Spring / Summer Menu 2022

the NURSERY CATERING COMPANY with Annabel Karmel

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	**TURKEY RAGU & JACKET POTATO (200G)** **INGREDIENTS:** *Minced Turkey, Chopped Tomatoes, Passata, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato.* **ALLERGENS: NONE**	**VEGETARIAN COTTAGE PIE (200G)** **INGREDIENTS:** *Carrot, Peas, Onion, Garlic, Swede, Sunflower Oil, Meat Free Mince (Textured Soya Protein, Yeast Extract, Onion Powder, Dextrose, Salt, Malt Dextrin, Citric Acid, White Pepper) Vegetable Gravy, Black Pepper, Potato, Broccoli, Vegetable Margarine.* **ALLERGENS:** *SOYA*	**BEEF LASAGNE (175G)** **INGREDIENTS:** *Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Garlic, Lasagne Sheets, Béchamel Sauce, Oregano, Basil, Cheese.* **ALLERGENS:** *GLUTEN, MILK, WHEAT, EGG*	**FISH FINGERS, MASHED POTATO & PEAS & SWEETCORN (195G)** **INGREDIENTS:** *Fish Fingers, Potatoes, Peas, Sweetcorn, Vegetable Margarine.* **ALLERGENS:** *WHEAT, GLUTEN, FISH*	**TOMATO & BASIL CHICKEN SERVED WITH BROCCOLI (200G)** **INGREDIENTS:** *Chicken, Tomato and Basil Sauce (Tomato, Sugar, Lemon, Onion, Starch, Maize, Salt, Garlic, Basil, Rapeseed Oil, Oregano, Black Pepper) Broccoli, Mixed Peppers, Carrots, Peas, Green Beans, Sweetcorn, Broad Beans.* **ALLERGENS:** *NONE*
Dessert	**LOW FAT FRUIT YOGHURT (60G)** **INGREDIENTS:** *Water, Milk, Soya, Fruit Purée.* **ALLERGENS:** *MILK, SOYA*	**LEMON SPONGE (50G)** **INGREDIENTS:** *Lemon, Palm Oil, Cornflour, Egg, Caster Sugar, Vegetable Margarine, Vegetable Oil, Self-Raising Flour.* **ALLERGENS:** *WHEAT, GLUTEN, EGG*	**ICE CREAM & WAFERS (50G)** **INGREDIENTS:** *Milk, Wafers.* **ALLERGENS:** *MILK, WHEAT, GLUTEN, SOYA*	**APRICOT FLAPJACK (50G)** **INGREDIENTS:** *Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Apricots, Vegetable Oil.* **ALLERGENS:** *OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, WHEAT, SULPHITES*	**RASPBERRY MOUSSE (50G)** **INGREDIENTS:** *Water, Milk, Raspberry.* **ALLERGENS:** *MILK*
Dinner	**CHICKEN GOUJONS, SPAGHETTI WITH MASHED POTATO (200G)** **INGREDIENTS:** *Chicken Goujons (Wheat, Pea Starch, Rapeseed Oil, Paprika, Sunflower Oil, Yeast Extract), Potatoes, Spaghetti (Water, Durum Wheat, Semolina, Maize Starch, Sugar, Salt, Wheat flour, Citric Acid, Rapeseed Oil, Onion, Paprika, Capsicum Extract).* **ALLERGENS:** *WHEAT, GLUTEN*	**TUNA PASTA BAKE (200G)** **INGREDIENTS:** *Tri-Colour Pasta (Wheat, Semolina, Spinach), Tuna, Tomato Sauce (Onion, Salt, Citric Acid, Garlic, Basil, Oregano) Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Cheese.