

WEEK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Winter vegetable risotto (210g)	Carrot, Peas, Swede, Turnip, Mixed herbs, Chickpeas, Vegetable gravy , Black pepper, Rice, Garlic ALLERGENS: WHEAT, BARLEY, SOYA, GLUTEN, CELERY	Muller Little Stars fromage frais (60g)	Fromage Frais, Water, Sugar, Corn flour (Strawberry: Strawberry puree, Beetroot Juice concentrate) (Raspberry: Raspberry Puree, Carrot juice concentrate) (Peach: Peach Puree) ALLERGENS: MILK	Cottage pie (180g)	Minced beef, Carrot, Peas, Onion, Garlic, Tomato puree, Swede, Turnip, Vegetable gravy , Mixed herbs, Potato, Vegetable margarine ALLERGENS: CELERY, WHEAT, BARLEY, SOYA, GLUTEN	Carrot cake (55g)	Vegetable oil, Eggs, Cinnamon, Carrots, Brown sugar, Wholemeal flour , Sultanas, Nutmeg, Mixed spice , Bicarbonate of soda, Baking powder ALLERGENS: EGGS, GLUTEN, WHEAT, MILK
TUE	Beef chilli (100g) served with potato wedges (90g)	Minced beef, Kidney beans, Tomato, Passata, Carrot, Swede, Onion, Chilli powder, Skin on potato wedges ALLERGENS: NONE	Ginger cake (60g)	Self-raising flour, Vegetable margarine, Bicarbonate of soda, Caster sugar, Milk, Golden syrup, Ground ginger, Egg ALLERGENS: EGG, GLUTEN, MILK, WHEAT	Fish in Parsley Sauce (140g) with Potato Croquettes (60g)	White fish, Salmon, Smoked haddock, Milk, Corn Flour, Wheat Flour, Egg, Parsley, Celery, Black pepper, Onion, Peas, Sweetcorn ALLERGENS: FISH, EGG, GLUTEN, MILK, WHEAT, CELERY	Poached Pears (65g) served with Custard (60g)	Pears, Orange juice, Cinnamon, Custard ALLERGENS: MILK
WED	Creamy fish pie topped with carrot and swede mash (175g) with green beans(40g)	White fish, Salmon, Smoked haddock, Carrot & Swede, Sweetcorn, Peas, Green beans, Potatoes, Béchamel Sauce, Parsley, Black pepper, Garlic, ALLERGENS: FISH, GLUTEN, MILK, WHEAT, CELERY	Apple crumble (65g) and custard (60g)	Apple, Crumble Mix, Ready to pour custard ALLERGENS: GLUTEN, MILK, EGG, WHEAT, SOYA	Minted lamb hotpot (220g)	Minced lamb, Carrot, Broccoli, Sweet potato, Onion, Cauliflower, Potato, Mixed herbs, Vegetable gravy , Mint sauce ALLERGENS: CELERY, WHEAT, BARLEY, SOYA, GLUTEN	Chocolate brownie (50g)	Flour, Cocoa powder, Baking Powder , Caster sugar, Vanilla essence, Egg, Vegetable Margarine ALLERGENS: EGG, GLUTEN, WHEAT, MILK
THU	Sausage and bean hotpot (120g) served with mashed potato (60g)	Pork sausages, Baked beans, Borlotti beans, Flageolet beans, Cannellini beans, Butter beans, Mixed herbs, Potato, Vegetable margarine, Vegetable gravy ALLERGENS: WHEAT, GLUTEN, CELERY, SULPHITES, SOYA, BARLEY	Mixed Fruit Scone (60g)	Wheat Flour, Sugar, Vegetable Oil, Milk, Sultanas, Raisins, Currants, Orange, Lemon, Egg ALLERGENS: GLUTEN, MILK, EGG, SOYA, WHEAT	Sweet and sour turkey with rice (190g)	Turkey breast, Rice, Sweet and Sour Sauce (Sugar, Carrot, Onion, Pineapple, Sugar, Sliced Green Peppers, Tomato, White Rice Vinegar, Sliced Red Peppers, Modified Maize Starch, Spirit Vinegar, Bamboo Shoots, Rapeseed Oil, Ginger, Garlic Puree, Salt), Mixed Vegetables. ALLERGENS: NONE	White Chocolate and Apricot crispy cake (50g)	Rice Crispies, Apricots, White Chocolate ALLERGENS: BARLEY, GLUTEN, SULPHITES, SOYA, MILK
FRI	Chicken Meatball Ragu (120g) Rice (100g)	Chicken Meatballs, Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice ALLERGENS: WHEAT, GLUTEN, SOYA, SULPHITES	Apricot and chocolate cookie (50g)	Apricots, Vegetable margarine, Light brown sugar, Cocoa powder, Milk, Self-raising flour, Oats ALLERGENS: GLUTEN, MILK, SULPHITES, WHEAT	Somerset pork and apple casserole (110g) with rice (90g)	Minced pork, Carrot, Celery, Mixed herbs, Leek, Onion, Stuffing mix , Apple, Rice, Vegetable gravy ALLERGENS: BARLEY, CELERY, GLUTEN, SOYA, WHEAT, MILK	Muller Little Stars fromage frais (60g)	Fromage Frais, Water, Sugar, Corn flour (Strawberry: Strawberry puree, Beetroot Juice concentrate) (Raspberry: Raspberry Puree, Carrot juice concentrate) (Peach: Peach Puree) ALLERGENS: MILK

