

Menu A	First Course		Second Course
Monday	Beef Meatball Pasta Bake (D) (G) (PU) (S) (T)	Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, potato flour, garlic, pasta & cheese	Blackcurrant Fromage Frais Pot (D)
Tuesday	Jacket Potato with Baked Beans & Grated Cheese (D) (PU) (T)	Jacket potato, baked beans in tomato sauce, grated cheese	Fruit Compote & Yoghurt (D) with Homemade Granola (G) (SD)
Wednesday	Chicken, Tomato & Mozzarella Panini (D) (G) (T)	Panini, chicken, tomato & mozzarella	Orange Slices
Thursday	Fruity Vegetable Curry with White Rice (D) (PU) (SD)	Potato, peppers, carrots, yellow split peas, onion, garam masala, mild curry powder, ginger turmeric, apricot, sultanas, peaches, béchamel, coconut, rice flour, yoghurt, rice	Diced Peaches
Friday	Chicken, Leek & Potato Bake (D)	Diced chicken, onion, garlic, leeks, sweet potato, gravy, thyme, bechamel, cornflour, potato, dairy free spread	Rice Cakes (S) with Apple & Cinnamon Dip

Menu B	First Course		Second Course
Monday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Natural Yoghurt & Raspberry Swirl (D)
Tuesday	Beef Ragu & Dumpling (D) (G) (PU) (T)	Beef, carrot, basil, onion, cream cheese, tomato, kidney beans, butternut squash, garlic, cumin, coriander, smoked paprika, gravy, dumpling	Melon Slices
Wednesday	Cheese & Tomato Panini (D) (G) (T)	Panini, cheese & tomato	Apple & Beetroot Pastry (G) (SD)
Thursday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (T)	Dolphin friendly tuna, penne pasta, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & rapeseed oil	Apricots & Pears
Friday	Chicken Tikka Masala with Brown Rice (D) (SD) (T)	Diced chicken, chilli, ginger, garlic, coriander, paprika, garam masala, cinnamon, turmeric, peppers, spices, mango chutney, cream, yoghurt, tomato, onion, bechamel, rice	Mandarin Yoghurt Pot (D)

Menu C	First Course		Second Course
Monday	Roasted Vegetable Pizza (D) (G) (T)	Pizza base, tomato sauce, herbs, cheddar, mozzarella, roasted red onion, roasted red pepper & roasted courgette	Orange Slices
Tuesday	Yellow Chicken & Coconut Curry with White Rice (D) (SD)	Diced chicken, onion, garlic, carrot, swede, coconut milk, coconut powder, apricots, coriander, turmeric, ginger, rice flour, rice	Mini Wholewheat Crackers (G) with Mixed Berry Cream Cheese Dip (D)
Wednesday	Cheesy Macaroni & Vegetable Bake (D) (G) (PU)	Pasta, bechamel, cheese, garlic, onion, basil, butternut squash, yellow split peas	Pineapple
Thursday	Jacket Potato with Beef Chilli & Grated Cheese (D) (PU) (SD) (T)	Potato, beef, carrot, sweet potato, onion, tomato, kidney beans, haricot beans, potato flour, redcurrant jelly, cumin, chilli powder, coriander, cheese	Strawberry Yoghurt Pot (D)
Friday	Pea & Ham Carbonara Pasta (D) (G) (PU)	Diced ham, peas, onion, garlic, leeks, bechamel, thyme, pasta, cheese	Melon Slices

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten
 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato
 All of these dishes are free from peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs.

HOT Tea Menu

Autumn/Winter 2021

VA Vegan	V Vegetarian	T Tomato	SD Suphites	S Soya	PUJ Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid	C Celery	B Beef
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Menu A	Dish	Dietaries																	
Monday	Beef Meatball Pasta Bake Blackcurrant Fromage Frais Pot	●		●	●			●						●	●				
Tuesday	Jacket Potato with Baked Beans & Grated Cheese Fruit Compote & Yoghurt with Homemade Granola			●	●			●							●	●			●
Wednesday	Chicken, Tomato & Mozzarella Panini Orange Slices			●	●			●							●	●			●
Thursday	Fruity Vegetable Curry with White Rice Diced Peaches			●	●										●	●			●
Friday	Chicken, Leek & Potato Bake Rice Cakes with Apple & Cinnamon Dip				●										●	●			●

Menu B	Dish	Dietaries																	
Monday	Chicken & Roasted Vegetable Pizza Natural Yoghurt & Raspberry Swirl			●	●			●							●	●			
Tuesday	Beef Ragu & Dumpling Melon Slices	●		●	●			●							●	●			●
Wednesday	Cheese & Tomato Panini Apple & Beetroot Pastry			●	●			●							●	●			●
Thursday	Tuna & Sweetcorn Pasta Bake Apricots & Pears			●	●			●	●						●	●			●
Friday	Chicken Tikka Masala with Brown Rice Mandarin Yoghurt Pot			●	●										●	●			●

Menu C	Dish	Dietaries																	
Monday	Roasted Vegetable Pizza Orange Slices			●	●			●							●	●			●
Tuesday	Yellow Chicken & Coconut Curry with White Rice Mini Wholewheat Crackers with Mixed Berry Cream Cheese Dip			●	●			●							●	●			●
Wednesday	Cheesy Macaroni & Vegetable Bake Pineapple			●	●			●							●	●			●
Thursday	Jacket Potato with Beef Chilli & Grated Cheese Strawberry Yoghurt Pot	●		●	●										●	●			●
Friday	Pea & Ham Carbonara Pasta Melon Slices			●	●			●							●	●			●

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