

Ingredients & Allergens

Summer Menu 2018



The Nursery Catering Company

At our nursery, we believe that mealtimes are an important aspect of developing both a child's social skills and their tastes in food, and we are fully committed to providing children in our care with healthy and nutritious meals each day. We encourage children to serve food for themselves from food trays, which helps children to develop their initiative and social skills.

Our nursery meals are prepared and delivered to us by The Nursery Catering Company (NCC), who specialise in catering for nursery schools. NCC offer a rotating three-weekly menu which changes each Winter and Summer, to coincide with the changing temperatures. Dishes are all served with traditional accompaniments ensuring a balanced meal each day.

Children receive breakfast, lunch with dessert and an afternoon tea, as well as a healthy morning and afternoon snack. We believe in serving nutritious food to children so that they maintain a balanced diet and are well prepared for a busy day of play, socialising and learning.

We understand that children may have food intolerances and specific dietary requirements. We are able to offer suitable alternatives to meet your child's individual needs. If your child is on formula or breast milk, then we kindly ask that you bring in your milk in a container that is clearly labelled with your child's name. Our staff will then prepare the milk with a bottle at mealtimes. Please note, we are unable to store breast milk for more than 24 hours.

Awards & Accreditations

The menu provided by NCC has been checked and approved by the Children's Food Trust. This means that the menu has been inspected by an expert child nutritionist to ensure that the food we provide offers our children the nutrients and vitamins they need to learn and grow. All fresh meat used in our dishes is delivered by a fully accredited local butcher, and all produce is fully traceable from farm to fork.

Recommended Portion Sizes

Early Years

Meat	40-50g
Potatoes	80-100g
Processed Meat (e.g. Sausage)	40g (1 sausage)
Fishcakes	40-50g (1 fishcake)
Sausage Rolls	60g
Meatballs	40g (2-3 meatballs)
Accompanying Vegetables	40g
Pies	80-100g
Crumbles	40g
Custard/Ice Cream	60g





Summer 2018 Lunch Menu

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Beef Ragu & Jacket Potato Easi-Yo Fruit Yoghurt	Sweet & Sour Chicken with Rice Chocolate Chip Muffin	Chicken, Cauliflower & Broccoli Gratin with Garlic Bread Fruit Jelly	Fish Fingers, Mashed Potato & Spaghetti Hoops Raspberry Ripple Mousse	Summer Vegetable & Chicken Stew Fruit Shortbread
Week Two	Salmon Fishcakes, Baby Potatoes in Parsley Butter, Peas & Sweetcorn Rice Pudding & Fruit Jam	Cheesy Bean & Potato Pie Easi-Yo Fruit Yoghurt	BBQ Chicken & Mediterranean Vegetables with Mixed Rice Fruity Flapjack	Beef Lasagne & Salad Ice Cream Roll	Chicken Meatball Ragu with Wedges Chocolate Brownie
Week Three	Lamb Burger with Potato Wedges & Peas Choc-Ice	Chicken & Vegetable Curry with Rice Rhubarb & Apple with Custard	Beef Chilli Pasta Bake Chocolate & Raisin Krispie Cake	Moroccan Pork with Rice Fruit Smoothie	Fish in Parsley Sauce with Potato Croquettes Apple & Pear Crumble

Summer 2018 Lunch Menu (Allergen Free)*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Beef Ragu & Jacket Potato	Sweet & Sour Chicken with Rice	Chicken, Cauliflower & Broccoli Gratin with Garlic Bread	Vegetable Patti, Mashed Potatoes & Peas	Chicken Risotto
Week Two	Veggiecakes, Baby Potatoes in a Parsley Butter, Peas & Sweetcorn	Cheesy Bean & Potato Pie	BBQ Chicken & Mediterranean Vegetables with Mixed Rice	Beef Lasagne & Salad	Chicken Meatball Ragu with Wedges
Week Three	Beef Chilli & Potato Wedges	Chicken & Vegetable Curry with Rice	Turkey Burger with Potato Wedges & Peas	Moroccan Pork with Rice	Chicken in White Sauce with Mashed Potato

Children eating from our allergen free menu will be provided with allergen free fruit or yoghurts as an alternative to a regular dessert.