WEEK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Beef lasagne (167g)	Beef mince, Carrot, Broccoli, Onion, Mixed peppers, Swede, Tomato, Passata, Garlic, Lasagne sheets , Bechamel Sauce , Oregano, Basil, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, EGG	Strawberry ice-cream pot (90g)	Water, Sugar, Palm oil, Milk , Vegetable margarine , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot red) ALLERGENS: MILK	Creamy fish pie topped with carrot and swede mash (130g) served with green beans (40g)	White fish , Salmon, Smoked haddock , Carrot & Swede , Sweetcorn, Peas, Green beans, Potatoes, Béchamel Sauce , Parsley, Black pepper, Garlic ALLERGENS: FISH, GLUTEN, MILK, WHEAT, CELERY	Apple crumble (65g) and custard (60g)	Apple, Crumble Mix , Ready to pour custard ALLERGENS: GLUTEN, MILK, EGG, WHEAT, SOYA
TUE	Chicken and mixed bean risotto (180g)	Vegetable Gravy , Chicken, Carrot, Onion, Mixed beans, Sweetcorn, Rice, Mixed herbs, Garlic, Black Pepper, ALLERGENS: WHEAT, BARLEY, CELERY, SOYA, GLUTEN	Rice pudding and sultanas (100g)	Rice pudding , Sultanas ALLERGENS: MILK	Chicken Meatball Ragu (120g) Rice (100g)	Chicken Meatballs , Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice ALLERGENS: WHEAT, GLUTEN, SOYA, SULPHITES	Ginger cake (60g)	Self-raising flour , Vegetable margarine, Bicarbonate of soda , Caster sugar, Milk , Golden syrup, Ground ginger, Egg ALLERGENS: EGG, GLUTEN, MILK, WHEAT
WED	Lentil and vegetable curry (100g) served with rice (70g)	Sweet potato, White potato, Broccoli, Cauliflower, Red lentils , Onion, Turmeric, Tomato, Mild curry powder, Rice ALLERGENS: GLUTEN	Jam and coconut sponge cake (60g)	Eggs , Caster sugar, Vegetable Margarine, Self-raising flour , Strawberry jam, Desiccated coconut ALLERGENS: EGG, GLUTEN, SULPHITES, WHEAT	Beef chilli (100g) served with potato wedges (90g)	Minced beef, Kidney beans, Tomato, Passata, Carrot, Swede, Onion, Chilli powder, Skin on potato wedges ALLERGENS: NONE	Muller Little Stars fromage frais (60G)	Fromage Frais , Water, Sugar, Corn flour (Strawberry: Strawberry puree, Beetroot Juice concentrate) (Raspberry: Raspberry Puree, Carrot juice concentrate) (Peach: Peach Puree) ALLERGENS: MILK
THU	Cottage pie (180g)	Minced beef, Carrot, Peas, Onion, Garlic, Tomato puree, Swede, Turnip, Vegetable gravy , Mixed herbs, Potato, Vegetable margarine ALLERGENS: CELERY, WHEAT, BARLEY, SOYA, GLUTEN	Banana muffin (70g)	Bananas, Egg , Caster sugar, Bicarbonate of soda , Vegetable margarine, Self-raising flour ALLERGENS: EGG, GLUTEN, MILK, WHEAT	Winter vegetable risotto (210g)	Carrot, Peas, Swede, Turnip, Mixed herbs, Chickpeas, Vegetable gravy , Black pepper, Rice, Garlic ALLERGENS: WHEAT, BARLEY, SOYA, GLUTEN, CELERY	Mixed Fruit Scone (60g)	Wheat Flour , Sugar, Vegetable Oil, Milk , Sultanas, Raisins, Currants, Orange, Lemon, Egg ALLERGENS: GLUTEN, MILK, EGG, SOYA, WHEAT
FRI	Breaded cod fish fingers (50g), baked beans (55g) and mashed potato (90g)	Breaded cod fish fingers , Baked beans in tomato sauce, Potatoes, Vegetable margarine ALLERGENS: FISH, GLUTEN, WHEAT	Apple tart (60g) served with Custard (60g)	Apple, Ready rolled pastry , Custard ALLERGENS: GLUTEN, MILK, WHEAT	Creamy Chicken Supreme (200g)	Chicken, Peas, Sweetcorn, Carrot, Potato, Onion, Bechamel Sauce , Sage ALLERGENS: MILK, GLUTEN, WHEAT	Apricot and chocolate cookie (50g)	Apricots , Vegetable margarine, Light brown sugar, Cocoa powder, Milk , Self-raising flour , Oats ALLERGENS: GLUTEN, MILK, SULPHITES, WHEAT

