

WEEK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Winter vegetable risotto (210g)	Carrot, Peas, Swede, Turnip, Mixed herbs, Chickpeas, <b>Vegetable gravy</b> , Black pepper, Rice, Garlic <b>ALLERGENS: WHEAT, BARLEY, SOYA, GLUTEN, CELERY</b>	<b>Muller Little Stars fromage frais (60g)</b>	<b>Fromage Frais</b> , Water, Sugar, Corn flour (Strawberry: Strawberry puree, Beetroot Juice concentrate) (Raspberry: Raspberry Puree, Carrot juice concentrate) (Peach: Peach Puree) <b>ALLERGENS: MILK</b>	<b>Vegetarian cottage pie (180g)</b>	<b>Meat free mince</b> , Carrot, Celery, Peas, Onion, Garlic, Tomato puree, Swede, Turnip, <b>Vegetable gravy</b> , Mixed herbs, Potato, Vegetable margarine <b>ALLERGENS: CELERY, SOYA, WHEAT, BARLEY, GLUTEN</b>	<b>Carrot cake (55G)</b>	Vegetable oil, Eggs, Cinnamon, Carrots, Brown sugar, <b>Wholemeal flour</b> , Sultanas, Nutmeg, <b>Mixed spice</b> , Bicarbonate of soda, <b>Baking powder</b> <b>ALLERGENS: EGGS, GLUTEN, WHEAT, MILK</b>
TUE	Vegetarian chilli (100g) served with potato wedges (90g)	<b>Meat free mince</b> , Kidney beans, Tomato, Passata, Carrot, Onion, Swede, Chilli powder, Skin on potato wedges <b>ALLERGENS: GLUTEN, SOYA, BARLEY</b>	<b>Ginger cake (60g)</b>	<b>Self-raising flour</b> , Vegetable margarine, <b>Bicarbonate of soda</b> , Caster sugar, Milk, Golden syrup, Ground ginger, Egg <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT</b>	<b>Quorn in Parsley Sauce (140g) with Potato Croquettes (60g)</b>	<b>Quorn, Milk</b> , Corn Flour, <b>Wheat Flour</b> , Egg, Parsley, Celery, Black pepper, Onion, Peas, Sweetcorn <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT, CELERY</b>	<b>Poached Pears (65g) served with Custard (60g)</b>	Pears, Orange juice, Cinnamon, <b>Ready to pour custard</b> <b>ALLERGENS: MILK</b>
WED	Mixed bean pie topped with carrot and swede mash (130g) with green beans(40g)	Mixed Beans, <b>Carrot &amp; Swede</b> , Sweetcorn, Peas, Green beans, Potatoes, <b>Béchamel Sauce</b> , Parsley, Black pepper, Garlic <b>ALLERGENS: GLUTEN, MILK, WHEAT, CELERY</b>	<b>Apple crumble (65g) and custard (60g)</b>	Apple, <b>Crumble Mix</b> , <b>Ready to pour custard</b> <b>ALLERGENS: GLUTEN, MILK, EGG, WHEAT, SOYA</b>	<b>Minted meat free mince and vegetable hotpot (220g)</b>	<b>Meat free mince</b> , Carrot, Broccoli, Sweet potato, Courgette, Sweetcorn, Peas, Cauliflower, Potato, Mixed herbs, <b>Vegetable gravy</b> , Mint sauce <b>ALLERGENS: CELERY, BARLEY, WHEAT GLUTEN, SOYA</b>	<b>Chocolate brownie (50g)</b>	<b>Flour</b> , Cocoa powder, <b>Baking Powder</b> , Caster sugar, Vanilla essence, Egg, Vegetable Margarine <b>ALLERGENS: EGG, GLUTEN, WHEAT, MILK</b>