Vegetarian Summer 2018 Lunch Menu

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Vegetable Ragu & Jacket Potato Easi-Yo Fruit Yoghurt	Sweet & Sour Chicken Style Strips with Rice Chocolate Chip Muffin	Quorn Cauliflower & Broccoli Gratin with Garlic Bread Frozen Jelly	Veggie Fingers, Mashed Potato & Spaghetti Hoops Raspberry Ripple Mousse	Summer Vegetable & Quorn Stew Fruit Shortbread
Week Two	Vegetable Sausage, Baby Potatoes in Parsley Butter, Peas & Sweetcorn Rice Pudding & Fruit Jam	Cheesy Bean & Potato Pie Easi-Yo Fruit Yoghurt	BBQ Chicken Style Strips & Mediterranean Vegetables with Mixed Rice Fruity Flapjack	Vegetarian Lasagne & Salad Ice Cream Roll	Quorn Meatball Ragu with Wedges Chocolate Brownie
Week Three	Vegetarian Burger with Potato Wedges & Peas Choc-Ice	Vegetable Curry with Rice Rhubarb & Apple with Custard	Vegetarian Chilli Pasta Bake Chocolate & Raisin Krispie Cake	Moroccan Meat Free Mince & Vegetables with Rice Fruit Smoothie	Quorn in Parsley Sauce with Potato Croquettes Apple & Pear Crumble

Vegetarian Summer 2018 Lunch Menu (Allergen Free)*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Vegetable Ragu & Jacket Potato	Sweet & Sour Vegetables with Rice	Cauliflower & Broccoli Gratin with Garlic Bread	Vegetable Patti, Mashed Potato & Peas	Summer Vegetable Risotto
Week Two	Veggiecakes, Baby Potatoes in a Parsley Butter, Peas & Sweetcorn	Cheesy Bean & Potato Pie	BBQ Mixed Bean & Mediterranean Vegetables with Mixed Rice	Vegetable Lasagne	Vegetable Ragu with Wedges
Week Three	Mixed Bean Chilli & Potato Wedges	Vegetable Curry with Rice	Falafel & Spinach Burger with Potato Wedges and Peas	Moroccan Mixed Beans with Rice	Mixed Beans in Creamy White Sauce with Mashed Potato

Children eating from our allergen free menu will be provided with allergen free fruit or yoghurts as an alternative to a regular dessert.





Summer 2018 Tea Menu

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Baked Beans on Wholemeal Toast & Malt Loaf	Ham Sandwiches & Cherry Tomatoes with a Fruit Cocktail	Tuna & Sweetcorn Pasta, Red Peppers and Mandarins in Juice	Cheese with Crackers, Raisins & a Fruit Yoghurt	Vegetable Ravioli in a Tomato Sauce with a Wholemeal Roll & Banana
Week Two	Vegetable Soup with a Wholemeal Roll and Pears in Juice	Chicken Salad Wraps with a Banana	Sausage Roll & Baked Beans with a Fruit Yoghurt	Wholemeal Egg Mayonnaise Roll with Cucumber and Sliced Peaches	Toasted Crumpets with Ham and a Jelly Pot
Week Three	Spaghetti on Wholemeal Toast with a Banana	Margarita Pizza, Carrot Sticks, Yellow Peppers and Vanilla Ice Cream	Chicken Kebab with Cucumber, Tomatoes, Savoury Rice and an Orange & Mango Smoothie	Jacket Potato with Cheese & Beans and Melon Pieces	Chicken & Pasta in a Tomato & Herb Sauce with Pineapple Chunks

Vegetarian Summer 2018 Tea Menu

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Baked Beans on Wholemeal Toast and Malt Loaf	Cheese Sandwiches and Cherry Tomatoes with a Fruit Cocktail	Mixed Bean & Sweetcorn Pasta with Red Peppers and Mandarins in Juice	Cheese with Crackers, Raisins and a Fruit Yoghurt	Vegetable Ravioli in Tomato Sauce with a Wholemeal Roll and a Banana
Week Two	Vegetable Soup with a Wholemeal Roll and Pears in Juice	Cheese Salad Wraps and a Banana	Vegetarian Roll and Baked Beans with a Fruit Yoghurt	Wholemeal Egg Mayonnaise Roll with Cucumber and Sliced Peaches	Toasted Crumpets with Cheese and a Jelly Pot
Week Three	Spaghetti on Wholemeal Toast with a Banana	Margarita Pizza, Carrot Sticks, Yellow Peppers and Vanilla Ice Cream	Quorn Kebab with Cucumber, Tomatoes, Savoury Rice and an Orange & Mango Smoothie	Jacket Potato with Cheese & Beans and Melon Pieces	Quorn Pasta in a Tomato & Herb Sauce with Pineapple Chunks