WEEK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Sweet and sour turkey with rice (190G)	Turkey breast, Rice, Sweet and Sour Sauce (Sugar, Carrot, Onion, Pineapple, Sugar, Sliced Green Peppers, Tomato, White Rice Vinegar, Sliced Red Peppers, Modified Maize Starch, Spirit Vinegar, Bamboo Shoots, Rapeseed Oil, Ginger, Garlic Puree, Salt), Mixed Vegetables. ALLERGENS: NONE	Muller Little Stars fromage frais (60G)	Fromage Frais, Water, Sugar, Corn flour (Strawberry: Strawberry puree, Beetroot Juice concentrate) (Raspberry: Raspberry Puree, Carrot juice concentrate) (Peach: Peach Puree) ALLERGENS: MILK	Breaded cod fish fingers (50g), baked beans (55g) and mashed potato (90g)	Breaded cod fish fingers , Baked beans in tomato sauce, Potatoes, Vegetable margarine ALLERGENS: FISH, GLUTEN, WHEAT	Jam and coconut sponge cake (60g)	Eggs, Caster sugar, Vegetable Margarine, Self-raising flour, Strawberry jam, Desiccated coconut ALLERGENS: EGG, GLUTEN, SULPHITES, WHEAT
TUES	Somerset pork and apple casserole (110g) with rice (90g)	Minced pork, Carrot, Celery, Mixed herbs, Leek, Onion, Stuffing mix , Apple, Rice, Vegetable gravy ALLERGENS: BARLEY, CELERY, GLUTEN, SOYA, WHEAT, MILK	Carrot cake (55G)	Vegetable oil, Eggs, Cinnamon, Carrots, Brown sugar, Wholemeal flour , Sultanas, Nutmeg, Mixed spice , Bicarbonate of soda, Baking powder ALLERGENS: EGGS, GLUTEN, WHEAT, MILK	Sausage and bean hotpot (120g) served with mashed potato (60g)	Pork sausages , Baked beans, Berlotti beans, Flageolet beans, Cannellini beans, Butter beans, Mixed herbs, Potato, Vegetable margarine, Vegetable gravy ALLERGENS: WHEAT, GLUTEN, CELERY, SULPHITES, SOYA, BARLEY	Rice pudding and sultanas (100g)	Rice pudding , Sultanas ALLERGENS: MILK
WED	Creamy Chicken Supreme (200g)	Chicken, Peas, Sweetcorn, Carrot, Potato, Onion, Bechamel Sauce , Sage ALLERGENS: MILK, GLUTEN, WHEAT	Chocolate brownie (50g)	Flour , Cocoa powder, Baking Powder , Caster sugar, Vanilla essence, Egg, Vegetable Margarine ALLERGENS: EGG, GLUTEN, WHEAT, MILK	Beef lasagne (167g)	Beef mince, Carrot, Broccoli, Onion, Mixed peppers, Swede, Tomato, Passata, Garlic, Lasagne sheets , Bechamel Sauce , Oregano, Basil, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, EGG	Strawberry ice-cream pot (90G)	Water, Sugar, Palm oil, Milk , Vegetable margarine , Milk , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot red) ALLERGENS: MILK
THU	Minted lamb hotpot (220g)	Minced lamb, Carrot, Broccoli, Sweet potato, Onion, Cauliflower, Potato, Mixed herbs, Vegetable gravy , Mint sauce ALLERGENS: CELERY, WHEAT, BARLEY, SOYA, GLUTEN	Poached Pears (65g) served with Custard (60g)	Pears, Orange juice, Cinnamon, Custard ALLERGENS: MILK	Chicken and mixed bean risotto (180g)	Vegetable Gravy , Chicken, Carrot, Onion, Mixed beans, Sweetcorn, Rice, Mixed herbs, Garlic, Black Pepper, ALLERGENS: WHEAT, BARLEY, CELERY, SOYA, GLUTEN	Banana muffin (70g)	Bananas, Egg, Caster sugar, Bicarbonate of soda , Vegetable margarine, Self-raising flour ALLERGENS: EGG, GLUTEN, MILK, WHEAT
FRI	Fish in Parsley Sauce (140g) with Potato Croquettes (60g)	White fish , Salmon, Smoked haddock , Milk , Corn Flour, Wheat Flour , Egg, Parsley, Celery, Black pepper, Onion, Peas, Sweetcorn ALLERGENS: FISH, EGG, GLUTEN, MILK, WHEAT, CELERY	White Chocolate and Apricot crispy cake (50g)	Rice Crispies, Apricots, White Chocolate ALLERGENS: BARLEY, GLUTEN, SULPHITES, SOYA, MILK	Lentil and vegetable curry (100g) served with rice (70g)	Sweet potato, White potato, Broccoli, Cauliflower, Red lentils , Onion, Turmeric, Tomato, Mild curry powder, Rice ALLERGENS: GLUTEN	Apple tart (60g) served with Custard (60g)	Apple, Ready rolled pastry , Custard ALLERGENS: GLUTEN, MILK, WHEAT