

WEEK 2	LUNCH	INGREDIENTS
<b>MON</b> (Week 3 Weds Tea)	<b>Chicken and mixed bean risotto (180g)</b>	<b>Allergen Free Vegetable gravy</b> , Chicken, Carrot, Onion, Mixed beans, Sweetcorn, Rice, Mixed herbs, Garlic, Black Pepper, <b>ALLERGENS: NONE</b>
<b>TUE</b> (Week 3 Thurs Tea)	<b>Vegetable curry (100g) served with rice (70g)</b>	Sweet potato, White potato, Broccoli, Cauliflower, Onion, Turmeric, Tomato, Mild curry powder, Rice <b>ALLERGENS: NONE</b>
<b>WED</b> (Week 3 Fri Tea)	<b>Beef lasagne (167g)</b>	Beef Mince, Carrot, Broccoli, Onion, Mixed peppers, Swede, Tomato, Passata, Garlic, <b>Free From Lasagne sheets</b> , <b>Vegan Cheese White Sauce</b> , Cornflour. Oregano, Basil <b>ALLERGENS: NONE</b>
<b>THU</b> (Week 1 Mon Tea)	<b>Cottage pie (180g)</b>	Minced beef, Carrot, Peas, Onion, Garlic, Tomato puree, Swede, Turnip, <b>Allergen Free Vegetable gravy</b> , Mixed herbs, Potato, Vegetable margarine <b>ALLERGENS: NONE</b>
<b>FRI</b> (Week 3 Mon Tea)	<b>Chicken Finger (50g), baked beans (55g) and mashed potato (90g)</b>	Chicken, Baked beans in tomato sauce, Potatoes <b>ALLERGENS: NONE</b>

WEEK 3	LUNCH	INGREDIENTS
<b>MON</b> (Week 1 Thurs Tea)	<b>Sweet and sour turkey with rice (190G)</b>	Turkey 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. <b>ALLERGENS: NONE</b>
<b>TUES</b> (Week 2 Fri Tea)	<b>Creamy Chicken Supreme (200g)</b>	Chicken, Peas, Sweetcorn, Carrot, Potato, Onion, <b>Vegan Cheese White Sauce</b> , Cornflour, Sage <b>ALLERGENS: NONE</b>
<b>WED</b> (Week 1 Fri Tea)	<b>Somerset pork and apple casserole (110g) with rice (90g)</b>	Minced pork, Carrot, Swede, Mixed herbs, Leek, Onion, Apple, Rice <b>Allergen Free Vegetable gravy</b> , <b>ALLERGENS: NONE</b>
<b>THU</b> (Week 1 Weds Tea)	<b>Minted lamb hotpot (220g)</b>	Minced lamb, Carrot, Broccoli, Sweet potato, Onion, Cauliflower, Potato, Mixed herbs, <b>Allergen Free Vegetable gravy</b> , Mint sauce <b>ALLERGENS: NONE</b>
<b>FRI</b> (Week 1 Tues Tea)	<b>Cheesy Bean Pie (200g)</b>	Potato, Chives, Baked Beans, <b>Vegan Cheese</b> , Corn Flour <b>ALLERGENS: NONE</b>