Summer 2018 Tea Menu (Allergen Free)*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Baked Beans on Wholemeal/ Free-from Pitta Bread & Orgran Cookies	Free-from Ham Wrap with Cherry Tomatoes & Fruit Cocktail	Mixed Bean Free-from Pasta with Red Peppers and Mandarins in Juice	Violife Cheese with Free- from Crispbread with Raisins and an Orange & Mango Smoothie	Chicken with Free-from Pasta in a Tomato & Herb Sauce with a Free-from Pitta and a Banana
Week Two	Vegetable Soup with a Free- from Pitta and Pears in Juice	Violife Cheese Salad Free- from Wraps and a Banana	Free-from Ham & Tomato Pastry Turnover with Baked Beans & Fruit Pot	Free-from Violife Cheese Sandwich with Cucumber & Sliced Peaches	Toasted Free-from Bread Slices with Ham and Jelly Pot
Week Three	Baked Beans on Free-from Toast with a Banana	Margarita Free-from Pizza with Carrot Sticks, Yellow Peppers and a Fruit Smoothie	Chicken Kebab with Cucumber, Tomatoes, Savoury Rice and an Orange & Mango Smoothie	Jacket Potato with Violife Cheese & Beans and Melon Pieces	Chicken with Free-from Pasta in a Tomato & Herb Sauce with Pineapple Chunks

Vegetarian Summer 2018 Tea Menu (Allergen Free)*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Baked Beans on Wholemeal/ Free-from Pitta Bread & Orgran Cookies	Free-from Violife Cheese Wrap with Cherry Tomatoes & Fruit Cocktail	Mixed Bean Free-from Pasta with Red Peppers and Mandarins in Juice	Violife Cheese with Free- from Crispbread with Raisins and an Orange & Mango Smoothie	Mixed Vegetables with Free- from Pasta in a Tomato & Herb Sauce with a Free-from Pitta and a Banana
Week Two	Vegetable Soup with a Free- from Pitta and Pears in Juice	Violife Cheese Salad Free- from Wraps and a Banana	Free-from Violife Cheese & Tomato Pastry Turnover with Baked Beans & Fruit Pot	Free-from Violife Cheese Sandwich with Cucumber & Sliced Peaches	Toasted Free-from Bread Slices with Ham and Jelly Pot
Week Three	Baked Beans on Free-from Toast with a Banana	Margarita Free-from Pizza with Carrot Sticks, Yellow Peppers and a Fruit Smoothie	Falafel Kebab with Cucumber, Tomatoes, Savoury Rice and an Orange & Mango Smoothie	Jacket Potato with Violife Cheese & Beans and Melon Pieces	Chicken with Free-from Pasta in a Tomato & Herb Sauce with Pineapple Chunks





Lunch Menu - Week 1

Monday Lunch: Beef Ragu & Jacket Potato (183g)

Minced Beef, Chopped Tomatoes, Passata, Diced Onion, Carrot, Red Lentils, Kidney Beans, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato

ALLERGENS:

WHEAT, BARLEY, SOYA, GLUTEN, CELERY

Monday Dessert: Easi-Yo Fruit Yoghurt (60g)

Water, Milk, Soy Lecithin, Fruit Puree

ALLERGENS:

MILK, SOYA

Tuesday Lunch: Sweet & Sour Chicken with Rice (190g)

Chicken Breast, Rice, Sweet & Sour Sauce (Sugar, Carrot, Onion, Pineapple, 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

Tuesday Dessert: Chocolate Chip Muffin (50g)

Eggs, Vegetable Spread, Caster Sugar, Flour, Dark Chocolate Chips

ALLERGENS:

EGG, GLUTEN, MILK, WHEAT

Wednesday Lunch: Chicken, Cauliflower & Broccoli Gratin with Garlic Bread (215g)

Chicken, Cauliflower, Cheese Sauce, Mild Cheddar, Broccoli, Garlic, Wheat, Flour, Salt

ALLERGENS:

