

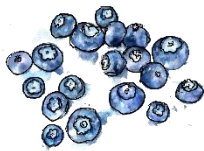




WEEK 1	LUNCH	DESSERT
MONDAY	Creamy Coconut & Mixed Squash Soup 'w' Giant Croutons Flour (WHEAT) coconut milk, squash, onion, potato, veg stock, carrots, thyme, swede, celery, butternut squash	Pineapple
TUESDAY	Napoleon Lamb Pasta Bake Pasta (WHEAT), lamb, tomato, onions, garlic, thyme, veg stock, cheese (MILK), basil, olives,	Strawberry, Yogurt & Short Bread Biscuit Fresh strawberry, Yogurt (MILK), Short Bread Biscuits (WHEAT)
WORLD FOOD WEDNESDAY INDIA	Potato, Paneer, Spinach, Chickpea Curry 'n' Rice Potato, rice, onions, garlic, (MILK), spinach, chickpeas, ginger, vegetable stock, garam masala, tomato, turmeric	Mango Lassi topped w Raisins Yogurt (MILK), Alphonso Mango Compote & Raisins 
THURSDAY 	Lasagne w Greens (MILK), Pasta (WHEAT), Onions, Tomato, Pea's, Corn, Carrots, Greens, Beans, Vegetable stock, Lamb, Butter, garlic	Strawberry & Peach Sponge Strawberries, Peaches, Flour (WHEAT), EGGS, MILK, Vanilla essence



WEEK 2	LUNCH	DESSERT
MONDAY	Summer Noodle Soup Rice noodles, rice Vegetable stock, Pea's, Carrot, Celery, Onion, Corn, Potato, Green cabbage, Courgette	Melon
TUESDAY	Rainbow Coconut Curry 'n' Rice Rice, Coconut (MILK), Turmeric, Potato, Sweet potato, Carrot, Courgette, Garlic and Ginger peas	Rainbow Jelly Rainbow fruit selection
WORLD FOOD WEDNESDAY ITALY	Tuscan Lamb Macaroni Pie Lamb, cheese (MILK), Pasta (WHEAT), Onion, Carrot, Pea's, Vegetable stock, carrot, Green beans gravy (SOYA)	Orange & Polenta Cake topped w Yogurt Polenta, Flour (WHEAT), Orange Juice, Butter, Orange zest & Yogurt (MILK)
THURSDAY	Spring Green Chicken & New Potato Pie 'n' Carrots Chicken, Potato, Carrot, (WHEAT), Pea's, Cabbage, Corn, gravy(SOYA), Onion, Green beans	Apple Compote & Cinnamon Yogurt Apples, Cinnamon, Yogurt (MILK)

WEEK 3	LUNCH	DESSERT
MONDAY	Creamed Corn 'n' Chicken Pie with Green Beans Chicken, Corn, (MILK), (WHEAT), Potato, Green beans, Carrot	Satsumas
TUESDAY	Kale Tomato Mozzarella Pasta Bake Kale, cherry Tomato, (MILK), (WHEAT), Corn, Garlic onion	Summer Berry Jelly Mixed Forest Berries, Vegan Jelly Crystals
WORLD FOOD WEDNESDAY CARIBBEAN	Fruity Turkey with Pumpkin Curry 'n' Rice Turkey, Turmeric, Thyme, Potato, Rice, Pumpkin, Sweet Potato, Mango puree, Vegetable stock, Ginger, Carrot	Jamaican Ginger 'n' Rhubarb Cake Flour (WHEAT), (EGGS), (MILK), Mixed spices, Ginger Powder & Fresh Rhubarb
THURSDAY	Summer Veg Chicken Chowder Chicken, Onion, Carrot, Potato, Milk, (WHEAT), Pea's, Corn, Green beans	2 Tier Chocolate 'n' Banana Yogurt Cocoa Powder, Yogurt (MILK) Banana
WEEK 4	LUNCH	DESSERT
MONDAY	Chicken Pot Pie Soup with Crackers Potato, Chicken, Onions, Leek, (WHEAT) Pea's, Corn, Green beans, Swede carrot vegetable	 Apples
TUESDAY	stock Garden Turkey Stew w Rice Turkey, Potato, Vegetable stock, Carrot, Onion garlic rice peas	
WORLD FOOD WEDNESDAY SPAIN	Tuna Pie 'n' Cabbage Tuna, Onion, Tomato, Thyme, Sweet pepper, Potato, Corn, Cabbage, peas, pastry (WHEAT)	Guava Puff Pastry Guava, Apple, Pastry (WHEAT)
THURSDAY	Baked Courgette Cheesy Spagetti (WHEAT), (MILK), Courgette, Onion, Broccoli, butter, flour garlic chives, breadcrumbs	Blueberry & Lemon Ice Drizzle Cake Blueberries, Lemon Juice, Icing, Flour (WHEAT), EGG, MILK, Lemon Zest





