



Lunch Menu

Autumn / Winter 2021/22 - Vegetarian

Week 1	Main Course	Contents	Second Course
Monday	Sweet potato & lentil soup, oatcake, and cheese spread (D).	Soup: Sweet potato, lentil, onion, garlic, carrot, veg stock, flat leaf parsley, black pepper. Oatcakes: gluten free wholegrain oats, sustainable palm fruit oil, sea salt, Raising agents (sodium bicarbonate, Ammonium bicarbonate). Cheese spread (D).	Peach granola fool (D) (G)
Tuesday	Vegetable muligatawny curry, Naan (G) (D)	Muligatawny: Brown lentil, chickpeas, Vegetable stock, water, onion, carrot, apple, coconut milk, curry powder, cumin, turmeric, coriander, ginger, cornflour, brown rice. Naan Bread: (G) (D)	Rice bubble & oat slice (G), winter berry fruit shot
Wednesday	Meatless Ragu (T), Conchiglie pasta shells (G)	Ragu: Meatless farm mince, onion, garlic, carrot, mushroom, tomato (T), stock, thyme, oregano, basil. Pasta: durham wheat (G).	Beetroot & cocoa cupcake (G) (E), crème fraiche (D)
Thursday	Meatless Farm Sausage, carrot mash, homemade tomato ketchup (T)	Meatless Farm sausage. Mash: potato, carrot, dairy free spread (vegetable oil). Homemade tomato ketchup: Tomato (finned & puree) (T), apple cider vinegar, garlic, onion powder, cinnamon, clove, smoked paprika, agave, rapeseed oil	Blueberry Yoghurt (D), sweet potato dinosaur biscuit (G)
Friday	Beany Veggie chilli (T), baked potato	Beany Veggie Chilli: Cannelinni beans, kidney beans, onion, carrot, red pepper, tomato (finned & puree) (T), cumin, coriander, cinnamon. Potato.	Fruit selection

Week 2	Main Course	Contents	Second Course
Monday	Smooth hidden veggie & lentil tomato sugo (T), wholemeal penne (G)	Sugo: Tomato (finned & puree) (T), onion, carrot, courgette, garlic, basil, oregano, rapeseed oil. Pasta: wholemeal durham wheat (G)	Winter berry and apple ice lolly
Tuesday	Winter veg soup (C), Egg Mayo (E), Sliced bread (G), Cucumber	Soup: Carrot, leek, turnip, celery (C), onion, potato, vegetable stock, basil, bay, thyme, parsley, black pepper. Egg Mayo: Egg (E), mayonaisse (E). Sliced bread: Wheat flour (G), yeast, water. Cucumber.	Blueberry & apple crumble (G), custard (D)
Wednesday	Vegan stew, mixed vegetable and potato medley	Vegan stew: Seitan, carrot, onion, green beans, vegetable stock, Corn Flower, Medley: carrot, broccoli, cauliflower, new potato	Choco banana chia mousse (D)
Thursday	BBQ pulled jackfruit & cannellini bean sliders (G), corn on the cob	BBQ pulled jackfruit & cannellini beans: jackfruit (jackfruit, water, citric acid), cannellini beans, tomato (T), tamarind, garlic, onion, vinegar, date, agave. Slider buns: wheat flour (G), yeast, water. Corn on the cob.	Flapjack (G) (SD) & Apple slices
Friday	Italian farmhouse brown lentil & vegetables (T) with Crushed New Potato Mash	Italian Farmhouse brown lentil & Veg: Carrot, courgette, brown lentil, onion, beans, tomato (T), peas, garlic, mixed herbs. Crushed Potato: New Skin On Potatoes, Dairy Free Spread	Strawberry & banana yoghurt (D), oaty choc chip cookie (G) (E)

Week 3	Main Course	Contents	Second Course
Monday	Mac Monday! Butternut Squash Mac & Cheese (G) (D) with homemade baked beans (T)	Mac cheese: Butternut squash, cheese (D), milk (D), dairy free spread, pasta (G). Baked Beans: haricot beans, tomato (T), onion, rapeseed oil, garlic, smoked paprika, tamarind, medjool dates	Oaty choc chip cookie (G) (E), clementine
Tuesday	Moroccan vegetable & chickpea tagine (C) (SD) (T), tzatziki (D) and couscous (G)	Tagine: Chickpea, courgette, sweet potato, onion, garlic, cinnamon, cumin, ginger, turmeric, vegetable oil, vegetable stock (C), apricots (SD), tomato (T), red pepper, mint, flat leaf parsley, couscous (G) , Tzatziki: yoghurt (D), cucumber	Cheese cubes (D), Pineapple chunks, Grape halves
Wednesday	Meatless Farm Veggie Sausage & Vegetable Casserole (C) with Sweet Potato Mash	Casserole: Meatless Farm Veggie sausage, vegetable stock, onion, carrot, turnip, leek, peas, garlic, oregano, cornflour, black pepper, Mash: potato, sweet potato, dairy free spread	Baked pear bites, greek style yoghurt (D)
Thursday	Lentil winter root daal, wholemeal chapati (G)	Daal: Red lentils, onion, carrot, sweet potato, butternut squash, spinach, coconut milk, mild curry powder, fresh coriander. Wholemeal chapati: wholemeal wheat flour (G), rapeseed oil, salt, water.	Fruit Selection
Friday	Meatless Meatball Sugo (T) Pasta (G) with grated cheese (D)	Meatless Meatball Sugo: Meatless farm meatballs, Tomato (finned & puree) (T), onion, carrot, courgette, garlic, basil, oregano, rapeseed oil. pasta shapes (G) , cheddar cheese (D)	Mango yoghurt (D), sweet potato dinosaur biscuit (G)



