

WEEK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MONDAY	Vegetable bolognaise	Chopped tomatoes, passata, diced onion, grated carrot, grated courgette, mixed peppers, red lentils, kidney beans, broccoli, wholemeal fusilli pasta Allergens: Gluten, wheat	Muller Little Stars Fromage Frais	See pack Allergens: Milk	Pork and apple risotto	British minced pork, mixed vegetables, apple sauce, long grain rice. Allergens: Sulphites, gluten, celery, wheat, barley, soybeans	Pineapple upside down pudding	Pineapple, self-raising flour, caster sugar, soft margarine, eggs Allergens: Gluten, wheat, eggs, milk
TUESDAY	Sweet and Sour Pork and vegetables with boiled rice	British diced pork, long grain rice, sweet and sour sauce with mixed vegetables, extra diced onion and pineapple. Allergens: Celery, Soya beans. <i>Contains meat</i>	Fruit trifle	Fruit cocktail, vegetarian strawberry jelly, sponge roll, custard, Allergens: Wheat, Egg, milk, Soya	Quorn pieces and Mediteranean pasta	Quorn pieces, wholemeal penne pasta, mixed peppers, diced onion, grated courgette, green pesto, tomatoes. Allergens: Gluten, wheat, milk	Strawberry crumble and Greek yoghurt	Strawberry pie filling, crumble topping, oats, brown sugar, Greek yoghurt Allergens: Gluten, wheat <i>May Contain: Eggs, Soy Beans</i>
WEDNESDAY	Roast chicken in gravy dinner with Yorkshire pudding	Chicken breast, vegetable gravy, carrots, cauliflower, boiled potatoes, Yorkshire pudding Allergens: Gluten, wheat, soya beans, barley, egg, milk	Chocolate chip muffin	Eggs, margarine, sugar, self-raising flour, dark chocolate chips. Allergens: Egg, milk, wheat, gluten, soybeans	Fish fingers with sweet potato wedge and baked beans	Breaded cod fingers, baked beans in tomato sauce, sweet potato, mixed herbs. Allergens: Gluten, wheat	Rice pudding and raspberries	Rice pudding, skimmed milk, raspberries Allergens: milk
THURSDAY	Creamy fish pie with carrot and suede mash topping with broccoli	Cod, salmon, sweetcorn, carrots, suede, broccoli, parsley sauce, black pepper, garlic granules, parsley. Allergens: Fish, Celery, gluten, wheat, Eggs, milk	Rhubarb fool	Condensed rhubarb, icing sugar, custard, digestive biscuit. Allergens: Milk, gluten, wheat, oats	Sausage and bean casserole with a soft wholegrain bread roll	Pork sausages, baked beans, butter beans, cannelloni beans, broad beans, Allergens: Gluten, wheat, sulphites, soya beans	Muller Little Stars Fromage Frais	See pack Allergens: Milk
FRIDAY	Cheesy vegetable Omelette with spaghetti hoops	Eggs, coloured mild cheddar, mixed peppers, broccoli, sweetcorn, mixed herbs, black pepper, wholewheat spaghetti hoops in tomato sauce. Allergens: Eggs, milk, gluten, wheat	Carrot cake	Cream cheese, icing sugar, plain flour, vegetable oil, eggs, cinnamon, carrots Allergens: Milk, eggs, gluten, wheat	Tuna pasta salad	Tomatoes, cucumber, mixed peppers, tuna, black pepper, mayonnaise, pasta shells. Allergens: Gluten, wheat	Bananas and custard	Bananas, vanilla custard Allergens: Milk

WEEK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MONDAY	Vegetable lasagne	Meat free protein, diced carrot, broccoli, diced onion, mixed peppers, tomatoes, passata, garlic powder, lasagne sheets, cheese sauce, cheddar cheese, oregano <i>Allergens: Gluten, wheat, milk, mustard, soya</i>	Chocolate brownie and ice cream	Vanilla ice cream, plain flour, coco powder, baking powder, eggs, margarine <i>Allergens: Milk, Gluten, wheat, eggs</i>	Chicken risotto	Chicken breast, sweetcorn, sweet potato, broccoli, mixed peppers, gravy, long grain rice <i>Allergens: Gluten, wheat, soya beans</i>	Rhubarb fool	Condensed rhubarb, icing sugar, custard, digestive biscuit. <i>Allergens: Milk, gluten, wheat, oats</i>
TUESDAY	Cod fillet, baby potatoes in a parsley butter, cauliflower and broccoli mix.	Cod fillet, new potatoes, unsalted butter, parsley, cauliflower, broccoli <i>Allergens: Fish, milk, gluten, wheat</i>	Fruit jelly	Fruit cocktail, strawberry jelly <i>Allergens: None</i>	Fruity potato salad	Potatoes, sultanas, apple, sweetcorn, chickpeas, cucumber, mayonnaise, lemon juice <i>Allergens: Eggs, milk, mustard</i>	Chocolate chip muffin	Eggs, margarine, sugar, self-raising flour, dark chocolate chips. <i>Allergens: Egg, milk, wheat, gluten, soybeans</i>
WEDNESDAY	Macaroni cheese with peas and sweetcorn	Macaroni pasta, cheese sauce, mild cheddar, peas, sweetcorn, garlic granules, black pepper <i>Allergens: Milk, gluten, wheat</i>	Blueberry sponge cake	Eggs, margarine, sugar, self-raising flour, blueberries <i>Allergens: Egg, milk, wheat, gluten</i>	Creamy fish pie with potato, carrot and suede topping	Cod, salmon, parsley sauce, black pepper, peas, sweetcorn, potatoes, carrot, suede <i>Allergens: Fish, celery, gluten, wheat, eggs, milk</i>	Fruit jelly	Fruit cocktail, strawberry jelly <i>Allergens: None</i>
THURSDAY	BBQ chicken breast with Mediterranean roast vegetables and mixed rice	Chicken breast, BBQ marinade, courgette, red onion, cherry tomatoes, peppers, white rice, brown rice <i>Allergens: Mustard</i>	Fruit cocktail and yoghurt	Fruit cocktail in fruit juice, strawberry natural yoghurt <i>Allergens: Milk</i>	Cheesy vegetable omelette with spaghetti hoops	Eggs, coloured mild cheddar, mixed peppers, broccoli, sweetcorn, mixed herbs, black pepper, wholewheat spaghetti hoops in tomato sauce. <i>Allergens: Eggs, milk, gluten, wheat</i>	Carrot cake	Cream cheese, icing sugar, plain flour, vegetable oil, eggs, cinnamon, carrots <i>Allergens: Milk, eggs, gluten, wheat</i>
FRIDAY	Turkey meatball bolognese	Minced turkey balls, mixed herbs, tinned tomatoes, passata, black pepper, ground garlic, wholemeal fusilli pasta <i>Allergens: Gluten, wheat, eggs</i>	Rice pudding and raspberries	Rice pudding, skimmed milk, raspberries <i>Allergens: milk</i>	Chicken and sweetcorn rustic pizza	Rustic baguette, chopped tomatoes, passata, mixed herbs, chicken breast, sweetcorn, coloured cheddar cheese. <i>Allergens: Gluten, wheat, soybeans, milk</i>	Chocolate brownie and ice cream	Vanilla ice cream, plain flour, coco powder, baking powder, eggs, margarine <i>Allergens: Milk, Gluten, wheat, eggs</i>