Vegetable Lunch Menu

WEEK 1	LUNCH	DESSERT
MONDAY	Creamy Coconut & Mixed Squash Soup 'w' Giant Croutons Flour (WHEAT) coconut milk, squash, onion, potato, veg stock, carrots, thyme, swede, celery, butternut squash	Pineapple 
TUESDAY	Napoleon Mushroom Pasta Bake Pasta (WHEAT), mushroom, tomato, onions, garlic, thyme, veg stock, cheese (MILK), basil, olives,	Strawberry, Yogurt & Short Bread Biscuit Fresh strawberry, Yogurt (MILK), Short Bread Biscuits (WHEAT)
WORLD FOOD WEDNESDAY INDIA	Potato, Paneer, Spinach, Chickpea Curry 'n' Rice Potato, rice, onions, garlic, (MILK), spinach, chickpeas, ginger, vegetable stock, garam masala, tomato, turmeric	Mango Lassi topped w Raisins Yogurt (MILK), Alphonso Mango Compote & Raisins
THURSDAY 	Vegetable Lasagne w Greens (MILK), Pasta (WHEAT), Onions, Tomato, Pea's, Corn, Carrots, Greens, Beans, Vegetable stock, Butter, garlic	Strawberry & Peach Sponge Strawberries, Peaches, Flour (WHEAT), EGGS, MILK, Vanilla essence

WEEK 2	LUNCH	DESSERT
MONDAY	Summer Noodle Soup Rice noodles, rice Vegetable stock, Pea's, Carrot, Celery, Onion, Corn, Potato, Green cabbage, Courgette	Melon 
TUESDAY	Rainbow Coconut Curry 'n' Rice Rice, Coconut (MILK), Turmeric, Potato, Sweet potato, Carrot, Courgette, Garlic and Ginger peas	Rainbow Jelly Rainbow fruit selection
WORLD FOOD WEDNESDAY ITALY	Tuscan Mince (SOYA) Macaroni Pie Cheese (MILK), Pasta (WHEAT), Onion, Carrot, Pea's, Vegetable stock, carrot, Green beans gravy (SOYA)	Orange & Polenta Cake topped w Yogurt Polenta, Flour (WHEAT), Orange Juice, Butter, Orange zest & Yogurt (MILK)
THURSDAY	Spring Green & Lentil New Potato Pie 'w' Carrots Potato, Carrot, Puff pastry (WHEAT), Pea's, Cabbage, Corn, gravy(SOYA), Onion, Green beans	Apple Compote & Cinnamon Yogurt Apples, Cinnamon, Yogurt (MILK)

WEEK 3	LUNCH	DESSERT
MONDAY	Creamed Corn 'n' Vegetable Pie with Green Beans Corn, (MILK), (WHEAT), Potato, Green beans, Carrot, Peas, Corn	Satsumas 
TUESDAY	Kale Tomato Mozzarella Pasta Bake Kale, cherry Tomato, (MILK), (WHEAT), Corn, Garlic onion	Summer Berry Jelly Mixed Forest Berries, Vegan Jelly Crystals
WORLD FOOD WEDNESDAY CARIBBEAN	Fruity Pumpkin Curry 'n' Rice Turmeric, Thyme, Potato, Rice, Pumpkin, Sweet Potato, Mango puree, Vegetable stock, Ginger, Carrot	Jamaican Ginger 'n' Rhubarb Cake Flour (WHEAT), (EGGS), (MILK), Mixed spices, Ginger Powder & Fresh Rhubarb
THURSDAY 	Summer Veg Chowder Onion, Carrot, Potato, Milk, (WHEAT), Pea's, Corn, Green beans	2 Tier Chocolate 'n' Banana Yogurt Cocoa Powder, Yogurt (MILK) Banana
WEEK 4	LUNCH	DESSERT
MONDAY	Vegetable Pot Pie Soup with Crackers Potato, Onions, Leek, (WHEAT) Pea's, Corn, Green beans, Swede carrot vegetable stock	Apples 
TUESDAY	Garden Vegetable Stew w Rice Potato, Vegetable stock, Carrot, Onion garlic rice peas	Lime & Coconut Cheesecake Fresh Lime, Desiccated Coconut, Yogurt (MILK) & Ginger-nut Biscuits
WORLD FOOD WEDNESDAY SPAIN	Lentils Pie 'n' Cabbage Onion, Tomato, Thyme, Sweet pepper, Potato, Corn, Cabbage, peas, pastry (WHEAT)	Guava Puff Pastry Guava, Apple, Pastry (WHEAT) 
THURSDAY	Baked Courgette Cheesy Spagetti (WHEAT), (MILK), Courgette, Onion, Broccoli, butter, flour garlic chives, breadcrumbs	Blueberry & Lemon Ice Drizzle Cake Blueberries, Lemon Juice, Icing, Flour (WHEAT), EGG, MILK, Lemon Zest