THU	Vegetarian sausage and bean hotpot (120g) with mashed potato (60g)	<b>Vegetarian sausages</b> , Baked beans, Borlotti beans, Flageolet beans, Cannellini beans, Butter beans, Mixed herbs, Potato, Vegetable margarine, <b>Vegetable gravy</b> <b>ALLERGENS: WHEAT, GLUTEN, SULPHITES, SOYA, CELERY, BARLEY</b>	<b>Mixed Fruit Scone (60g)</b>	<b>Wheat Flour</b> , Sugar, Vegetable Oil, Milk, Sultanas, Raisins, Currants, Orange, Lemon, Egg <b>ALLERGENS: GLUTEN, MILK, EGG, SOYA, WHEAT</b>	<b>Sweet and sour turkey style strips with rice (190g)</b>	<b>Meat Free Turkey Style Strips</b> , 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. <b>ALLERGENS: GLUTEN, WHEAT, SOYA</b>	<b>White Chocolate and Apricot crispy cake (50g)</b>	Rice Crispies, Apricots, <b>White Chocolate</b> <b>ALLERGENS: BARLEY, GLUTEN, SULPHITES, SOYA, MILK</b>
FRI	Quorn Meatball Ragu (120g) Rice (100g)	<b>Quorn Meatballs</b> , Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice <b>ALLERGENS: WHEAT, BARLEY, GLUTEN, EGG</b>	<b>Apricot and chocolate cookie (50g)</b>	Apricots, Vegetable margarine, Light brown sugar, Cocoa powder, Milk, <b>Self-raising flour</b> , Oats <b>ALLERGENS: GLUTEN, MILK, SULPHITES, WHEAT</b>	<b>Meat free mince and apple casserole (110g) with rice (90g)</b>	<b>Meat free mince</b> , Carrot, Celery, Leek, Onion, Mixed herbs, <b>Stuffing mix</b> , Apple, Rice, <b>Vegetable gravy</b> <b>ALLERGENS: BARLEY, CELERY, GLUTEN, MILK, SOYA, WHEAT</b>	<b>Muller Little Stars fromage frais (60G)</b>	<b>Fromage Frais</b> , Water, Sugar, Corn flour (Strawberry: Strawberry puree, Beetroot Juice concentrate) (Raspberry: Raspberry Puree, Carrot juice concentrate) (Peach: Peach Puree) <b>ALLERGENS: MILK</b>

WEEK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Vegetarian lasagne (167g)	Meat free mince, Carrot, Broccoli, Onion, Mixed peppers, Swede, Tomato, Passata, Garlic, Lasagne sheets, Bechamel Sauce, Oregano, Basil, Cheese <b>ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA, EGG</b>	Strawberry ice-cream pot (90G)	Water, Sugar, Palm oil, Milk, Buttermilk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot red) <b>ALLERGENS, MILK</b>	Mixed bean pie topped with carrot & swede mash (130g) with green beans (40g)	Mixed Beans, Carrot & Swede, Sweetcorn, Peas, Green beans, Potatoes, Béchamel Sauce, Parsley, Black pepper, Garlic <b>ALLERGENS: GLUTEN, MILK, WHEAT, CELERY</b>	Apple crumble (65g) and custard (60g)	Apple, Crumble Mix, Ready to pour custard <b>ALLERGENS: GLUTEN, MILK, EGG, WHEAT, SOYA</b>
TUE	Chicken style strips and mixed bean risotto (180g)	Vegetable Gravy, Chicken style strips, Carrot, Onion, Mixed beans, Sweetcorn, Rice, Mixed herbs, Garlic, Black Pepper <b>ALLERGENS: WHEAT, BARLEY, CELERY, SOYA, GLUTEN</b>	Rice pudding and sultanas (100g)	Rice pudding, Sultanas <b>ALLERGENS: MILK</b>	Quorn Meatball Ragu (120g) Rice (100g)	Quorn Meatballs, Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice <b>ALLERGENS: WHEAT, BARLEY, GLUTEN, EGG</b>	Ginger cake (60g)	Self-raising flour, Vegetable margarine, Bicarbonate of soda, Caster sugar, Milk, Golden syrup, Ground ginger, Egg <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT</b>