* **ALLERGENS:** *GLUTEN, MILK, WHEAT, FISH*	**FIVE BEAN CHILLI CON CARNE WITH PITTA BREAD (200G)** **INGREDIENTS:** *Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Chilli Con Carne Sauce (Tomatoes, Kidney Beans, Onion, Red Pepper, Maize Starch, Sugar, Salt, Acidity Regulator, Cumin, Paprika, Coriander, Oregano, Garlic, Chilli, Cocoa Powder, Black Pepper). Pitta Bread.* **ALLERGENS:** *GLUTEN, WHEAT*	**SLOW COOKED LAMB & VEGETABLES SERVED WITH MASHED POTATO (200G)** **INGREDIENTS:** *Minced Lamb, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic, Slow Cooked Margarine.* **ALLERGENS:** *NONE*	**CHICKEN KORMA & NAAN BREAD (195G)** **INGREDIENTS:** *Diced Chicken, Korma Sauce (Water, Tomatoes, Onion (7.9%), Fresh Cream (from MILK) (7.2%), Coconut (4.8%), Sugar, Desiccated Coconut (2.9%), Sunflower Oil, Modified Maize Starch, Salt, Skimmed Milk Yoghurt Powder, Spices, Curry Powder, Coriander, Acidity Regulators (Citric Acid), Garlic, Ginger Powder, Colour (Paprika Extract), Peas, Carrots, Naan Bread (Wheat, Milk).* **ALLERGENS:** *GLUTEN, WHEAT, MILK*
Dessert	**STRAWBERRY CRUMBLE & CUSTARD (125G)** **INGREDIENTS:** *Strawberries (Citric Acid, Elderberry Extract), Crumble Topping, Custard.* **ALLERGENS:** *GLUTEN, WHEAT, EGG, MILK, SOYA*	**WHITE CHOCOLATE & MIXED FRUIT CRISPIE CAKE (50G)** **INGREDIENTS:** *White Chocolate, Mixed Fruit, Vegetable Margarine, Vegetable Oil, Rice Krispies.* **ALLERGENS:** *GLUTEN, BARLEY, WHEAT, MILK, SOYA, SULPHITES*	**FRUIT SMOOTHIE (50G)** **INGREDIENTS:** *Fruit.* **ALLERGENS:** *NONE*	**ICE CREAM POT (80G)** **INGREDIENTS:** *Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colourings.* **ALLERGENS:** *MILK*	**CHOCOLATE BROWNIE (50G)** **INGREDIENTS:** *Wheat Flour, Vegetable Oil, Dried Glucose Syrup, Cocoa Powder, Egg Powder, Emulsifier, Salt, Chocolate Flavouring, Milk.* **ALLERGENS:** *EGG, GLUTEN, WHEAT, BARLEY, MILK, SOYA*

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	**FISHCAKES, POTATO CROQUETTE, BAKED BEANS (190G)** **INGREDIENTS:** *Fishcake (White Fish), Potato Croquette, (Wheat Flour, Palm Oil, Water, Salt, Milk, Yeast, Nutmeg, Paprika, Pepper), Baked (Haricot) Beans, Water, Sugar, Salt, Onion, Paprika, Tomato.* **ALLERGENS:** *FISH, GLUTEN, WHEAT, MILK*	**BBQ CHICKEN AND MED VEGETABLES WITH RICE (195G)** **INGREDIENTS:** *Chicken, BBQ Sauce (Tomato, Fructose Syrup, Spirit Vinegar, Molasses, Cornflour, Salt, Smoke Flavouring, Onion Powder, Potassium Sorbate, Garlic), Courgette, Mixed Peppers, Long Grain Rice.* **ALLERGENS:** *NONE*	**CHEESY BEAN & POTATO PIE (200G)** **INGREDIENTS:** *Potato, Cheese, Baked Beans, Chives, Milk, Tomatoes.* **ALLERGENS:** *MILK*	**TURKEY BOLOGNESE BAKE (200G)** **INGREDIENTS:** *Minced Turkey, Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Tomato Passata, Tri-Colour Pasta (Semolina, Spinach Powder, Tomato Powder.