

Week A	Item 1	Item 2	Item 3
Monday	Beanie Fajita (PU) (T) sliced mixed peppers, red onion, carrot, garlic puree, fajita spice mix, smoked paprika, basil, chopped tomato, vegetable stock, rice flour, stock, red kidney beans, haricot beans, chickpeas	Soft Flour Tortilla (G)	Greek Style Vanilla Yoghurt (D)
Tuesday	Chicken Tikka Masala (D) (PU) (T) diced chicken breast, ground ginger, potato, garlic puree, ground coriander, paprika, garam masala, ground cinnamon, ground turmeric, curry paste, diced mixed peppers, mango chutney, cream, natural yoghurt, chopped tomato, red onion, bechamel (contains coconut), tomato paste, tikka spice mix	White Rice	Orange Slices
Wednesday	Beef Meatball Pasta Bake (D) (G) (PU) (T) chopped tomato, garlic puree, diced mixed peppers, basil, oregano, red lentils, rice flour, tomato paste, grated cheddar cheese, white onion, swede, pasta, beef meatballs	Not Applicable	Banana & Blueberry Oat Bar (G)
Thursday	Chicken & Roasted Vegetable Pizza (D) (G) (T) wholemeal pizza base, tomato, garlic, oregano, basil, pepper, sunflower oil, shredded chicken breast, cheese, diced mixed peppers, courgette, red onion	Not Applicable	Diced Apple & Apricot
Friday	Cheesy Baked Beans (D) (PU) (T) garlic puree, tomato passata, rice flour, grated cheddar cheese, sweet potato, carrot, white onion, haricot beans	Jacket Potato	Melon Slices

Week B	Item 1	Item 2	Item 3
Monday	Beef Bolognese Pasta Bake (G) (T) carrot, butternut squash, white onion, diced mixed peppers, basil, mixed herbs, oregano, chopped tomato, tomato paste, garlic puree, stock, rice flour, minced beef, pasta	Not Applicable	Cheddar & Chive Cornbread (D) (E) (G) (S)
Tuesday	Chicken & Cheese Fajita (D) (T) sliced mixed peppers, red onion, carrot, garlic puree, fajita spice mix, smoked paprika, basil, chopped tomato, vegetable stock, rice flour, stock, grated cheddar cheese, sliced chicken breast	Soft Flour Tortilla (G)	Diced Peaches
Wednesday	Cheesy Baked Beans (D) (PU) (T) garlic puree, tomato passata, rice flour, grated cheddar cheese, sweet potato, carrot, white onion, haricot beans	Jacket Potato	Orange Slices
Thursday	Tomato & Mascarpone Cheese Pasta Bake (D) (G) (PU) (T) sweetcorn, white onion, soft cheese, garlic puree, red lentils, bechamel (contains coconut), stock, basil, tomato paste, peas, tomato passata, diced mixed peppers, butternut squash, pasta, rapeseed oil	Not Applicable	Melon Slices
Friday	Roasted Vegetable Pizza (D) (G) (T) cheese, tomato, garlic, oregano, basil, pepper, sunflower oil, wholemeal pizza base, diced mixed peppers, courgette, red onion	Not Applicable	Apricot Protein Bar (G) (PU) (SD)

Week C	Item 1	Item 2	Item 3
Monday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (PU) (T) tuna, butternut squash, sweetcorn, white onion, basil, chopped tomato, tomato paste, garlic puree, bechamel (contains coconut), grated cheddar cheese, pasta	Not Applicable	Fruit Loaf (G) (S) (SD)
Tuesday	Vegetable Chilli & Cheese (D) (PU) (SD) (T) butternut squash, diced mixed peppers, sweet potato, red onion, fresh coriander, garlic puree, dried apricots, oregano, ground coriander, ground cumin, vegetable stock, smoked paprika, rice flour, stock, tomato paste, chopped tomato, grated cheddar cheese, red kidney beans, haricot beans	Jacket Potato	Melon Slices
Wednesday	Chicken & Roasted Vegetable Pizza (D) (G) (T) wholemeal pizza base, tomato, garlic, oregano, basil, pepper, sunflower oil, shredded chicken breast, cheese, diced mixed peppers, courgette, red onion	Not Applicable	Diced Apricots
Thursday	Barbecue Chicken (SD) (T) sliced chicken breast, white onion, diced mixed peppers, butternut squash, garlic puree, pineapple in natural juice, ground coriander, ground cumin, smoked paprika, red wine vinegar, rice flour, stock, chopped tomato, tomato paste, shredded chicken breast	White Rice	Strawberry Fromage Frais (D)
Friday	Bean & Cheese Fajita (D) (PU) (T) sliced mixed peppers, red onion, carrot, garlic puree, fajita spice mix, smoked paprika, basil, chopped tomato, vegetable stock, rice flour, stock, red kidney beans, haricot beans, chickpeas, grated cheddar cheese	Soft Flour Tortilla (G)	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.