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 <b>ALLERGENS: GLUTEN</b>	Jam and coconut sponge cake (60g)	Eggs, Caster sugar, Vegetable margarine, Self-raising flour, Strawberry jam, Baking Powder, Desiccated coconut <b>ALLERGENS: EGG, GLUTEN, SULPHITES, WHEAT</b>	Vegetarian chilli (90g) served with potato wedges (100g)	Meat free mince, Kidney beans, Tomato, Passata, Carrot, Onion, Swede, Chilli powder, Skin on potato wedges <b>ALLERGENS: BARLEY, GLUTEN, SOYA</b>	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) <b>ALLERGENS: MILK</b>
THU	Vegetarian cottage pie (180g)	Meat free mince, Carrot, Celery, Peas, Onion, Garlic, Tomato puree, Swede, Turnip, Vegetable gravy, Mixed herbs, Potato, Vegetable margarine <b>ALLERGENS: CELERY, SOYA, WHEAT, BARLEY, GLUTEN</b>	Banana muffin (70g)	Bananas, Egg, Caster sugar, Bicarbonate of soda, Vegetable margarine, Self-raising flour <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT</b>	Winter vegetable risotto (210g)	Carrot, Peas, Swede, Turnip, Mixed herbs, Chickpeas, Vegetable gravy, Black pepper, Rice, Garlic <b>ALLERGENS: WHEAT, BARLEY, SOYA, GLUTEN, CELERY</b>	Mixed Fruit Scone (60g)	Wheat Flour, Sugar, Vegetable Oil, Milk, Sultanas, Raisins, Currants, Orange, Lemon, Egg <b>ALLERGENS: GLUTEN, MILK, EGG, SOYA, WHEAT</b>
FRI	Veggie fingers (50g), baked beans (55g) and mashed potato (90g)	Veggie fingers, Baked beans in tomato sauce, Potatoes, Vegetable margarine <b>ALLERGENS: GLUTEN, WHEAT</b>	Apple tart (60g) served with Custard (60g)	Apple, Ready rolled pastry, Custard <b>ALLERGENS: GLUTEN, MILK, WHEAT</b>	Creamy Quorn Supreme (200g)	Quorn Pieces, Peas, Sweetcorn, Carrot, Potato, Onion, Bechamel Sauce, Sage <b>ALLERGENS: EGG, MILK, GLUTEN, WHEAT</b>	Apricot and chocolate cookie (50g)	Apricots, Vegetable margarine, Light brown sugar, Cocoa powder, Milk, Self-raising flour, Oats <b>ALLERGENS: GLUTEN, MILK, SULPHITES, WHEAT</b>

WEEK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	<b>Sweet and sour turkey style strips with rice (190G)</b>	Meat Free Turkey Style Strips, 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. <b>ALLERGENS: GLUTEN, WHEAT, SOYA</b>	<b>Muller Little Stars fromage frais (60G)</b>	Fromage Frais, Water, Sugar, Corn flour (Strawberry: Strawberry puree, Beetroot Juice concentrate) (Raspberry: Raspberry Puree, Carrot juice concentrate) (Peach: Peach Puree) <b>ALLERGENS: MILK</b>	<b>Veggie fingers (50g), baked beans (55g) and mashed potato (90g)</b>	Veggie fingers, Baked beans in tomato sauce, Potatoes, Vegetable margarine <b>ALLERGENS: GLUTEN, WHEAT</b>	<b>Jam and coconut sponge cake (60g)</b>	Eggs, Caster sugar, Vegetable Margarine, Baking Powder, Self-raising flour, Strawberry jam, Desiccated coconut <b>ALLERGENS: EGG, GLUTEN, SULPHITES, WHEAT</b>
