

Winter 2023 Lunch Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
RED	<p>Chicken And Leek Pie Served With Puff Pastry Topper Roast Potato, Peas And Corn</p> <p>Blueberry Ripple Cake</p>	<p>Thai Coconut Fish Curry Served With Fragrant Rice, Bamboo And Water Chestnuts, Broccoli Cauliflower Green Beans And Baby Corn</p> <p>Red Velvet Cookies</p>	<p>Lamb And Mint Cobbler Served Withherby Potatos Seasonal Vegetables.</p> <p>Homemade Swiss Roll</p>	<p>Sage And Onion Pork Balls In A Rich Tomato Sauce Served With Penne Pasta Fresh Vegetables, And Chunky Bread</p> <p>Fruit Of The Forest Jelly</p>	<p>Beef Chilli With Tortilla Crisps Served With Brown And White Rice Broccoli Cauliflower Green Beans And Peas</p> <p>Mint Marble Shortbread</p>
FSA Allergens	1.2.4.7	2.4.5.7	2.4	1.2.14	2.7
Green	<p>Quorn And Leek Pie Served With Puff Pastry Topper, Roast Potato, Peas And Corn</p> <p>Blueberry Ripple Cake</p>	<p>A Thai Coconut Lentil And Chickpea Balls Curry Served With Fragrant Rice, Bamboo And Water Chestnuts, Broccoli Cauliflower Green Beans And Baby Corn</p> <p>Red Velvet Cookies</p>	<p>Pearl Barley And Pumpkin Cobbler Served with herby Potatos Seasonal Vegetables.</p> <p>Homemade Swiss Roll</p>	<p>Cheesy Veggie Balls With Aduki Beans In A Rich Tomato Sauce Served With Penne Pasta, Fresh Vegetables, And Chunky Bread</p> <p>Fruits Of The Forest Yoghurt</p>	<p>Lentil And Bean Chilli With Tortilla Crisps Served With Brown And White Rice, Broccoli Cauliflower Green Beans And Peas</p> <p>Mint Marble Shortbread</p>
FSA Allergens	1.2.4.7	2.4.7	2.4	1.2.7	2.7

Foods Highlighted Indicate – Red= Protein Foods, Yellow= Starchy Foods, Green= Fruits And Vegetables, Blue= Dairy Foods, Purple= Deserts.

Food Standard Agency (FSA) Allergy List: 1 - Celery, 2 - Gluten(Ngci), 3 - Crustaceans, 4 – Eggs, 5 – Fish, 6 – Lupin, 7 – Milk, 8 – Molluscs, 9 – Mustard, 10 – Nuts, 11 – Peanuts, 12 – Sesame Seeds, 13 – Soya, 14 – Sulphur Dioxide (Allergens Are Correct At Time Of Publishing Updates Will Be Published Monthly)

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2	Monday	Tuesday	Wednesday	Thursday	Friday
RED	Poached Fish In A Sweet Potato And Tomato Sauce Served With Croutons Crinkle Cut Wedges Peas And Corn Blackcurrant Yoghurt	Beef Bolognese Served With Dressed Spaghetti Pasta Garlic Focaccia And Fresh Vegetables Sticky Ginger Squares	Turkey And Cranberry Meatloaf Served With Roast Potatoes , Seasonal Vegetables And A Homemade Sweet Potato Gravy Raspberry Shortbread Fingers	Lamb Curry With Roasted Butternut Squash And Baby Spinach , Served With Rice Cauliflower Broccoli Baby Corn Fine Green Beans Apple Crumble Pot	Roast Pork Served With Sauté Potatoes Or Hassle Backs Carrots , Broccoli , Cauliflower , Green Beans, Peas And A Homemade Gravy Light Fruit Cake
FSA Allergens	2.5.7	2.4.14	1.2.7.14	2.7.14	1.2.4.14
Green	Courgette , Pepper And Butterbean In A Sweet Potato And Tomato Sauce Served With Croutons Crinkle Cut Wedges Peas And Corn Blackcurrant Yoghurt	Quorn Bolognese Served With Dressed Spaghetti Pasta Garlic Focaccia And Fresh Vegetables Sticky Ginger Squares	Veggie Meatloaf With Cranberries Served With Roast Potatoes , Seasonal Vegetables And A Homemade Sweet Potato Gravy Raspberry Shortbread Fingers	Gluten Free Lentil Curry With Roasted Butternut Squash And Baby Spinach Served With Rice Cauliflower Broccoli Baby Corn Fine Green Beans Apple Crumble Pot	Beetroot , Courgette And Spilt Pea Fillets Served With Sauté Potatoes Or Hassle Backs Carrots , Broccoli , Cauliflower , Green Beans, Peas And A Homemade Gravy Light Fruit Cake
FSA Allergens	2.7	2.4.14	1.2.7.14	2.7.14	1.2.4.14

