



Lunch Menu

Spring / Summer 2021 - Main

Week 1	Main Course	Contents	Dessert
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	Bramble Fro-Yo-Lolly (D)
Tuesday	Taco Tuesday! soft tacos (G), Mexican salmon & cod (F), tomato & hidden veg sauce (T), cucumber batons, grated cheese (D) & corn on the cob	Mexican Salmon & Cod: Salmon (F), cod (F), onion powder, paprika, garlic, cumin, coriander. Tomato & hidden Veg sauce: onion, carrot, tomato (T), garlic, oregano, basil, rapeseed oil. soft tacos (G), cheese (D), sweetcorn, cucumber	Whole Banana
Wednesday	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	Apple & Raspberry Jelly
Thursday	Korean Beef (S) (G) lettuce cups, crunchy grated carrot & rice	Korean Beef: Beef mince, red pepper, garlic, coconut sugar, ginger, spring onion, broccoli, low salt soy sauce (S) (G), rapeseed oil, beef stock. rice, little gem lettuce, carrot, cucumber	Rhubarb and apple crumble (G) with crème fraise (D)
Friday	Turkey broth (C) (G), with wholemeal bloomer slice (G) and dairy free spread portion.	Turkey Broth: Turkey, sweetcorn, barley (G), onion, garlic, leek, carrot, veg stock (C) flat leaf parsley, black pepper. Wholemeal bloomer: White flour (G), Wholemeal flour (G), yeast, flaxseed, pumpkin seed, olive oil. DF Spread (vegetable oil).	Mango Yoghurt (D) with mini oaty choc chip cookie (G) (E)

Week 2	Main Course	Contents	Dessert
Monday	Meatless Monday! Green Goblin Pea, Broad bean and Spinach soup (D) (C), with 1/2 wholemeal bread soldiers (G) & cheese spread portion (D).	Pea, broad beans, spinach, kale spring onion, potato, garlic, veg stock (C), yoghurt (D), Wholemeal bread soldiers: white flour (G), wholemeal flour (G), yeast, pumpkin seeds, flaxseed. Cheese spread portion (D)	Oaty Choc chip cookie (G) (E) with banana slices
Tuesday	Pork Link Sausage (G) (SD) with Homemade beans (T) & mashed potato	Pork link sausage (G) (SD), Baked beans: haricot beans, tomato (T), garlic, smoked paprika, tamarind, mejool dates, rapeseed oil. Mash: potato, dairy free spread (vegetable oil)	Mango Fro-Yo-Lolly (D)
Wednesday	Wholemeal Wednesday: Pastitsio (G) (D) (T), served with Greek Tomato & Cucumber Salad (RT)	Pastitsio: Beef, onion, carrot, courgette, tomato (T), garlic, black pepper, oregano, basil, milk (D), cornflour, cheese (D), wholemeal pasta tubes (G), Salad: Tomato (RT), Cucumber, Lettuce	Strawberry pannacotta (D)
Thursday	Thai Yellow Chicken Curry with Brown & White Rice	Curry: Chicken, onion, butternut squash, carrot, red pepper, coconut milk, Thai yellow curry paste (shallot, lemongrass, curry powder, turmeric, cinnamon, coriander, clove, fennel, cardomam, garlic, chilli, salt, galangal, citric acid), Rice: brown & white rice	Raspberry Yoghurt (D) with a sweet potato animal biscuit (G)
Friday	FISH FRIYAY! 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)	Apple Sponge (G) (E) with chocolate custard (D)

Week 3	Main Course	Contents	Dessert
Monday	Farfalle (G) with Tomato, lentil & chunky veg sauce (T) & grated cheese (D)	Pasta sauce: Tomato (T), courgette, carrot, onion, lentils, garlic, oregano, basil, pasta (G), cheddar cheese (D)	Mango, Peach & Apple ice lolly
Tuesday	Keema Lamb Curry (T) & Naan Bread (G) (D)	Curry: Lamb, onion, carrot, potato, peas, garlic, cumin, curry powder, tomato (T), ground coriander, Naan Bread (G) (D)	Strawberry Yoghurt (D) with a sweet potato dinosaur biscuit (G)
Wednesday	Moroccan chicken (T) (SD), tzaiziki (D) and cous cous (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. cous cous (G), Tzatziki: yoghurt (D), cucumber, mint	Lemon Sponge (G) (E) with Apple Slices
Thursday	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: potato, sweet potato	Oaty choc chip cookie (G) (E) with orange smiles
Friday	Beany minestrone soup (G) (T), with tomato & mozzarella bread swirl (T) (D) (G)	Minestrone: Carrot, green bean, cannellini bean, courgette, tomato (T), onion, garlic, basil, parsley, vegetable oil, macaroni tubes (G). Bread swirl: Tomato (T), plain flour (G), yeast, agave, water, basil, oregano, garlic powder, rapeseed oil, mozzarella (D)	Fresh Fruit Selection - skin on fruits (Apple, Pear, Nectarine)