

Regular Adult Lunch Week Two

Monday Tuesday Wednesday **Thursday Friday** Root vegetable Casserole Beef Milano Macaroni Fish fingers & cauliflower Main Italian ragu with spinach Chicken pasta bake in a served with herby couscous and chicken pieces served sauce with potatoes rich tomato sauce with with basmati rice Ingredients:, Pasta (Durum sweetcorn Wheat Semolina - Contains Ingredients:, Cous Cous Ingredients:, Potatoes, Gluten), Chopped Tomatoes, (Durum Wheat Semolina -Cauliflower, Courgettes, Cod Ingredients:, Basmati Rice, Ingredients:, Pasta (Durum Contains Gluten), Carrots, Carrots, Turnips, Swedes, **Fillet Fish Fingers** Chopped Tomatoes, Carrots, Wheat Semolina - Contains Onion, Celery, Garden Peas, Potatoes, Turnips, Swedes, (Whitefish, Wheat Flour, Garden Peas, Spinach, Gluten), Chopped Tomatoes, Mushrooms, Parsnips, Beef Onion, Celery, Garden Peas, Vegetable Oil, Yeast, Salt, Chicken Breast, Onion, Carrots, Sweetcorn, Chicken Mince, Coconut Milk (Coconut Coconut Milk (Coconut Sunflower Oil, Gluten Free Paprika, Curcumin, Breast. Grated Cheddar Extract, Guar Gum, Xanthan Extract, Guar Gum, Xanthan Turmeric), Sweetcorn, Onion, Low Salt Vegetable Stock Cheese (Contains Milk), Gum), Gluten Free Low Salt Gum). Gluten Free Low Salt Gluten Free Low Salt (Cornflour, Potato Starch, Onion, Sunflower Oil, Gluten Vegetable Stock (Cornflour, Vegetable Stock (Cornflour, Vegetable Stock (Cornflour, Onion, Carrot, Peas, Tomato Free Low Salt Vegetable Potato Starch, Onion, Carrot, Potato Starch, Onion, Carrot, Potato Starch, Onion, Carrot, Powder, Black Pepper, Stock (Cornflour, Potato Peas, Tomato Powder, Black Peas, Tomato Powder, Black Parsley, Turmeric, Salt), Basil, Peas, Tomato Powder, Black Starch, Onion, Carrot, Peas, Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Garlic Pepper, Parsley, Turmeric, Tomato Powder, Black Salt), Basil, Garlic, Ground Salt), Garlic, Gluten Free Salt), Vinegar, Dill, Garlic Pepper, Parsley, Turmeric, Black Pepper, Oregano Flour, Ground Black Pepper, Salt), Balsamic Vinegar (Red Mixed Herbs - Dried, Parsley, Wine Vinegar, Grape Must, G 🖪 Rosemary, Thyme, Turmeric **G** (C) Caramel, Sulphite), Basil, Garlic **G** (C) **G** (D) **S**D

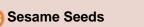
Allergens Key



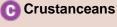






























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Dessert

Apple and cinnamon cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Apple, Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon







Date and Raisin Granola with with Natural Yoghurt

Ingredients:, Porridge Oats (Contains Oat & Gluten), **Natural Yoghurt (Contains** Milk), Date, Raisins, Sunflower Oil, Golden Syrup



Fresh orange slices

Ingredients:, Oranges

Orange and chocolate cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Oranges, Butter (Contains: Milk), Vegetable Oil, Egg, Dark Chocolate Chips, Pinch Of Sugar



Fruit yoghurt

Ingredients:, Natural

Yoghurt (Contains Milk),

Fruit Pureed, Pinch Of Sugar







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