* **ALLERGENS:** *ALLERGENS: GLUTEN, WHEAT, MILK*	**CHICKEN KORMA & NAAN BREAD (195G)** **INGREDIENTS:** *Diced Chicken, Korma Sauce (Water, Tomatoes, Onion (7.9%), Fresh Cream (from MILK) (7.2%), Coconut (4.8%), Sugar, Desiccated Coconut (2.9%), Sunflower Oil, Modified Maize Starch, Salt, Skimmed Milk Yoghurt Powder, Spices, Curry Powder, Coriander, Acidity Regulators (Citric Acid), Garlic, Ginger Powder, Colour (Paprika Extract)). Peas, Carrots, Naan Bread (Wheat, Milk).* **ALLERGENS:** *GLUTEN, WHEAT MILK*
Dessert	**LOW FAT RICE PUDDING WITH FRUIT (100G)** INGREDIENTS: *Rice Pudding, Fruit.* **ALLERGENS:** *MILK*	**RASPBERRY MOUSSE CAKE (40G)** **INGREDIENTS:** *Water, Sugar, Palm Kernel Oil, Palm Oil, Wheat Flour, Egg, Milk Proteins, Raspberries, Emulsifiers, Glucose, Gelling Agents, Beetroot, Elderberry Juice, Dextrose, Salt, Wheat Starch.* **ALLERGENS:** *GLUTEN, EGG, MILK, SOYA, WHEAT*	**POACHED PEARS SERVED WITH CUSTARD (125G)** **INGREDIENTS:** *Pears, Sugar, Orange Juice, Cinnamon. Custard.* **ALLERGENS:** *MILK*	**CHOCOLATE BROWNIE (50G)** **INGREDIENTS:** *Wheat Flour, Vegetable Oil, Dried Glucose Syrup, Cocoa Powder, Egg Powder, Emulsifier, Salt, Chocolate Flavouring, Milk.* **ALLERGENS:** *EGG, GLUTEN, WHEAT, BARLEY, MILK, SOYA*	**ICE CREAM ROLL (90G)** **INGREDIENTS:** *Water, Sugar, Palm Oil, Milk, Buttermilk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour.* **ALLERGENS:** *MILK, EGG, SOYA, WHEAT, GLUTEN*
Dinner	**BEEF LASAGNE (175G)** **INGREDIENTS:** *Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Garlic, Lasagne Sheets, Béchamel Sauce, Oregano, Basil, Cheese.* **ALLERGENS:** *GLUTEN, MILK, WHEAT, EGG*	**SWEET & SOUR CHICKEN WITH RICE (190G)** **INGREDIENTS:** *Chicken Breast, Rice, Sweet And Sour Sauce (Sugar, Water, Tomato Purée, Pineapple, Spirit Vinegar, Maize Starch, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder), Mixed Vegetables.* **ALLERGENS:** *NONE*	**TOMATO & BASIL CHICKEN SERVED WITH BROCCOLI (200G)** **INGREDIENTS:** *Chicken, Tomato and Basil Sauce (Tomato, Sugar, Lemon, Onion, Starch, Maize, Salt, Garlic, Basil, Rapeseed Oil, Oregano, Black Pepper) Broccoli, Mixed Peppers, Carrots, Peas, Green Beans, Sweetcorn, Broad Beans.* **ALLERGENS:** *NONE*	**FISH FINGERS, MASHED POTATO & PEAS & SWEETCORN (195G)** **INGREDIENTS:** *Fish Fingers, Potatoes, Peas, Sweetcorn, Vegetable Margarine.* **ALLERGENS:** *WHEAT, GLUTEN, FISH*	**TURKEY RAGU & JACKET POTATO (200G)** **INGREDIENTS:** *Minced Turkey, Chopped Tomatoes, Passata, Diced Onion, Carrot, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato.* **ALLERGENS:** *NONE*