MILK, GLUTEN, WHEAT, SOYA





Wednesday Dessert: Fruit Jelly (50g)

Fruit, Sugar, Flavourings

ALLERGENS:

NONE

Thursday Lunch: Fish Fingers, Mashed Potato & Spaghetti Hoops (180g)

Fish Fingers, Potatoes, Spaghetti Hoops

ALLERGENS:

WHEAT, GLUTEN, FISH

Thursday Dessert: Raspberry Ripple Mousse (50g)

Water, Milk, Raspberry

ALLERGENS:

NONE

Friday Lunch: Summer Vegetable & Chicken Stew (210g)

Olive Oil, Leeks, Garlic, Thyme, Chicken, Potatoes, Chicken Stock, Green Beans, Petit Pois

ALLERGENS:

EGG

Friday Dessert: Fruit Shortbread (50g)

Fruit Pieces, Vegetable Margarine, Caster Sugar, Plain Flour

ALLERGENS:

GLUTEN, SULPHITES, WHEAT





Lunch Menu - Week 2

Monday Lunch: Salmon Fishcakes, Baby Potatoes in Parsley Butter, Peas & Sweetcorn (210g)

Salmon Fishcake, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn

ALLERGENS:

FISH, GLUTEN, WHEAT

Monday Dessert: Rice Pudding & Fruit Jam (100g)

Rice Pudding, Fruit Jam

ALLERGENS:

MILK

Tuesday Lunch: Cheesy Bean & Potato Pie (200g)

Potato, Cheese Bechamel, Baked Beans, Chives, Milk

ALLERGENS:

GLUTEN, MILK, WHEAT

Tuesday Dessert: Easi-Yo Fruit Yoghurt (60g)

Water, Milk, Soy Lecithin, Fruit Puree

ALLERGENS:

MILK, SOYA

Wednesday Lunch: BBQ Chicken & Mediterranean Vegetables with Mixed Rice (195g)

Chicken Breast, BBQ Marinade, Courgette, Mixed Peppers, White Rice, Brown Rice

ALLERGENS:

NONE





Wednesday Dessert: Fruity Flapjack (50g)

Vegetable Margarine, Brown Sugar, Golden Syrup, Oats, Rice Krispies, Chopped Dried Apricot, Chopped Dried Cranberries, Raisins

ALLERGENS:

OATS, GLUTEN

Thursday Lunch: Beef Lasagne & Salad

Minced Beef, Carrot, Peas, Onion, Garlic, Tomato Puree, Swede, Turnip, Vegetable Gravy, Mixed Herbs, Potato, Vegetable Margarine

ALLERGENS:

CELERY, WHEAT, BARLEY, SOYA, GLUTEN

Thursday Dessert: Ice Cream Roll (90g)

Water, Sugar, Palm Oil, Milk, Buttermilk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour

ALLERGENS:

MILK, EGG, SOYA, WHEAT

Friday Lunch: Chicken Meatball Ragu with Wedges (190g)

Chicken Meatballs, Mixed Herbs, Tomatoes, Passata, Mixed Peppers, Garlic, Potato Wedges

ALLERGENS:

GLUTEN, WHEAT

Friday Dessert: Chocolate Brownie (70g)

Flour, Cocoa Powder, Bicarbonate of Soda, Caster Sugar, Light Brown Sugar, Vanilla Extract, Milk, Eggs, Vegetable Margarine

ALLERGENS:

EGGS, GLUTEN, WHEAT, BARLEY, MILK, SOYA





Lunch Menu - Week 3

Monday Lunch: Lamb Burger with Potato Wedges & Peas (187g)

Lamb Burger, Potato Wedges, Peas

ALLERGENS:

WHEAT, GLUTEN

Monday Dessert: Choc-Ice (65g)

Milk Powder, Coconut Oil, Sugar, Cocoa Powder, Soya, Lecithin, Stabilisers, Flavouring, Colour (Beta-Carotene)

ALLERGENS:

MILK, SOYA

Tuesday Lunch: Chicken & Vegetable Curry with Rice (210g)

Diced Chicken, Mixed Vegetables, Curry Powder, Turmeric, Long Grain Rice

ALLERGENS:

NONE

Tuesday Dessert: Rhubarb & Apple with Custard (150g)

Rhubarb, Apple, Ready to Pour Custard

ALLERGENS:

MILK

Wednesday Lunch: Beef Chilli Pasta Bake (200g)

Beef, Mixed Beans, Tomatoes, Passata, Mixed Vegetables, Mild Chilli Powder, Pasta

ALLERGENS:

WHEAT, GLUTEN





Wednesday Dessert: Chocolate & Raisin Krispie Cake (50g)

Milk, Chocolate, Raisins, Vegetable Margarine, Rice Krispies

ALLERGENS:

GLUTEN, BARLEY, WHEAT, MILK, SOYA

Thursday Lunch: Moroccan Pork with Rice (167g)

Minxed Pork, Mixed Vegetables, Paprika, Ginger, Onion, Cinnamon, Cumin, Carrot, Long Grain Rice, Mixed Peppers, Tomatoes

ALLERGENS:

NONE

Thursday Dessert: Fruit Smoothie (50g)

Fruit

ALLERGENS:

NONE

Friday Lunch: Fish in Parsley Sauce (140g) with Potato Croquettes (60g)

White Fish, Salmon, Smoked Haddock, Milk, Cornflour, Wheat Flour, Egg, Parsley, Celery, Black Pepper, Onion, Peas, Sweetcorn

ALLERGENS:

FISH, EGG, GLUTEN, MILK, WHEAT CELERY

Friday Dessert: Apple & Pear Crumble (120g)

Apple, Pear, Crumble Topping

ALLERGENS:

GLUTEN, WHEAT





Lunch Menu - Week 1 (Allergen Free)

Monday Lunch: Beef Ragu & Jacket Potato (183g)

Minced Beef, Chopped Tomatoes, Passata, Diced Onion, Carrot, Red Lentils, Kidney Beans, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato

ALLERGENS:

NONE

Tuesday Lunch: Sweet & Sour Chicken with Rice (190g)

Chicken Breast, Rice, Sweet & Sour Sauce (Sugar, Carrot, Onion, Pineapple, 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

Wednesday Lunch: Cheesy Bean & Potato Pie (200g)

Potato, Violife Cheese, Bechamel, Baked Beans, Chives

ALLERGENS:

NONE

Thursday Lunch: Veggie Patti, Mashed Potatoes & Peas (180g)

Mixed Vegetables, Potato, Peas

ALLERGENS:

NONE

Friday Lunch: Chicken Risotto (195g)

Chicken, Summer Vegetables, Vegetable Free-from Gravy, Black Pepper, Rice, Garlic

ALLERGENS:

NONE





Lunch Menu - Week 2 (Allergen Free)

Monday Lunch: Veggiecakes, Baby Potatoes in a Parsley Butter, Peas & Sweetcorn (222g)

Vegetable Allergen-free Cake, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn

ALLERGENS:

NONE

Tuesday Lunch: Cauliflower & Broccoli Gratin with Garlic Bread (215g)

Cauliflower, Violife Cheese, Broccoli, Garlic, Salt

ALLERGENS:

NONE

Wednesday Lunch: BBQ Chicken & Mediterranean Vegetables with Mixed Rice (195g)

Chicken Breast, BBQ Marinade, Courgette, Mixed Peppers, White Rice

ALLERGENS:

NONE

Thursday Lunch: Beef Lasagne (192g)

Minced Beef, Leek, Carrot, Broccoli, Onion, Mixed Peppers, Tomatoes, Passata, Garlic, Free-from Lasagne Sheets, Violife Cheese, Oregano

ALLERGENS:

NONE

Friday Lunch: Chicken Ragu with Wedges (190g)

Chicken, Mixed Herbs, Tomatoes, Passata, Mixed Peppers, Garlic, Potato Wedges

ALLERGENS:

NONE





Lunch Menu - Week 3 (Allergen Free)

Monday Lunch: Beef Chilli & Potato Wedges (200g)

Minced Beef, Mixed Beans, Tomatoes, Passata, Mixed Vegetables, Mild Chilli Powder, Potato Wedges

ALLERGENS:

NONE

Tuesday Lunch: Chicken & Vegetable Curry with Rice (210g)

Diced Chicken, Mixed Vegetables, Curry Powder, Turmeric, Long Grain Rice

ALLERGENS:

NONE

Wednesday Lunch: Turkey Burger with Potato Wedges & Peas (187g)

Turkey Burger, Potato Wedges, Peas

ALLERGENS:

