



Winter Regular Menu 2020 Inc Weight Per Portion Ver 1.3 – **This menu is subject to change. See website for the current version.*

| WEEK 1 | LUNCH | INGREDIENTS | DESSERT | INGREDIENTS | TEA | INGREDIENTS | TEA DESSERT | INGREDIENTS |
|--------|---|--|---|--|--|--|--|---|
| MON | Beef Chilli (100g) Served With Jacket Potato (90g) | Minced Beef, Kidney Beans, Tomato, Red Pepper, Cumin, Paprika, Coriander, Oregano, Garlic, Carrot, Swede, Onion, Chilli Powder, Cocoa Powder, Black Pepper, Jacket Potato ALLERGENS: NONE | Easi-Yo Fruit Yoghurt (60G) | Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA | Sweet And Sour Chicken (110g) Served With White And Brown Rice (90g) | Chicken, Tomato, Pineapple, Vinegar, Lemon, Garlic, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White And Brown Rice ALLERGENS: NONE | Chocolate Brownie (50g) | Flour, Cocoa Powder, Baking Powder, Caster Sugar, Vanilla Essence, Egg, Vegetable Margarine ALLERGENS: EGG, GLUTEN, WHEAT, MILK |
| TUE | Chicken Casserole (160g) Served With Broccoli (40g) | Chicken, Carrot, Potato, Cauliflower, Broccoli, Onion, Gravy, Mixed Herbs, Black Pepper, Corn Flour ALLERGENS: NONE | Apple And Blackberry Crumble (65g) And Custard (60g) | Apple, Blackberries, Elderberry, Crumble Mix, Ready To Pour Custard ALLERGENS: GLUTEN, MILK, WHEAT, EGG, SOYA | Breaded Fishcakes, Potatoes In Parsley Butter, Peas And Sweetcorn. (210G) | Fishcake, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn ALLERGENS: FISH, GLUTEN, WHEAT | Easi-Yo Fruit Yoghurt (60G) | Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA |
| WED | Creamy Fish Pie Topped With Carrot And Swede Mash (175g) With Green Beans(40g) | Mixed Fish Pieces, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce, Parsley, Black Pepper, Garlic ALLERGENS: FISH, GLUTEN, MILK, WHEAT | Fruit Shortbread (50g) | Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour ALLERGENS: GLUTEN, WHEAT, SUPHITES | Chicken And Vegetable Curry (100g) With White And Brown Rice (70g) | Diced Chicken, Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain White And Brown Rice, Ginger ALLERGENS: NONE | Poached Pears (65g) Served With Custard (60g) | Pears, Orange Juice, Cinnamon, Custard ALLERGENS: MILK |
| THU | Chicken Meatball Ragu (100g) Served With White And Brown Rice (90g) | Chicken Meatballs, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, White And Brown Rice ALLERGENS: WHEAT, GLUTEN | Ginger Cake (60g) | Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Ground Ginger, Egg ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA | Somerset Pork And Apple Casserole (110g) Served With White And Brown Rice (90g) | Minced Pork, Carrot, Mixed Herbs, Leek, Swede, Courgette, Stuffing Mix, Apple Sauce, White And Brown Rice, Gravy, Sage, Parsley ALLERGENS: WHEAT, GLUTEN | Chocolate Crispy Cake (50g) | White And Brown Rice Crispies, Chocolate ALLERGENS: BARLEY, GLUTEN, SOYA, MILK |
| FRI | Sausage And Bean Hotpot (100g) Served With Mashed Potato (70g) | Pork And Beef Sausages, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Gravy, ALLERGENS: WHEAT, GLUTEN, SULPHITES | Fruit Jelly (50G) | Fruit, Sugar, Flavoursings ALLERGENS: NONE | Beef Lasagne (167g) | Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Garlic, Lasagne Sheets, Béchamel Sauce, Oregano, Basil, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, EGG | Ice Cream Roll (80g) | Milk, Wheat, Egg, Soya ALLERGENS: GLUTEN, WHEAT, MILK. EGG, SOYA |