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
RED	<p>Greek-Style Lamb Stew With Feta & Mint Served With Cous Cous And Seasonal Vegetables</p> <p>Cranberry Jewel</p>	<p>Chicken And Lentil Curry With Pepper And Fresh Coriander Served With Yellow And White Rice, Baby Corn Broccoli Cauliflower Peas And Spinach</p> <p>Raspberry Panna Cotta</p>	<p>Beef With Peppers And Bok Choy Served With Chop Suey Noodles, Broccoli, Cauliflower, Green Beans And Carrots</p> <p>Decadent Chocolate Orange cake</p>	<p>Creamy Garlic And Turkey Stroganoff Served With Penne Pasta. Peas And Corn</p> <p>Blackberry Jelly</p>	<p>Friday Favourite Breaded Fish Served With Mashed Potato And Homemade Baked Beans With Hidden Vegetables</p> <p>Viennese Swirls</p>
FSA Allergens	1.2.7.14	2.7.14	1.2.4	1.2.7.14	1.2.5.7
GREEN	<p>Greek-Style Lentil Stew With Feta & Mint Served With Cous Cous And Seasonal Vegetables</p> <p>Cranberry Jewel</p>	<p>Black Turtle Bean And Lentil Curry With Pepper And Fresh Coriander Served With Yellow And White Rice, Baby Corn Broccoli Cauliflower Peas And Spinach</p> <p>Raspberry Yoghurt</p>	<p>Roasted Sweet Potatoes And Black-Eyed Beans Served With Chop Suey Noodles, Broccoli, Cauliflower, Green Beans And Carrots</p> <p>Decadent Chocolate Orange cake</p>	<p>Creamy Garlic Courgette And Cannellini Beans Served With Penne Pasta. Peas And Corn</p> <p>Blackberry Yoghurt</p>	<p>Breaded Quorn Served With Mashed Potato And Homemade Baked Beans With Hidden Vegetables</p> <p>Viennese Swirls</p>
FSA Allergens	1.2.7.14	2.7	1.2.7	1.2.7	1.2.7

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
RED	Cuban Beef With Peppers Served With Rice And Peas , Crinkle Cut Carrots , Broccoli , Cauliflower , Sweetcorn Rhubarb Crumble Cake	Poached Gammon Served With Parsley Potatoes , Seasonal Vegetables And A Homemade Gravy Spiced Pumpkin Cookie	Moroccan Chicken In A Sweet Potato Sauce Finished With Lemon Zest And Coriander Served With Cous Cous , Broccoli , Cauliflower , Green Beans , And Carrots Black Cherry Yogurt	Fish In A Creamy Parmesan And Parsley Sauce Served With Penne Pasta Peas And Corn Fruity Pastry Slice	Chunky Beef Stew And Herby Dumplings Served With Potatoes And Seasonal Vegetables Banana And Coconut Biscuits
FSA Allergens	1.2.4	1.2.4.7.14	2.7	1.2.4.5.7.14	1.2.4.7.14
GREEN	Cuban Beans And Quinoa With Peppers Served With Rice And Peas , Crinkle Cut Carrots , Broccoli , Cauliflower , Sweetcorn Rhubarb Crumble Cake	Beetroot Courgette And Spilt Pea Fillets Served With Parsley Potatoes , Seasonal Vegetables And A Homemade Gravy Spiced Pumpkin Cookie	Moroccan Peppers , Pumpkin And Gluten Free Lentils In A Sweet Potato Sauce Finished With Lemon Zest And Coriander . Served With Cous Cous , Broccoli , Cauliflower , Green Beans , And Carrots Black Cherry Yogurt	Quorn In A Creamy (Vegetarian) Parmesan And Parsley Sauce Served With Penne Pasta Peas And Corn Fruity Pastry Slice	Chunky Roasted Root Vegetable And Cannellini Bean Stew And Herby Dumplings Served With Potatoes And Seasonal Vegetables Banana And Coconut Biscuits
FSA Allergens	1.2.4	1.2.4.7	2.7	1.2.4.7.14	1.2.4.7.14

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