NONE

Thursday Lunch: Moroccan Pork with Rice (167g)

Minced Pork, Mixed Vegetables, Paprika, Ginger, Onion, Cinnamon, Cumin, Carrot, Long Grain Rice, Mixed Peppers, Tomatoes

ALLERGENS:

NONE

Friday Lunch: Chicken in White Sauce (140g) with Mashed Potato (60g)

Chicken, Corn Flour, Violife Cheese, Parsley, Black Pepper, Onion, Peas, Sweetcorn, Potato

ALLERGENS:

NONE





Vegetarian Lunch Menu - Week 1

Monday Lunch: Vegetable Ragu & Jacket Potato (183g)

Chopped Tomatoes, Passata, Diced Onion, Carrot, Red Lentils, Kidney Beans, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato

ALLERGENS:

NONE

Monday Dessert: Easi-Yo Fruit Yoghurt (60g)

Water, Milk, Soy Lecithin, Fruit Puree

ALLERGENS:

MILK, SOYA

Tuesday Lunch: Sweet & Sour Chicken Style Strips with Rice (190g)

Meat-Free Chicken Style Strips, Rice, Sweet & Sour Sauce (Sugar, Carrot, Onion, Pineapple, 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:

GLUTEN, WHEAT, SOYA

Tuesday Dessert: Chocolate Chip Muffin (50g)

Eggs, Vegetable Spread, Caster Sugar, Flour, Dark Chocolate Chips

ALLERGENS:

EGG, GLUTEN, MILK, WHEAT

Wednesday Lunch: Quorn, Cauliflower & Broccoli Gratin with Garlic Bread (215g)

Quorn, Cauliflower, Cheese Sauce, Mild Cheddar, Broccoli, Garlic, Wheat Flour, Salt

ALLERGENS:

GLUTEN, MILK, WHEAT, SOYA, EGG





Wednesday Dessert: Fruit Jelly (50g)

Fruit, Sugar, Flavourings

ALLERGENS:

NONE

Thursday Lunch: Veggie Fingers, Mashed Potato & Spaghetti Hoops (180g)

Veggie Fingers, Potatoes, Spaghetti Hoops

ALLERGENS:

WHEAT, GLUTEN

Thursday Dessert: Raspberry Ripple Mousse (50g)

Water, Milk, Raspberry

ALLERGENS:

NONE

Friday Lunch: Summer Vegetable & Quorn Stew (210g)

Olive Oil, Leeks, Garlic, Thyme, Quorn, Potatoes, Vegetable Stock, Green Beans, Petit Pois

ALLERGENS:

WHEAT, GLUTEN

Friday Dessert: Fruit Shortbread (50g)

Fruit Pieces, Vegetable Margarine, Caster Sugar, Plain Flour

ALLERGENS:

GLUTEN, SULPHITES, WHEAT





Vegetarian Lunch Menu - Week 2

Monday Lunch: Vegetable Sausage, Baby Potatoes in Parsley Butter, Peas & Sweetcorn (222g)

Vegetable Sausage, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn

ALLERGENS:

EGG, MILK, GLUTEN, WHEAT

Monday Dessert: Rice Pudding & Fruit Jam (100g)

Rice Pudding, Fruit Jam

ALLERGENS:

MILK

Tuesday Lunch: Cheesy Bean & Potato Pie (200g)

Potato, Cheese, Baked Beans, Tomato, Chives, Milk Mustard, Onion

ALLERGENS:

MILK, MUSTARD

Tuesday Dessert: Easi-Yo Fruit Yoghurt (60g)

Water, Milk, Soy Lecithin, Fruit Puree

ALLERGENS:

MILK, SOYA

Wednesday Lunch: BBQ Chicken Style Strips & Mediterranean Vegetables with Mixed Rice (195g)

Chicken Style Strips, BBQ Marinade, Courgette, Mixed Peppers, White Rice, Brown Rice

ALLERGENS:

NONE





Wednesday Dessert: Fruity Flapjack (50g)

Vegetable Margarine, Brown Sugar, Golden Syrup, Oats, Rice Krispies, Chopped Dried Apricot, Chopped Dried Cranberries, Raisins

ALLERGENS:

OATS, GLUTEN

Thursday Lunch: Vegetarian Lasagne & Salad

Meat-Free Mince, Carrot, Peas, Onion, Garlic, Tomato Puree, Swede, Turnip, Vegetable Gravy, Mixed Herbs, Potato, Vegetable Margarine