Dessert	**LEMON SPONGE (50G)** **INGREDIENTS:** *Lemon, Palm Oil, Cornflour, Egg, Caster Sugar, Vegetable Margarine, Vegetable Oil Self-Raising Flour* **ALLERGENS:** *WHEAT, GLUTEN, EGG*	**LOW FAT FRUIT YOGHURT (60G)** **INGREDIENTS:** *Water, Milk, Soya, Fruit Purée* **ALLERGENS:** *MILK, SOYA*	**PINEAPPLE SPONGE CAKE (50G)** **INGREDIENTS:** *Self-Raising Flour, Caster Sugar, Vegetable Margarine, Vegetable Oil, Pineapple,Egg* **ALLERGENS:** *EGG, GLUTEN, WHEAT*	**APRICOT FLAPJACK (50G)** **INGREDIENTS:** *Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Apricots, Vegetable Oil* **ALLERGENS:** *OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, WHEAT, SULPHITES*	**RASPBERRY MOUSSE (50G)** **INGREDIENTS:** *Water, Milk, Raspberry* **ALLERGENS:** *MILK*

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	**FIVE BEAN CHILLI CON CARNE WITH PITTA BREAD (200G)** **INGREDIENTS:** *Borlotti Beans, Kidney Beans, Cannellini Beans, Butter Beans, Chickpeas, Chilli Con Carne Sauce (Tomatoes, Kidney Beans, Onion, Red Pepper, Maize Starch, Sugar, Salt, Acidity Regulator, Cumin, Paprika, Coriander, Oregano, Garlic, Chilli, Cocoa Powder, Black Pepper). Pitta Bread.* **ALLERGENS:** *GLUTEN, WHEAT*	**SLOW COOKED LAMB & VEGETABLES SERVED WITH MASHED POTATO (200G)** **INGREDIENTS:** *Minced Lamb, Carrot, Swede, Peas, Gravy (Potato Starch, Cornflour, Salt, Onion, Citric Acid), Potato, Mixed Herbs, Garlic, Vegetable Margarine.* **ALLERGENS:** *NONE*	**SWEET & SOUR CHICKEN WITH RICE (190G)** **INGREDIENTS:** *Chicken Breast, Rice, Sweet and Sour Sauce (Sugar, Water, Tomato Purée, Pineapple, Spirit Vinegar, Maize Starch, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder), Mixed Vegetables.* **ALLERGENS:** *NONE*	**CHICKEN GOUJONS WITH SPAGHETTI & POTATO WEDGES (200G)** **INGREDIENTS:** *Chicken Goujons (Wheat, Pea Starch, Rapeseed Oil, Paprika, Sunflower Oil, Yeast Extract), Potatoes, Spaghetti (Water, Durum Wheat, Semolina, Maize Starch, Sugar, Salt, Wheat flour, Citric Acid, Rapeseed Oil, Onion, Paprika, Capsicum Extract, Tomato).* **ALLERGENS:** *WHEAT, GLUTEN*	**TUNA PASTA BAKE (200G)** **INGREDIENTS:** *Tri-Colour Pasta (Wheat, Semolina, Spinach), Tuna, Tomato Sauce (Onion, Salt, Citric Acid, Garlic, Basil, Oregano) Sweetcorn, Mixed Peppers, Oregano, Black Pepper, Cheese.* **ALLERGENS:** *GLUTEN, MILK, WHEAT, FISH*
