

Week A		Item 1	Item 2	Item 3
Monday	<b>Beanie Fajita (PU) (T)</b>	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	<b>Soft Flour Tortilla (G)</b>	<b>Greek Style Vanilla Yoghurt (D)</b>
Tuesday	<b>Chicken Tikka Masala (D) (PU) (T)</b>	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	<b>Beef Meatball Pasta Bake (D) (G) (PU) (T)</b>	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	<b>Banana &amp; Blueberry Oat Bar (G)</b>
Thursday	<b>Chicken &amp; Roasted Vegetable Pizza (D) (G) (T)</b>	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	<b>Cheesy Baked Beans (D) (PU) (T)</b>	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	<b>Beef Bolognaise Pasta Bake (G) (T)</b>	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	<b>Cheddar &amp; Chive Cornbread (D) (E) (G) (S)</b>
Tuesday	<b>Chicken &amp; Cheese Fajita (D) (T)</b>	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	<b>Soft Flour Tortilla (G)</b>	Diced Peaches
Wednesday	<b>Cheesy Baked Beans (D) (PU) (T)</b>	garlic puree, tomato passata, rice flour, grated cheddar cheese, sweet potato, carrot, white onion, haricot beans	Jacket Potato	Orange Slices
Thursday	<b>Tomato &amp; Mascarpone Cheese Pasta Bake (D) (G) (PU) (T)</b>	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	<b>Roasted Vegetable Pizza (D) (G) (T)</b>	cheese, tomato, garlic, oregano, basil, pepper, sunflower oil, wholemeal pizza base, diced mixed peppers, courgette, red onion	Not Applicable	<b>Apricot Protein Bar (G) (PU) (SD)</b>

Week C		Item 1	Item 2	Item 3
Monday	<b>Tuna &amp; Sweetcorn Pasta Bake (D) (F) (G) (PU) (T)</b>	tuna, butternut squash, sweetcorn, white onion, basil, chopped tomato, tomato paste, garlic puree, bechamel (contains coconut), grated cheddar cheese, pasta	Not Applicable	<b>Fruit Loaf (G) (S) (SD)</b>
Tuesday	<b>Vegetable Chilli &amp; Cheese (D) (PU) (SD) (T)</b>	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	<b>Chicken &amp; Roasted Vegetable Pizza (D) (G) (T)</b>	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	<b>Barbecue Chicken (SD) (T)</b>	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	<b>Strawberry Fromage Frais (D)</b>
Friday	<b>Bean &amp; Cheese Fajita (D) (PU) (T)</b>	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	<b>Soft Flour Tortilla (G)</b>	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.