ALLERGENS:

CELERY, WHEAT, BARLEY, SOYA, GLUTEN

Thursday Dessert: Ice Cream Roll (90g)

Water, Sugar, Palm Oil, Milk, Buttermilk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red), Flour

ALLERGENS:

MILK, EGG, SOYA, WHEAT

Friday Lunch: Quorn Meatball Ragu with Wedges (190g)

Quorn Meatballs, Mixed Herbs, Tomatoes, Passata, Mixed Peppers, Garlic, Potato Wedges

ALLERGENS:

GLUTEN, WHEAT, MILK, BARLEY, SOYA

Friday Dessert: Chocolate Brownie (70g)

Flour, Cocoa Powder, Bicarbonate of Soda, Caster Sugar, Light Brown Sugar, Vanilla Extract, Milk, Eggs, Vegetable Margarine

ALLERGENS:

EGGS, GLUTEN, WHEAT, BARLEY, MILK, SOYA



Vegetarian Lunch Menu - Week 3

Monday Lunch: Veggie Burger with Potato Wedges & Peas (180g)

Veggie Burger, Potato Wedges, Peas

ALLERGENS:

WHEAT, GLUTEN, BARLEY, MILK, EGGS

Monday Dessert: Choc-Ice (65g)

Milk Powder, Coconut Oil, Sugar, Cocoa Powder, Soya, Lecithin, Stabilisers, Flavouring, Colour (Beta-Carotene)

ALLERGENS:

MILK, SOYA

Tuesday Lunch: Vegetable Curry with Rice (210g)

Mixed Vegetables, Curry Powder, Turmeric, Long Grain Rice

ALLERGENS:

NONE

Tuesday Dessert: Rhubarb & Apple with Custard (150g)

Rhubarb, Apple, Ready to Pour Custard

ALLERGENS:

MILK

Wednesday Lunch: Vegetarian Chilli Pasta Bake (200g)

Meat-Free Mince, Mixed Beans, Tomatoes, Passata, Mixed Vegetables, Mild Chilli Powder, Pasta

ALLERGENS:

WHEAT, GLUTEN





Wednesday Dessert: Chocolate & Raisin Krispie Cake (50g)

Milk, Chocolate, Raisins, Vegetable Margarine, Rice Krispies

ALLERGENS:

GLUTEN, BARLEY, WHEAT, MILK, SOYA

Thursday Lunch: Moroccan Meat-Free Mince with Rice (167g)

Meat-Free Mince, Mixed Vegetables, Paprika, Ginger, Onion, Cinnamon, Cumin, Carrot, Long Grain Rice, Mixed Peppers, Tomatoes

ALLERGENS:

NONE

Thursday Dessert: Fruit Smoothie (50g)

Fruit

ALLERGENS:

NONE

Friday Lunch: Quorn in Parsley Sauce (140g) with Potato Croquettes (60g)

Quorn, Milk, Cornflour, Wheat Flour, Egg, Parsley, Celery, Black Pepper, Onion, Peas, Sweetcorn

ALLERGENS:

EGG, GLUTEN, MILK, WHEAT

Friday Dessert: Apple & Pear Crumble (120g)

Apple, Pear, Crumble Topping

ALLERGENS:

GLUTEN, WHEAT





Vegetarian Lunch Menu - Week 1 (Allergen Free)

Monday Lunch: Vegetable Ragu & Jacket Potato (183g)

Chopped Tomatoes, Passata, Diced Onion, Carrot, Red Lentils, Kidney Beans, Mixed Peppers, Broccoli, Garlic, Mixed Herbs, Jacket Potato

ALLERGENS:

NONE

Tuesday Lunch: Sweet & Sour Vegetables with Rice (190g)

Rice, Sweet & Sour Sauce (Sugar, Carrot, Onion, Pineapple, 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

Wednesday Lunch: Cheesy Bean & Potato Pie (200g)

Potato, Violife Cheese, Bechamel, Baked Beans, Chives

ALLERGENS:

NONE

Thursday Lunch: Veggie Patti, Mashed Potatoes & Peas (180g)

Mixed Vegetables, Potato, Peas

ALLERGENS:

NONE

Friday Lunch: Summer Vegetable Risotto (195g)