Dessert	**ICE CREAM POT (80G** **INGREDIENTS:** *Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colourings.* **ALLERGENS:** *MILK*	**PINEAPPLE SPONGE CAKE (50G)** **INGREDIENTS:** *Self-Raising Flour, Caster Sugar, Vegetable Margarine, Vegetable Oil, Pineapple, Egg.* **ALLERGENS:** *EGG, GLUTEN, WHEAT*	**WHITE CHOCOLATE & MIXED FRUIT CRISPIE CAKE (50G)** **INGREDIENTS:** *White Chocolate, Mixed Fruit, Vegetable Margarine, Vegetable Oil, Rice Krispies.* **ALLERGENS:** *GLUTEN, BARLEY, WHEAT, MILK, SOYA, SULPHITES*	**STRAWBERRY CRUMBLE & CUSTARD (125G)** **INGREDIENTS:** *Strawberries (Citric Acid, Elderberry Extract), Crumble Topping, Custard.* **ALLERGENS:** *GLUTEN, WHEAT, EGG, MILK, SOYA*	**FRUIT SMOOTHIE (50G)** **INGREDIENTS:** *Fruit.* **ALLERGENS:** *NONE*
Dinner	**TURKEY BOLOGNESE BAKE (200G)** **INGREDIENTS:** *Minced Turkey, Carrot, Onion, Peppers, Sweetcorn, Chicken Bouillon (Corn Flour, Potato Starch, Salt, Onion Powder, Turmeric, Garlic, Palm Oil, Sugar) Garlic, Basil, Oregano, Tomato Passata, Tri-Colour Pasta (Semolina, Spinach Powder, Tomato Powder), Cheese.* **ALLERGENS:** *GLUTEN, WHEAT, MILK*	**FISHCAKES, POTATO CROQUETTE, BAKED BEANS. (190G)** **INGREDIENTS:** *Fishcake (White Fish) , Potato Croquette, (Wheat Flour, Palm Oil, Water, Salt, Milk, Yeast, Nutmeg, Paprika, Pepper), Baked (Haricot) Beans, Water, Sugar, Salt, Onion, Paprika, Tomato.* **ALLERGENS:** *FISH, GLUTEN, WHEAT, MILK*	**CHEESY BEAN & POTATO PIE (200G)** **INGREDIENTS:** *Potato, Cheese, Baked Beans, Chives, Milk, Tomatoes.* **ALLERGENS:** *MILK*	**BBQ CHICKEN & MED VEGETABLES WITH RICE (195G)** **INGREDIENTS:** *Chicken, BBQ Sauce (Tomato, Fructose Syrup, Spirit Vinegar, Molasses, Cornflour, Salt, Smoke Flavouring, Onion Powder, Potassium Sorbate, Garlic), Courgette, Mixed Peppers, Long Grain Rice.* **ALLERGENS:** *NONE*	**VEGETARIAN COTTAGE PIE (200G)** **INGREDIENTS:** *Carrot, Peas, Onion, Garlic, Swede, Sunflower Oil, Meat Free Mince (Textured Soya Protein, Yeast Extract, Onion Powder, Dextrose, Salt, Malt Dextrin, Citric Acid, White Pepper) Vegetable Gravy, Black Pepper, Potato, Broccoli, Vegetable Margarine* **ALLERGENS:** *SOYA*
Dessert	**ICE CREAM & WAFERS (50G)** **INGREDIENTS:** *Milk, Wafers.* **ALLERGENS:** *MILK, WHEAT, GLUTEN, SOYA*	**ICE CREAM ROLL (90G)** **INGREDIENTS:** *Water, Sugar, Palm Oil, Milk, Buttermilk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour.* **ALLERGENS:** *MILK, EGG, SOYA, WHEAT, GLUTEN*	**LOW FAT RICE PUDDING WITH FRUIT (100G)** **INGREDIENTS:** *Rice Pudding, Fruit.* **ALLERGENS:** *MILK*	**RASPBERRY MOUSSE CAKE (40G)** **INGREDIENTS:** *Water, Sugar, Palm Kernel Oil, Palm Oil, Wheat Flour, Egg, Milk Proteins, Raspberries, Emulsifiers, Glucose, Gelling Agents, Beetroot, Elderberry Juice, , Dextrose, Salt, Wheat Starch.* **ALLERGENS:** *GLUTEN, EGG, MILK, SOYA, WHEAT*	**POACHED PEARS SERVED WITH CUSTARD (125G)** **INGREDIENTS:** *Pears, Sugar, Orange Juice, Cinnamon, Custard.* **ALLERGENS:** *MILK*