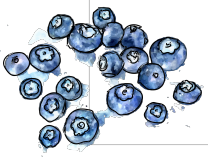




## Lunch Meat Menu Autumn & Winter 2023/24

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

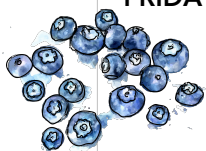


WEEK 2	LUNCH	
MONDAY	<b>Butterbean Minestrone Soup w roll</b> Butterbean, Pasta ( <b>Wheat</b> ), Onion, Garlic, Potato, Leeks, ( <b>Celery</b> ) Carrots, Peas, Veg stock, Yeast	<b>Fresh Pears</b> Pears
TUESDAY	<b>Creamy Tomato Tuna Broccoli Bake</b> Tuna ( <b>Fish</b> ), Broccoli, Pasta ( <b>Wheat</b>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

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



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



Have a question?

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