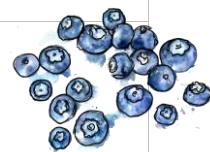




Lunch Meat Autumn & Winter Menu 2022/23

WEEK 1	LUNCH	DESSERT
Monday	Winter Veg & Lentil Soup Lentils, Onions, Carrot, Swede, Potato, Garlic, Thyme, Pea Celery, Veg Stock.	Orange Smiles Oranges
Tuesday	Sweet Potato Cottage Pie w Lamb Potato, Sweet potato, Onion, Thyme, Gravy, Corn, Lamb, Peas, Carrot, Green Beans, Veg Stock	Forest Berry Jelly Forest Berries & Vegan Jelly
World Food Wednesday France	Creamy Piston Pasta Pasta(Wheat) Onions, Basil, Garlic, Butter (Milk), Veg Stock	Pain Au Chocolate Cocoa drops & Puff Pastry (Wheat)
Thursday	Cauliflower & Chickpea Curry w Rice Cauliflower, chickpea, Potato, Onion, Garlic, Tomato, Peas, Rice, Veg Stock, Turmeric	Spiced Pear topped w Yogurt Pear, Cinnamon & Yogurt (Milk)
WEEK 2	LUNCH	DESSERT
Monday	Hearty Quinoa Soup Quinoa, Rice, Onion Veg Stock, Garlic, Carrot, Peas	Melon Array 3 Melon Selection
Tuesday	Spaghetti Bolognese Pasta (Wheat), Lamb, Corn, Peas, Carrots, Green Beans, Onions, Tomato, Garlic, Thyme.	Coconut & Cocoa Yogurt Cocoa Powder, Desiccated Coconut, & Yogurt (Milk)
World Food- Wednesday Morocco	Lamb Apricot Stew w Cous Cous Lamb, Apricot, Onion, Carrot, Potato, Garlic, Turmeric, Cinnamon, Peas, Cous Cous (Wheat)	Orange & Pomegranate Cake Orange Pieces, Pomegranate, Egg, Milk & Flour (Wheat)
Thursday	Chicken Pie & Carrots Chicken, Carrots, Peas Corn, Green Peas, Pastry (Wheat), Gravy, Onion, Thyme Garlic	Strawberry Yogurt w sliced Kiwi Strawberries, Yogurt (Milk) & Kiwi.



WEEK 3	LUNCH	DESSERT
Monday	Lamb Minestrone Soup Lamb, Pasta (Wheat) Onion, Carrot, Peas, Potato, Celery, Garlic, Thyme, Veg Stock, Swede	Easy Peelers/Satsumas
Tuesday	Vegetable Lasagne Pasta (Wheat), Butter (Milk), Onion, Garlic, Tomato, Cheese (Milk), Corn, Peas Carrot, Green Beans	Winter Berry Pie Puff Pastry (Wheat) Blackcurrants, Strawberries, Blueberries, Raspberries, Red Currants, Blackberries & Apple.
World Food Wednesday China	Chicken Teriyaki Rice Chicken, Rice, Corn, Peas, Carrots, Onion, Soya Sauce (Soya), Mirin, Honey, Garlic, Ginger, Spring Onion,	Mango & Coconut Cake Kesar Mango Puree, Desiccated Coconut, Flour (Wheat), Egg Milk
Thursday	Mushroom & Leek Pie w Greens Potato, Mushroom, Leeks, Greens, Pastry (Wheat), (Milk), Onion	Raspberry & Peach Vegan Jelly Raspberries and Peach w Vegan Raspberry Jelly



WEEK 4	LUNCH	DESSERT
Monday	Creamy Leek Potato Parsnip Soup & Bread Bread (Wheat) Leek Parsnips, Potato, Onion, Garlic & Veg Stock.	Pears
Tuesday	Winter Veg Mac & Cheese Pasta (Wheat), Cheese (Milk), Butter (Milk), Carrot, Peas, Sweet Potato & Leeks.	Apple & Pear Crumble Pears, Apple, Flour (Wheat), Butter (Milk) & Brown Sugar
World Food Wednesday Mexico	Chilli Con Carne (Lamb) & Rice Lamb, Kidney Beans, Onion, Tomato, Gravy Veg Stock, Garlic, Sweet Peppers, Paprika & Rice	Mexican Chocolate Cake w Berries Cocoa, Eggs, Milk, Flour (Wheat) Mixed Berries.
Thursday	Turkey Pie w Corn Turkey, Corn Potato, Peas, Onion, Carrot, Garlic, Thyme, Pastry (Wheat), Stock	Pineapple & Mango Yogurt Pineapple, Mango & Yogurt (Milk)



Have a question?

Give us a call on 0208 528 320 or email us at:

info@thekidzcleankitchen.co.uk