WEEK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MONDAY	Lamb, spinach and vegetable curry with rice and Naan bread	British diced welsh lamb, spinach, sweet potato, broccoli, cauliflower, curry powder, tumeric long grain rice. Allergens: Eggs, milk, mustard, gluten, wheat	Strawberry Ice cream cone	Vanilla ice cream, flat bottomed cup cone Allergens: Milk, wheat, gluten, soya beans	Breaded square white fish fillet with sweet potato wedge and baked beans	Breaded cod fillet, sweet potato, mixed herbs, baked beans in tomato sauce Allergens: Gluten, wheat, fish	Rice crispie cake with apricot	Sugar, rice crispies, golden syrup, butter, apricots Allergens: Gluten, wheat, soy beans, milk,
TUESDAY	Vegetable risotto	Carrot, swede, parsnip, turnip, onion, chickpeas, long grain rice, vegetable gravy, sage and onion stuffing mix, low fat crème cheese. Allergens: Gluten, wheat, milk	Bananas and custard	Bananas, vanilla custard Allergens: Milk	Turkey meatball bolognese	Minced turkey balls, mixed herbs, bolognese sauce, wholemeal fusilli pasta Allergens: Gluten, wheat	Blueberry sponge cake	Eggs, margarine, sugar, self-raising flour, blueberries Allergens: Egg, milk, wheat, gluten
WEDNESDAY	Salmon pasta bake	Salmon, wholemeal fusilli pasta, sweetcorn, broccoli, tomatoes, passata, mixed herbs Allergens: Fish, gluten, wheat	Chocolate and raisin crispie cake	Milk cooking chocolate, unsalted butter, raisins, rice crispies Allergens: Gluten, wheat, soy beans, milk	Sweet and sour chicken with rice	Chicken breast, sweet and sour sauce, mixed vegetables, peppers, extra diced onion and pineapple chunks, rice. Allergens: None <i>Contains meat</i>	Fruit cocktail and yogurt	Fruit cocktail in fruit juice, strawberry natural yoghurt Allergens: Milk
THURSDAY	Chicken and mixed bean risotto	Chicken breast, kidney beans, black eye beans, borlotti beans, pea navy beans, baby green beans, sweetcorn, mixed vegetables, mixed herbs, garlic Allergens: Mustard, gluten, wheat, soy beans	Pineapple upside down pudding and custard	Pineapple, self-raising flour, caster sugar, soft margarine, eggs, glace cherries, custard Allergens: Gluten, wheat, eggs, milk	Macaroni cheese with peas and sweetcorn	Macaroni pasta, cheese sauce, mild cheddar, peas, sweetcorn, garlic granules, black pepper Allergens: Milk, gluten, wheat	Fruit trifle	Fruit cocktail, vegetarian strawberry jelly, sponge roll, custard, grated chocolate. Allergens: Wheat, Egg, milk, Soya
FRIDAY	Beef chilli and potato wedges	British minced beef, mixed beans, tomatoes, passata, mixed vegetables, mild chilli powder, potato wedges. Allergens: Mustard, celery	Strawberry crumble with Greek yoghurt	Strawberry pie filling, crumble topping, oats, brown sugar, Greek yoghurt Allergens: Gluten, wheat <i>May Contain: Eggs, Soy Beans</i>	Stuffed vegetable bolognese pittas	Diced carrot, broccoli, diced onion, red lentils, mixed peppers, peas, kidney beans, tomatoes, passata, garlic powder, wholemeal pitta bread Allergens: Gluten, wheat	Strawberry ice cream cone	Vanilla ice cream, multi-coloured sugar strands, flat bottomed cup cone Allergens: Milk, wheat, gluten, soya beans

CHILDREN'S
FOOD TRUST
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Menu checked
2014/15