



## Winter Regular Menu 2019 Inc Weight Per Portion Ver 1.6 – *\*This menu is subject to change. See website for the current version.*

WEEK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	<b>Beef Chilli (100g) Served With Jacket Potato (90g)</b>	Minced Beef, Kidney Beans, Tomato, Red Pepper, Cumin, Paprika, Oregano, Garlic, Carrot, Swede, Onion, Chilli Powder, Jacket Potato <b>ALLERGENS: NONE</b>	<b>Easi-Yo Fruit Yoghurt (60G)</b>	Water, Milk, Soy Lecithin, Fruit Puree <b>ALLERGENS: MILK, SOYA</b>	<b>Sweet And Sour Chicken With Ric7e (190G)</b>	Chicken, Tomato, Pineapple, Sugar, Vinegar, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, Rice <b>ALLERGENS: NONE</b>	<b>Chocolate Brownie (50g)</b>	Flour, Cocoa Powder, Baking Powder, Caster Sugar, Vanilla Essence, Egg, Vegetable Margarine <b>ALLERGENS: EGG, GLUTEN, WHEAT, MILK</b>
TUE	<b>Chicken Casserole (200g)</b>	Chicken, Carrot, Potato, Cauliflower, Broccoli, Onion, Vegetable Gravy, Mixed Herbs, Black Pepper <b>ALLERGENS: NONE</b>	<b>Ginger Cake (60g)</b>	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Ground Ginger, Egg <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA</b>	<b>Breaded Fishcakes, Potatoes In Parsley Butter, Peas And Sweetcorn. (210G)</b>	Fishcake, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn <b>ALLERGENS: FISH, GLUTEN, WHEAT</b>	<b>Easi-Yo Fruit Yoghurt (60G)</b>	Water, Milk, Soy Lecithin, Fruit Puree <b>ALLERGENS: MILK, SOYA</b>
WED	<b>Creamy Fish Pie Topped With Carrot And Swede Mash (175g) With Green Beans(40g)</b>	Mixed Fish Pieces, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce, Parsley, Black Pepper, Garlic <b>ALLERGENS: FISH, GLUTEN, MILK, WHEAT</b>	<b>Fruit Shortbread (50g)</b>	Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour <b>ALLERGENS: GLUTEN, WHEAT, SULPHITES</b>	<b>Minted Lamb Hotpot (200g)</b>	Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Vegetable Gravy, Mint Sauce <b>ALLERGENS: NONE</b>	<b>Poached Pears (65g) Served With Custard (60g)</b>	Pears, Orange Juice, Cinnamon, Custard <b>ALLERGENS: MILK</b>
THU	<b>Chicken Meatball Ragu (120g) Rice (100g)</b>	Chicken Meatballs, Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice <b>ALLERGENS: WHEAT, GLUTEN</b>	<b>Apple &amp; Blackberry Crumble (65g) And Custard (60g)</b>	Apple, Blackberries, Crumble Mix, Ready To Pour Custard <b>ALLERGENS: GLUTEN, MILK, WHEAT</b>	<b>Somerset Pork And Apple Casserole (110g) With Rice (90g)</b>	Minced Pork, Carrot, Mixed Herbs, Leek, Onion, Swede, Courgette, Stuffing Mix, Apple Sauce, Rice, Vegetable Gravy <b>ALLERGENS: WHEAT, GLUTEN</b>	<b>Chocolate Crispy Cake (50g)</b>	Rice Crispies, Chocolate <b>ALLERGENS: BARLEY, GLUTEN, SOYA, MILK</b>
FRI	<b>Sausage And Bean Hotpot (120g) Served With Mashed Potato (60g)</b>	Pork Sausages, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Vegetable Gravy <b>ALLERGENS: WHEAT, GLUTEN, SULPHITES</b>	<b>Fruit Jelly (50G)</b>	Fruit, Sugar, Flavourings <b>ALLERGENS: NONE</b>	<b>Beef Lasagne (167g)</b>	Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Passata, Garlic, Lasagne Sheets, Béchamel Sauce, Oregano, Basil, Cheese <b>ALLERGENS: GLUTEN, MILK, WHEAT, EGG</b>	<b>Ice Cream Roll (80g)</b>	Milk, Wheat, Egg, Soya <b>ALLERGENS: GLUTEN, WHEAT, MILK, EGG, SOYA</b>



