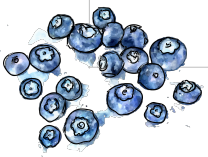




Lunch Vegetable Menu Autumn & Winter 2023/24

WEEK 1	LUNCH	
MONDAY	Bean & Aubergine Stew w Garlic Bread Aubergine, Garlic, Bread (Wheat), Tomato, Onion, Butter beans, Potato, Peas, Carrots Aubergine, Veg stock & Paprika	Valencian Orange Smiles Valencia oranges
TUESDAY	Tri Colour Pasta Bake Pasta (Wheat) Lentils, Onion, Tomato, Garlic Cheese, Peas, Basil, Thyme, Veg stock	Blueberry Yogurt Swirl w Raspberry Blueberry, Yogurt (Milk), Raspberry
WEDNESDAY WORLD FOOD DAY MOROCCO	Moroccan Tagine & Rice Rice, Onion, Garlic, Lentil, Tomato, Turmeric, Cinnamon, Nutmeg, Paprika, Potato, Carrot, Peas, Dates, Aubergine & Raisin	Moroccan Spiced Orange & Raisin Cake Raisins, Orange pieces, Flour (Wheat), Cinnamon, Star Anise & Nutmeg, Egg & Milk
THURSDAY	Shepherds Pie w Sweet Potato & Carrots Potatoes, Soya , Gravy, Carrots Peas, Corn, Green beans, Veg stock, Onion, Thyme Sweet potato Garlic, Egg	Apple & Peach Crumble Apple, Peach, Cinnamon, Crumble (Wheat, Egg) Oats (Wheat)
FRIDAY	Chive Dumpling Stew Bake Onion, Soya , Veg stock, Potato, Carrots, Peas, Chive, Veg stock, Gravy, Vegetarian suet, (Wheat), Leeks, Egg	Pancakes w Mixed Berry Compote Pancakes Flour (Wheat), Eggs, Milk , Mixed Berries, Apples

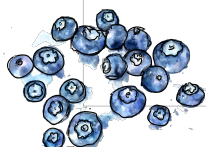


WEEK 2	LUNCH	
MONDAY	Butterbean Minestrone Soup w roll Butterbean, Pasta (Wheat), Onion, Garlic, Potato, Leeks, (Celery) Carrots, Peas, Veg stock, Yeast	Fresh Pears Pears
TUESDAY	Creamy Tomato Broccoli Bake Cannellini Beans, Broccoli, Pasta (Wheat), Tomato Cheese (Milk) Flour (Wheat) Butter (Milk)	Crushed Banana Cinnamon Yogurt w Waffle Slice Banana, Cinnamon & Yogurt (Milk) Waffle (Wheat) Egg
WEDNESDAY WORLD FOOD DAY SWEDEN	Swedish Meatballs, New Potatoes w Gravy & Peas - Berry Jam Potato, Peas Gravy Blackberry, Blueberry, Honey, Cinnamon, Veg stock, Onion, Pea protein, Mushroom, Garlic (Wheat)	Swedish Kladdkaka Chocolate Cake Flour(Wheat), (Milk) Egg, Sugar, Chocolate
THURSDAY	Sweetcorn Pie w Carrots Potato, Soya, Egg, Gravy, Puff Pastry, (Wheat) Onion, & Sweetcorn Carrots, Veg stock, Gravy & Peas	Apple & Forest Berry Crumble Apple, Raisins, Oats, Crumble mix, Flour (Wheat), Forest Berry mix & Egg
FRIDAY	Vegetable Sausage Beanie Pie Carrot, Pea Protein, Haricot Beans, Tomato, Potato Cheese (Milk) Chive, Onion vinegar	Spiced Pears Puree topped w Raisins Pears, Cinnamon & Raisins

WEEK 3	LUNCH	
MONDAY	Chili Con Carne N Jacket Potato w Cheese Potato, Tomato, Kidney beans, Onion, Sweet peppers, Garlic, Thyme, Veg stock, Cheese (Milk)	Apples Apples
TUESDAY	Mega Veg Macaroni Cheese Cheese (Milk), Macaroni (Wheat), Butter (Milk) Butternut squash, Leeks, Peas, Carrots	Orange Jelly w Mandarin Melon Mix Vegan Jelly, Gala Melon & Mandarin
WEDNESDAY WORLD FOOD DAY FRENCH	French Onion Potato Bake w Carrots Onions, Potato, Cheese (Milk) Chives & Carrots	Pan Au Chocolate Coco Powder, Eggs Flour (Wheat) Milk, Soya & Vanilla
THURSDAY	Mashed Roast Dinner Bake Potato, Soya, Onion, Garlic, Thyme, Gravy Veg stock, Carrots, Egg	Toffee Apple Fudge Cake Toffee, Apple, Flour, Sugar (Wheat), Egg Milk, Cinnamon
FRIDAY	Vegetable Cake Bake w Minted Mushy Peas Potato, Peas, Mushroom, Mint, Veg stock, Corn, Leeks, Onion, & Breadcrumbs (Wheat)	Spinach Apple & Melon Smoothie Fresh Apple, Melon & Spinach



WEEK 4	LUNCH	
MONDAY	Spagetti Bolognese Lentils, Pasta (wheat), Onion, Garlic, Veg stock, Basil, Thyme, Corn, Peas, Carrots, Tomato, Gravy, & Green beans	Melon Melody Mix Gala melon, Honey Dew & Cantaloupe melon
TUESDAY	Cauliflower n Leek Cheese Cauliflower, Onion, Cheese (Milk) Potato, Flour (Wheat), Butter (Milk) & Leeks	2 Tier Kiwi & Strawberry Yogurt Yogurt (Milk) Kiwi, Honey & Strawberry
WEDNESDAY WORLD FOOD DAY TRINIDAD	Trinidadian Curry w Island Bread Tumeric, Onions, Yellow split peas, Potato, Garlic, Tomato, Veg stock, Turmeric, Cinnamon, Thyme, Carrot, Coconut, Peas, Raisins, (Wheat) flour	Creamy Mango & Toasted Coconut Smoothie Yogurt (Milk), Mango, Coconut, Coconut Milk & Milk
THURSDAY	Mashed Stew Bake Potato, Carrot, Leek, Gravy, Veg stock, Onion, Garlic, Peas, Thyme, Swede, Turnip & (Celery), Savoy Cabbage, Soya Chunks (Egg)	Spinach & Apple Swirl Cake Strawberries, Apples, Apricot, Oats, Flour (Wheat), Milk & Egg
FRIDAY	Vegetable Sausage Roll Pie 'n' Baked Beans Soya mince (Egg), Potato, Onion, Pastry (wheat) Haricot beans, Tomato, Pea, Corn, Carrot, Veg	Carrot & Cinnamon Flapjack Treat Oats (Wheat) Golden Syrup, Brown Sugar, Butter (Milk), Cinnamon & Fresh Carrots



Have a question?

Give us a call on 0208 528 3200
 or email us at info@thekidzcleankitchen.co.uk