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| WEEK 2 | LUNCH | INGREDIENTS | DESSERT | INGREDIENTS | TEA | INGREDIENTS | TEA DESSERT | INGREDIENTS |
|--------|--|--|-----------------------------------|--|--|--|--|--|
| MON | Minted Lamb Hotpot (200g) | Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Mint Sauce ALLERGENS: NONE | Strawberry Ice-Cream Pot (90g) | Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red) ALLERGENS: MILK | Creamy Fish Pie Topped With Carrot And Swede Mash (175g) With Green Beans(40g) | Mixed Fish Pieces, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce, Parsley, Black Pepper, Garlic ALLERGENS: FISH, GLUTEN, MILK, WHEAT | Fruit Shortbread (50g) | Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour ALLERGENS: GLUTEN, WHEAT, SUPHITES |
| TUE | Roast Chicken Dinner (180g) | Chicken, Gravy, Potato, Carrots, Peas ALLERGENS: NONE | Jam And Coconut Sponge Cake (60g) | Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Coconut, Egg, Fruit Jam ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES | Sausage And Bean Hotpot (100g) Served With Mashed Potato (70g) | Pork And Beef Sausages, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Gravy, ALLERGENS: WHEAT, GLUTEN, SULPHITES | Ginger Cake (60g) | Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Ground Ginger, Egg ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA |
| WED | Cottage Pie (140g) Served With Swede And Carrots (60g) | Minced Beef, Carrot, Peas, Onion, Garlic, Swede, Gravy, Mixed Herbs, Potato, Vegetable Margarine ALLERGENS: NONE | Rice Pudding And Fruit (100g) | Pudding White And Brown Rice, Milk, Fruit ALLERGENS: MILK, SULPHITES | Chicken Casserole (160g) Served With Broccoli (40g) | Chicken, Carrot, Potato, Cauliflower, Broccoli, Onion, Gravy, Mixed Herbs, Black Pepper, Corn Flour ALLERGENS: NONE | Easi-Yo Fruit Yoghurt (60g) | Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA |
| THU | Sweet And Sour Chicken (110g) Served With White And Brown Rice (90g) | Chicken, Tomato, Pineapple, Vinegar, Lemon, Garlic, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, White And Brown Rice ALLERGENS: NONE | Fruit Smoothie (50g) | Fruit ALLERGENS: NONE | Beef Chilli (100g) Served With Jacket Potato (90g) | Minced Beef, Kidney Beans, Tomato, Red Pepper, Cumin, Paprika, Coriander, Oregano, Garlic, Carrot, Swede, Onion, Chilli Powder, Cocoa Powder, Black Pepper, Jacket Potato ALLERGENS: NONE | Apple And Blackberry Crumble (65g) And Custard (60g) | Apple, Blackberries, Elderberry, Crumble Mix, Ready To Pour Custard ALLERGENS: GLUTEN, MILK, WHEAT, EGG, SOYA |
| FRI | Breaded Fish Fingers (50g), Baked Beans (55g) And Mashed Potato(70g) | Breaded Fish Fingers, Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine ALLERGENS: FISH, GLUTEN, WHEAT | Fruit Flapjack (50g) | Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit ALLERGENS: OATS, WHEAT, GLUTEN, BARLEY, EGGS, SOYA, MILK, SULPHITES | Chicken And Broccoli Pie (150g) Served With Peas And Carrots (40g) | Chicken, Potato, Broccoli, Black Pepper, Carrots, Peas, Gravy, Mixed Herbs ALLERGENS: NONE | Chocolate Crispy Cake (50g) | White And Brown Rice Crispies, Chocolate ALLERGENS: BARLEY, GLUTEN, SOYA, MILK |



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| WEEK 3 | LUNCH | INGREDIENTS | DESSERT | INGREDIENTS | TEA | INGREDIENTS | TEA DESSERT | INGREDIENTS |
|--------|--|--|--|--|---|---|--|--|
| MON | Somerset Pork And Apple Casserole (110g) Served With White And Brown Rice (90g) | Minced Pork, Carrot, Mixed Herbs, Leek, Swede, Courgette, Stuffing Mix , Apple Sauce, White And Brown Rice, Gravy, Sage, Parsley ALLERGENS: WHEAT, GLUTEN | Poached Pears (65g) Served With Custard (60g) | Pears, Orange Juice, Cinnamon, Custard ALLERGENS: MILK | Breaded Fish Fingers (50g), Baked Beans (55g) And Mashed Potato(70g) | Breaded Fish Fingers , Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine ALLERGENS: FISH, GLUTEN, WHEAT | Jam And Coconut Sponge Cake (60g) | Wheat Flour, Soya Flour , Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Coconut , Egg, Fruit Jam ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES |
| TUES | Chicken And Broccoli Pie (150g) Served With Peas And Carrots (40g) | Chicken, Potato, Broccoli, Black Pepper, Carrots, Peas, Gravy, Mixed Herbs ALLERGENS: NONE | Chocolate Crispy Cake (50g) | White And Brown Rice Crispies, Chocolate ALLERGENS: BARLEY, GLUTEN, SOYA, MILK | Chicken Meatball Ragu (100g) Served With White And Brown Rice (90g) | Chicken Meatballs , Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, White And Brown Rice ALLERGENS: WHEAT, GLUTEN | Rice Pudding And Fruit (100g) | Pudding White And Brown Rice , Milk, Fruit ALLERGENS: MILK, SULPHITES |
| WED | Beef Lasagne (167g) | Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Garlic, Lasagne Sheets , Béchamel Sauce, Oregano, Basil, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, EGG | Ice Cream Roll (80g) | Milk, Wheat, Egg, Soya ALLERGENS: GLUTEN, WHEAT, MILK. EGG, SOYA | Roast Chicken Dinner (180g) | Chicken, Gravy, Potato, Carrots, Peas ALLERGENS: NONE | Fruit Flapjack (50G) | Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, SULPHITES |
| THU | Breaded Fishcakes, Potatoes In Parsley Butter, Peas And Sweetcorn. (210G) | Fishcake , New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn ALLERGENS: FISH, GLUTEN, WHEAT | Chocolate Brownie (50g) | Flour, Cocoa Powder, Baking Powder , Caster Sugar, Vanilla Essence, Egg , Vegetable Margarine, Salt, Syrup ALLERGENS: EGG, GLUTEN, WHEAT, MILK | Minted Lamb Hotpot (200g) | Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Gravy, Mint Sauce ALLERGENS: NONE | Strawberry Ice-Cream Pot (90g) | Water, Sugar, Palm Oil, Milk , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red) ALLERGENS: MILK |
| FRI | Chicken And Vegetable Curry (100g) With White And Brown Rice (70g) | Diced Chicken, Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain White And Brown Rice, Ginger ALLERGENS: NONE | Easi-Yo Fruit Yoghurt (60G) | Water, Milk , Soy Lecithin , Fruit Puree ALLERGENS: MILK, SOYA | Cottage Pie (140g) Served With Swede And Carrots (60g) | Minced Beef, Carrot, Peas, Onion, Garlic, Swede, Gravy, Mixed Herbs, Potato, Vegetable Margarine ALLERGENS: NONE | Fruit Smoothie (50g) | Fruit ALLERGENS: NONE |