

Menu A	Item 1	Item 2	Item 3	
Monday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Mandarin Yoghurt (D)
Tuesday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Banana Cookie (D) (E) (G) (SD)
Wednesday	Chicken, Tomato & Mozzarella Pasta Bake (D) (G) (T)	Penne pasta, chicken, bechamel, mozzarella, tomato, garlic, onion, basil & grated cheese	Not Applicable	Diced Peaches
Thursday	Slow Cooked Beef & Potato Ragu (PU) (T)	Beef, potato, carrot, basil, onion, tomato, kidney beans, butternut squash, garlic, cumin, coriander, smoked paprika, gravy	Not Applicable	Strawberry Yoghurt (D)
Friday	Fruity Vegetable Curry (D) (PU) (SD) (T)	Potato, tomato, peppers, carrots, yellow split peas, onion, garam masala, mild curry powder, ginger turmeric, apricot, sultanas, peaches, béchamel, coconut, rice flour, yoghurt	White Rice	Melon Slices

Menu B	Item 1	Item 2	Item 3	
Monday	Chicken & Cheese Fajita (D) (T)	Sliced chicken, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Diced Pineapple
Tuesday	Beef Meatball Pasta Bake (D) (G) (PU) (S) (SD) (T)	Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, corn flour, garlic, pasta & cheese	Not Applicable	Melon Slices
Wednesday	Vegetable Massaman Curry (D) (PU) (SD) (T)	Potato, onion, sweet potato, peppers, leeks, tomato, mild curry powder, ginger, cinnamon, apricots, red lentils, coconut milk, pineapple, garlic, coconut powder, bechamel, Thai red curry paste, coriander	White Rice	Apricot Flapjack (G) (SD)
Thursday	Lamb & Potato Tagine (PU) (SD) (T)	Diced lamb, potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, dried apricots, chickpeas, rice flour	Not Applicable	Summer Berry Yoghurt (D)
Friday	Pea & Ham Carbonara Pasta (D) (G) (PU)	Diced ham, peas, onion, garlic, leeks, bechamel, thyme, pasta, cheese	Not Applicable	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Ham & Pineapple Pizza (D) (G) (T)	Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Diced Pears
Tuesday	Thai Red Chicken Curry (D) (PU) (SD) (T)	Chicken, red onion, peppers, carrot, courgette, basil, Thai red curry paste, bechamel, peas, coconut milk, tomato, lime zest, coriander & cornflour	White Rice	Raspberry Yoghurt (D)
Wednesday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices
Thursday	Soya Bolognese Pasta (G) (S) (T)	Minced soya, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Carrot & Mixed Spice Cookie (D) (E) (G) (SD)
Friday	Creamy Chicken, Vegetable & Potato Bake (D) (PU)	Chicken, potato, garlic, onion, leeks, peas, bechamel & cream	Not Applicable	Peach & Mango Yoghurt (D)

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

Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our Allergy Policy for further information about allergens.