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WEEK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	<b>Chicken And Vegetable Curry (100g) With Rice (70g)</b>	Diced Chicken, Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain Rice, Ginger <b>ALLERGENS: NONE</b>	<b>Strawberry Ice-Cream Pot (90G)</b>	Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red) <b>ALLERGENS: MILK</b>	<b>Creamy Fish Pie Topped With Carrot And Swede Mash (130g) Served With Green Beans (40g)</b>	Mixed Fish Pieces, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce, Parsley, Black Pepper, Garlic <b>ALLERGENS: FISH, GLUTEN, MILK, WHEAT</b>	<b>Fruit Shortbread (50g)</b>	Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour <b>ALLERGENS: GLUTEN, WHEAT, SULPHITES</b>
TUE	<b>Roast Beef Dinner With Yorkshire Pudding (180g)</b>	Vegetable Gravy, Beef, Potato, Carrots, Yorkshire Pudding, Peas. <b>ALLERGENS: WHEAT, GLUTEN, EGG, MILK</b>	<b>Jam And Coconut Sponge Cake (60g)</b>	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Coconut, Egg, Fruit Jam <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES</b>	<b>Sausage And Bean Hotpot (120g) Served With Mashed Potato (60g)</b>	Pork Sausages, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Vegetable Gravy <b>ALLERGENS: WHEAT, GLUTEN, SULPHITES</b>	<b>Ginger Cake (60g)</b>	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Ground Ginger, Egg <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA</b>
WED	<b>Shepherd's Pie (180g)</b>	Minced Lamb, Carrot, Peas, Onion, Garlic, Tomato Puree, Swede, Turnip, Vegetable Gravy, Mixed Herbs, Potato, Vegetable Margarine <b>ALLERGENS: NONE</b>	<b>Rice Pudding And Sultanas (100g)</b>	Pudding Rice, Milk, Sultanas <b>ALLERGENS: MILK</b>	<b>Chicken Casserole (200g)</b>	Chicken, Carrot, Potato, Cauliflower, Broccoli, Onion, Vegetable Gravy, Mixed Herbs, Black Pepper <b>ALLERGENS: NONE</b>	<b>Easi-Yo Fruit Yoghurt (60G)</b>	Water, Milk, Soy Lecithin, Fruit Puree <b>ALLERGENS: MILK, SOYA</b>
THU	<b>Sweet And Sour Chicken (110g) With Rice (80g)</b>	Chicken, Tomato, Pineapple, Sugar, Vinegar, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, Rice <b>ALLERGENS: NONE</b>	<b>Fruit Smoothie (50g)</b>	Fruit <b>ALLERGENS: NONE</b>	<b>Beef Chilli (100g) Served With Jacket Potato (90g)</b>	Minced Beef, Kidney Beans, Tomato, Red Pepper, Cumin, Paprika, Oregano, Garlic, Carrot, Swede, Onion, Chilli Powder, Jacket Potato <b>ALLERGENS: NONE</b>	<b>Apple &amp; Blackberry Crumble (65g) And Custard (60g)</b>	Apple, Blackberries, Crumble Mix, Ready To Pour Custard <b>ALLERGENS: GLUTEN, MILK, WHEAT</b>
FRI	<b>Breaded Fish Fingers (50g), Baked Beans (55g) And Mashed Potato(90g)</b>	<b>Breaded Fish Fingers</b> , Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine <b>ALLERGENS: FISH, GLUTEN, WHEAT</b>	<b>Fruit Flapjack (50G)</b>	Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit <b>ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, SULPHITES</b>	<b>Chicken, Leek And Vegetable Pie (200g)</b>	Chicken, Leek, Potato, Cornflour, Broccoli, Seasoning, Black Pepper, Carrots, Peas <b>ALLERGENS: NONE</b>	<b>Chocolate Crispy Cake (50g)</b>	Rice Crispies, Chocolate <b>ALLERGENS: BARLEY, GLUTEN, SOYA, MILK</b>



