



## Meat Lunch Autumn/Winter Menu 2021/22

WEEK 1	LUNCH	DESSERT
<b>MONDAY</b>	<b>Spaghetti Bolognese</b> Pasta,(wheat) onion, garlic, tomatoes, herbs, corn peas carrot green beans cheese (milk)	<b>Melon Melody.</b> 3 Type Melon Selection
<b>TUESDAY</b>	<b>Sticky BBQ Chicken, New Potatoes &amp; Corn Cob</b> Chicken, potato puree, corn, onion, tomato, carrot, malt vinegar, tamarind, onion powder, paprika, honey, garlic, ginger.	<b>Apple Overnight Oats</b> Apple Juice, Oats (WHEAT), Fresh Apples & Honey
<b>WEDNESDAY</b>	<b>Cottage Pie w Carrots</b> Lamb, onion, garlic, carrots, corn, peas, green beans, gravy (soya), potato, thyme, milk	<b>Chocolate Yogurt w Orange</b> Cocoa Powder, Yogurt (MILK) & Fresh Orange
<b>THURSDAY</b>	<b>Mushroom 'n' Leek Puff Pie w Green Beans</b> Mushroom, leek, green beans, milk, soya, potato Puff pastry (wheat)	<b>Spinach &amp; Apple Cake</b> Spinach, Apple, Flour, Eggs, Butter,

WEEK 2	LUNCH	DESSERT
<b>MONDAY</b>	<b>Sweetcorn 'n' Chicken Chowder with Bread Roll</b> Sweetcorn, chicken, potato, vegetable stock, flour (wheat), onion.	<b>Orange Smiles</b> Oranges
<b>TUESDAY</b>	<b>Italian Veggie Meatballs with Garlic Bread &amp; Coleslaw</b> Flour (wheat), garlic, milk, cabbage, carrot, onion, egg, vinegar, peas, protein, tomato, basil, herbs, mushrooms, potato, pumpkin powder, fennel, paprika, herbs.	<b>Apple 'n' Winter Berry Pie</b> Apples, Mixed Berries, Puff Pastry (WHEAT)
<b>WEDNESDAY</b>	<b>Chicken Pasta'n' Mushroom Stroganoff</b> Chicken, mushroom, potato, milk, soya, pasta (wheat) onion, garlic, thyme, chives.	<b>Peach &amp; Blueberry 2 Tier Yogurt</b> Peaches, Blueberries, Yogurt (MILK)
<b>THURSDAY</b>	<b>Fish Goan Stew</b> Cod, onion, carrot, pea, potato, corn, tomato, turmeric, garlic, ginger, garam masala, coconut milk.	<b>Orange &amp; Mandarin Cake</b> Mandarins, Orange pieces, Flour (WHEAT), Eggs, MILK





WEEK 3	LUNCH	DESSERT
MONDAY	<b>Chunky Tomato Pasta Soup</b> Tomato, flour ( <b>wheat</b> ), potato, vegetable stock, onion, garlic.	<b>Fresh Apples</b>
TUESDAY	<b>Sweet Potato Curry 'n' Brown Rice</b> Sweet potato, potato, onion, garlic, ginger, turmeric, tomato, garam masala, spice, brown rice.	<b>Pain Au Chocolat</b> Puff Pastry ( <b>WHEAT</b> ), Cocoa Chocolate 85%
WEDNESDAY	<b>Chicken Pilal Rice</b> Chicken, rice, corn, carrot, onion, vegetable stock, pea, butternut squash.	<b>Marbled Raspberry Baked Custard</b> Egg, Milk, Raspberries, Sugar, cornflour
THURSDAY	<b>Italian Chicken Pasta Bake</b> Pasta ( <b>wheat</b> ), chicken, olives, cheese ( <b>milk</b> ), corn, peas, carrot, tomato, herbs, aubergine, & courgette.	<b>Fresh Pear Yogurt</b> Pear, Yogurt ( <b>MILK</b> )

WEEK 4	LUNCH	DESSERT
MONDAY	<b>Butternut squash 'n' Carrot Soup with Garlic Bread</b> Butternut squash, onion, carrot, potato, vegetable stock, garlic, milk, flour ( <b>wheat</b> ).	<b>PEARS</b>
TUESDAY	<b>Chicken Casserole w Chive Dumplings</b> Chicken, potato, onion, garlic, soya, vegetable suet, carrot, gravy, soya, thyme, peas, leeks, suede, corn, green beans	<b>Coconut &amp; Mango Sponge</b> Coconut, mango, Flour ( <b>wheat</b> ) egg, milk, baking powder.
WEDNESDAY	<b>Creamy Butternut Squash &amp; Spinach Pasta</b> Potato, onion, garlic, vegetable stock, butternut squash, pasta ( <b>wheat</b> ) spinach, milk, soya.	<b>Banana 'n' Waffle Pudding</b> Banana, milk, egg, baking powder, flour ( <b>wheat</b> )
THURSDAY	<b>Roast Chicken Dinner</b> Chicken, potato, green beans, gravy ( <b>soya</b> ) onion, vegetable stock, thyme.	<b>LYCHEE YOGURT</b> Lychee, Yogurt ( <b>milk</b> )