TUES	<b>Meat free mince and apple casserole (110g) served with rice (90g)</b>	Meat free mince, Carrot, Celery, Leek, Onion, Mixed herbs, Stuffing mix, Apple, Rice, Vegetable gravy <b>ALLERGENS: BARLEY, CELERY, GLUTEN, MILK, SOYA, WHEAT</b>	<b>Carrot cake (55G)</b>	Vegetable oil, Eggs, Cinnamon, Carrots, Brown sugar, Wholemeal flour, Sultanas, Nutmeg, Mixed spice, Bicarbonate of soda, Baking powder <b>ALLERGENS: EGGS, GLUTEN, WHEAT, MILK</b>	<b>Vegetarian sausage and bean hotpot (120g) served with mashed potato (60g)</b>	Vegetarian sausages, Baked beans, Berlotti beans, Flageolet beans, Cannellini beans, Butter beans, Mixed herbs, Potato, Vegetable margarine, Vegetable gravy <b>ALLERGENS: WHEAT, GLUTEN, SULPHITES, SOYA, CELERY, BARLEY</b>	<b>Rice pudding and sultanas (100g)</b>	Rice pudding, Sultanas <b>ALLERGENS: MILK</b>
WED	<b>Creamy Quorn Supreme (200g)</b>	Quorn Pieces, Peas, Sweetcorn, Carrot, Potato, Onion, Bechamel Sauce, Sage <b>ALLERGENS: EGG, MILK, GLUTEN, WHEAT</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>	<b>Vegetarian lasagne (167g)</b>	Meat free mince, Carrot, Broccoli, Onion, Mixed peppers, Swede, Tomato, Passata, Garlic, Lasagne sheets, Bechamel Sauce, Oregano, Basil, Cheese <b>ALLERGENS: GLUTEN, MILK, WHEAT, BARLEY, SOYA, EGG</b>	<b>Strawberry ice-cream pot (90G)</b>	Water, Sugar, Palm oil, Milk, Buttermilk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot red) <b>ALLERGENS: MILK</b>
THU	<b>Minted meat free mince and vegetable hotpot (220g)</b>	Meat free mince, Carrot, Broccoli, Sweet potato, Onion, Potato, Cauliflower, Mixed herbs, Vegetable gravy, Mint sauce <b>ALLERGENS: CELERY, BARLEY, WHEAT GLUTEN, SOYA</b>	<b>Poached Pears (65g) served with Custard (60g)</b>	Pears, Orange juice, Cinnamon, Ready to pour custard <b>ALLERGENS: MILK</b>	<b>Chicken style strips and mixed bean risotto (180g)</b>	Vegetable Gravy, Chicken style strips, Carrot, Onion, Mixed beans, Sweetcorn, Rice, Mixed herbs, Garlic, Black Pepper, <b>ALLERGENS: WHEAT, BARLEY, CELERY, SOYA, GLUTEN</b>	<b>Banana muffin (70g)</b>	Bananas, Egg, Caster sugar, Bicarbonate of soda, Vegetable margarine, Self-raising flour <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT</b>
FRI	<b>Quorn in Parsley Sauce (140g) with Potato Croquettes (60g)</b>	Quorn, Milk, Corn Flour, Wheat Flour, Egg, Parsley, Celery, Black pepper, Onion, Peas, Sweetcorn <b>ALLERGENS: EGG, GLUTEN, MILK, WHEAT, CELERY</b>	<b>White Chocolate and Apricot crispy cake (50g)</b>	Rice Crispies, Apricots, White Chocolate <b>ALLERGENS: BARLEY, GLUTEN, SULPHITES, SOYA, MILK</b>	<b>Lentil and vegetable curry (100g) served with rice (70g)</b>	Sweet potato, White potato, Broccoli, Cauliflower, Red lentils, Onion, Turmeric, Tomato, Mild curry powder, Rice <b>ALLERGENS: GLUTEN</b>	<b>Apple tart (60g) served with Custard (60g)</b>	Apple, Ready rolled pastry, Custard <b>ALLERGENS: GLUTEN, MILK, WHEAT</b>