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WEEK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	<b>Somerset Pork And Apple Casserole (110g) With Rice (90g)</b>	Minced Pork, Carrot, Mixed Herbs, Leek, Onion, Swede, Courgette, <b>Stuffing Mix</b> , Apple Sauce, Rice, Vegetable Gravy <b>ALLERGENS: WHEAT, GLUTEN</b>	<b>Poached Pears (65g) Served With Custard (60g)</b>	Pears, Orange Juice, Cinnamon, <b>Custard</b> <b>ALLERGENS: MILK</b>	<b>Breaded Fish Fingers (50g), Baked Beans (55g) And Mashed Potato(90g)</b>	<b>Breaded Fish Fingers</b> , Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine <b>ALLERGENS: FISH, GLUTEN, WHEAT</b>	<b>Jam And Coconut Sponge Cake (60g)</b>	<b>Wheat Flour, Soya Flour</b> , Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, <b>Coconut, Egg, Fruit Jam</b> <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES</b>
TUES	<b>Chicken, Leek And Vegetable Pie (200g)</b>	Chicken, Leek, Potato, Cornflour, Broccoli, Seasoning, Black Pepper, Carrots, Peas <b>ALLERGENS: NONE</b>	<b>Chocolate Crispy Cake (50g)</b>	Rice Crispies, Chocolate <b>ALLERGENS: BARLEY, GLUTEN, SOYA, MILK</b>	<b>Chicken Meatball Ragu (120g) Rice (100g)</b>	<b>Chicken Meatballs</b> , Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice <b>ALLERGENS: WHEAT, GLUTEN</b>	<b>Rice Pudding And Sultanas (100g)</b>	<b>Pudding Rice</b> , Milk, Sultanas <b>ALLERGENS: MILK GLUTEN, SOYA, SESAME</b>
WED	<b>Beef Lasagne (167g)</b>	Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Passata, Garlic, <b>Lasagne Sheets, Béchamel Sauce</b> , Oregano, Basil, <b>Cheese</b> <b>ALLERGENS: GLUTEN, MILK, WHEAT, EGG</b>	<b>Ice Cream Roll (80g)</b>	Milk, Wheat, Egg, Soya <b>ALLERGENS: GLUTEN, WHEAT, MILK, EGG, SOYA</b>	<b>Shepherd's Pie (180g)</b>	Minced Lamb, Carrot, Peas, Onion, Garlic, Tomato Puree, Swede, Turnip, Vegetable Gravy, Mixed Herbs, Potato, Vegetable Margarine <b>ALLERGENS: NONE</b>	<b>Fruit Flapjack (50G)</b>	Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit <b>ALLERGENS: OATS, GLUTEN, BARLEY, EGGS, SOYA, MILK, SULPHITES</b>
THU	<b>Breaded Fishcakes, Potatoes In Parsley Butter, Peas And Sweetcorn. (210G)</b>	<b>Fishcake</b> , New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn <b>ALLERGENS: FISH, GLUTEN, WHEAT</b>	<b>Chocolate Brownie (50g)</b>	Flour, Cocoa Powder, <b>Baking Powder</b> , Caster Sugar, Vanilla Essence, Egg, Vegetable Margarine, Salt, Syrup <b>ALLERGENS: EGG, GLUTEN, WHEAT, MILK</b>	<b>Chicken And Vegetable Curry (100g) With Rice (70g)</b>	Diced Chicken, Broccoli, Cauliflower, Carrots, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain Rice, Ginger <b>ALLERGENS: NONE</b>	<b>Strawberry Ice-Cream Pot (90g)</b>	Water, Sugar, Palm Oil, <b>Milk</b> , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red) <b>ALLERGENS: MILK</b>
FRI	<b>Minted Lamb Hotpot (200g)</b>	Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Vegetable Gravy, Mint Sauce <b>ALLERGENS: NONE</b>	<b>Easi-Yo Fruit Yoghurt (60G)</b>	Water, Milk, Soy <b>Lecithin</b> , Fruit Puree <b>ALLERGENS: MILK, SOYA</b>	<b>Roast Beef Dinner With Yorkshire Pudding (180g)</b>	Vegetable Gravy, Beef, Potato, Carrots, <b>Yorkshire Pudding</b> , Peas. <b>ALLERGENS: WHEAT, GLUTEN, EGG, MILK</b>	<b>Fruit Smoothie (50g)</b>	Fruit <b>ALLERGENS: NONE</b>