

Menu A	Item 1	Item 2	Item 3	
Monday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, tomato sauce, herbs, roasted vegetables, diced chicken, cheese	Not Applicable	Apricots & Pears
Tuesday	Lamb & Potato Tagine (PU) (SD) (T)	Diced lamb, potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, dried apricots, chickpeas, rice flour	Not Applicable	Strawberry Yoghurt (D)
Wednesday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (T)	Tuna, penne pasta, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & rapeseed oil	Not Applicable	Oaty Lemon Cookie (D) (E) (G)
Thursday	Vegetable Chilli & Cheese (D) (PU) (SD) (T)	Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour, grated cheese	Jacket Potato	Melon Slices
Friday	Chicken & Cheese Fajita (D) (T)	Sliced chicken, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Orange Slices

Menu B	Item 1	Item 2	Item 3	
Monday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Diced Pears
Tuesday	Chicken, Tomato & Mozzarella Pasta Bake (D) (G) (T)	Penne pasta, chicken, bechamel, mozzarella, tomato, garlic, onion, basil & grated cheese	Not Applicable	Apple Yoghurt (D)
Wednesday	Ham & Pineapple Pizza (D) (G) (T)	Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Orange Slices
Thursday	Yellow Thai Chicken Curry (D) (PU) (SD)	Chicken, red onion, peppers, carrot, courgette, basil, Thai curry paste, bechamel, peas, coconut milk, turmeric, garlic, lime zest, coriander & cornflour	White Rice	Banana & Ginger Sponge Slice (G) (S) (SD)
Friday	Quorn Sausage & Potato Casserole (D) (G) (PU) (T)	Quorn Vegan sausage, potato, carrot, swede, butternut, onion, peas, tomato, basil, rice flour, haricot beans, cream, garlic, thyme & stock	Not Applicable	Melon Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Orange & Ginger Chicken Noodles (G) (SD) (T)	Diced chicken, red onion, mixed peppers, carrot, pineapple, coriander, garlic, ginger, cumin, tomato, orange juice, orange zest, cornflour & noodles	Not Applicable	Pineapple Yoghurt (D)
Tuesday	Bean & Cheese Fajita (D) (PU) (T)	Mixed beans, peppers, garlic, red onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Diced Peaches
Wednesday	Turkey, Leek & Potato Pie (D) (PU) (SD)	Turkey, onion, garlic, leeks, sweet potato, thyme, bechamel, cornflour, potato, dairy free spread	Not Applicable	Raspberry Yoghurt (D)
Thursday	Beef Meatball Pasta Bake (D) (G) (PU) (S) (SD) (T)	Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, corn flour, garlic, pasta & cheese	Not Applicable	Apricot Flapjack (G) (SD)
Friday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten
 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato

Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our Allergy Policy for further information about allergens.