Lunch Menu

Autumn / Winter 2021/22 - Main

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Monday	Sweet potato & lentil soup, oatcake, and cheese spread (D).	Soup: Sweet potato, lentil, onion, garlic, carrot, veg stock, flat leaf parsley, black pepper. Oatcakes: gluten free wholegrain oats, sustainable palm fruit oil, sea salt, Raising agents (sodium bicarbonate, Ammonium bicarbonate). Cheese spread (D).	Peach granola fool (D) (G)
Tuesday	Chicken muligatawny curry, Naan (G) (D)	Muligatawny: Chicken, chicken stock, water, onion, carrot, apple, coconut milk, curry powder, cumin, turmeric, coriander, ginger, cornflour, brown rice. Naan Bread: (G) (D)	Rice bubble & oat slice (G), winter berry fruit shot
Wednesday	Beef Ragu (T), Conchiglie pasta shells (G)	Ragu: Beef mince, onion, garlic, carrot, mushroom, tomato (T), Beef stock, thyme, oregano, basil. Pasta: durham wheat (G).	Beefroot & cocoa cupcake (G) (E), crème fraiche (D)
Thursday	Pork link Sausage (G) (SD), carrot mash, homemade tomato ketchup (T)	Pork link sausage (G) (SD), Mash: potato, carrot, dairy free spread (vegetable oil). Homemade tomato ketchup: Tomato (tinned & puree) (T), apple cider vinegar, garlic, onion powder, cinnamon, clove, smoked paprika, agave, rapeseed oil	Blueberry Yoghurt (D), sweet potato dinosaur biscuit (G)
Friday	Beany Veggie chilli (T), baked potato	Beany Veggie Chilli: Cannelinni beans, kidney beans, onion, carrot, red pepper, tomato (tinned & puree) (T), cumin, coriander, cinnamon. Potato.	Fruit selection

Week 2	Main Course	Contents	Second Course
Monday	Meatless Monday! Smooth hidden veggie & lentil tomato sugo (T), wholemeal penne (G)	Sugo: Tomato (tinned & puree) (T), onion, carrot, courgette, garlic, basil, oregano, rapeseed oil. Pasta: wholemeal durham wheat (G)	Winter berry and apple ice lolly
Tuesday	Winter veg soup (C), Salmon & Tuna Mayo (F) (E), Sliced bread (G), Cucumber	Soup: Carrot, leek, turnip, celery (C), onion, potato, vegetable stock, basil, bay, thyme, parsley, black pepper. Salmon & Tuna Mayo: Salmon (F), Tuna (F), mayonaise (E). Sliced bread: Wheat flour (G), yeast, water. Cucumber.	Blueberry & apple crumble (G), custard (D)
Wednesday	Beef stew (S), mixed vegetable and potato medley	Beef stew: Beef, carrot, onion, beef gravy (potato starch, soya lecithin (S), black pepper, rosemary, onion) Medley: carrot, broccoli, cauliflower, new potato	Choco banana chia mousse (D)
Thursday	BBQ pulled pork (T) & cannellini bean sliders (G), corn on the cob	BBQ pulled pork & cannellini beans: Pork, cannellini beans, tomato (T), tamarind, garlic, onion, vinegar, date, agave. Slider buns: wheat flour (G), yeast, water. Corn on the cob.	Flapjack (G) (SD) & Apple slices
Friday	Italian farmhouse chicken (T) with Crushed New Potato Mash	Italian Farmhouse Chicken: Chicken, onion, carrot, courgette, beans, tomato (T), garlic, mixed herbs. Crushed new potato mash: New Skin On Potatoes, Dairy Free Spread	Strawberry & banana yoghurt (D), oaty choc chip cookie (G) (E)

Week 3	Main Course	Contents	Second Course
Monday	Mac Monday! Butternut Squash Mac & Cheese (G) (D) with homemade baked beans (T)	Mac cheese: Butternut squash, cheese (D), milk (D), dairy free spread, pasta (G). Baked Beans: haricot beans, tomato (T), onion, rapeseed oil, garlic, smoked paprika, tamarind, medjool dates	Oaty choc chip cookie (G) (E), clementine
Tuesday	Moroccan chicken (T) (SD), tzatziki (D) and couscous (G)	Moroccan chicken: chicken, vegetable oil, onion, garlic, cinnamon, cumin, ginger, turmeric, chicken stock, apricots (SD), tomato (T), chickpea, red pepper, mint, flat leaf parsley. Couscous (G), Tzatziki: yoghurt (D), cucumber, mint	Cheese cubes (D), Pineapple chunks, Grape halves
Wednesday	Sausage (G) (SD) & Vegetable Casserole with Sweet Potato Mash	Casserole: Pork link sausage (G) (SD), Beef Stock, onion, carrot, turnip, leek, peas, garlic, oregano, black pepper, cornflour. Mash: white potato, sweet potato	Baked pear bites, greek style yoghurt (D)
Thursday	Turkey Daal, wholemeal chapati (G)	Turkey Daal: Turkey mince, red lentils, onion, carrot, sweet potato, butternut squash, spinach, coconut milk, mild curry powder, fresh coriander. Wholemeal chapati: wholemeal wheat flour (G), rapeseed oil, salt, water.	Fruit Selection
Friday	Tuna & Mackerel Pasta (F) (T) (G) with grated cheese (D)	Pasta: Tuna (F), mackerel (F), onion, courgette, mixed herbs, garlic, tomato (T), carrot, pasta shapes (G), cheddar cheese (D)	Mango yoghurt (D), sweet potato dinosaur biscuit (G)