Summer Vegetables, Vegetable Free-from Gravy, Black Pepper, Rice, Garlic

ALLERGENS:

NONE





Vegetarian Lunch Menu - Week 2 (Allergen Free)

Monday Lunch: Veggiecakes, Baby Potatoes in a Parsley Butter, Peas & Sweetcorn (222g)

Vegetable Allergen-free Cake, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn

ALLERGENS:

NONE

Tuesday Lunch: Cauliflower & Broccoli Gratin with Garlic Bread (215g)

Cauliflower, Violife Cheese, Broccoli, Garlic, Salt

ALLERGENS:

NONE

Wednesday Lunch: BBQ Mixed Beans & Mediterranean Vegetables with Mixed Rice (195g)

BBQ Marinade, Borlotti Beans, Cannellini Beans, Courgette, Mixed Peppers, White Rice

ALLERGENS:

NONE

Thursday Lunch: Vegetable Lasagne (192g)

Leek, Carrot, Broccoli, Onion, Mixed Peppers, Tomatoes, Passata, Garlic, Free-from Lasagne Sheets, Violife Cheese, Oregano

ALLERGENS:

NONE

Friday Lunch: Vegetable Ragu with Wedges (190g)

Mixed Summer Vegetables, Mixed Herbs, Tomatoes, Passata, Mixed Peppers, Garlic, Potato Wedges

ALLERGENS:

NONE



Lunch Menu - Week 3 (Allergen Free)

Monday Lunch: Mixed Bean Chilli & Potato Wedges (200g)

Borlotti, Kidney Beans, Tomatoes, Passata, Mixed Vegetables, Mild Chilli Powder, Potato Wedges

ALLERGENS:

NONE

Tuesday Lunch: Vegetable Curry with Rice (210g)

Mixed Vegetables, Curry Powder, Turmeric, Long Grain Rice

ALLERGENS:

NONE

Wednesday Lunch: Falafel & Spinach Burger with Potato Wedges & Peas (187g)

Falafel & Spinach Burger, Potato Wedges, Peas

ALLERGENS:

NONE

Thursday Lunch: Moroccan Mixed Beans with Rice (167g)

Mixed Beans, Mixed Vegetables, Paprika, Ginger, Onion, Cinnamon, Cumin, Carrot, Long Grain Rice, Mixed Peppers, Tomatoes

ALLERGENS:

NONE

Friday Lunch: Mixed Beans White Sauce (140g) with Mashed Potato (60g)

Mixed Beans, Corn Flour, Violife Cheese, Parsley, Black Pepper, Onion, Peas, Sweetcorn, Potato

ALLERGENS:

NONE





Tea Menu - Week 1

Monday

Baked Beans on Wholemeal Toast & Malt Loaf

ALLERGENS:

WHEAT, GLUTEN, SOYA, BARLEY, MILK

Tuesday

Ham Sandwiches & Cherry Tomatoes with a Fruit Cocktail

ALLERGENS:

WHEAT, GLUTEN

Wednesday

Tuna & Sweetcorn Pasta, Red Peppers and Mandarins in Juice

ALLERGENS:

FISH, EGG, WHEAT, GLUTEN

Thursday

Cheese with Crackers, Raisins & a Fruit Yoghurt

ALLERGENS:

WHEAT, GLUTEN, MILK

Friday

Vegetable Ravioli in a Tomato Sauce with a Wholemeal Roll & Banana

ALLERGENS:

WHEAT, GLUTEN, CELERY





Tea Menu - Week 2

Monday

Vegetable Soup with a Wholemeal Roll and Pears in Juice

ALLERGENS:

WHEAT, GLUTEN

Tuesday

Chicken Salad Wraps with a Banana

ALLERGENS:

WHEAT, GLUTEN

Wednesday

Sausage Roll & Baked Beans with a Fruit Yoghurt

ALLERGENS:

MILK, WHEAT, GLUTEN, SOYA

Thursday

Wholemeal Egg Mayonnaise Roll with Cucumber and Sliced Peaches

ALLERGENS:

WHEAT, GLUTEN, EGG

Friday

Toasted Crumpets with Ham and a Jelly Pot

ALLERGENS:

WHEAT, GLUTEN, MILK





Tea Menu - Week 3

Monday

Spaghetti on Wholemeal Toast with a Banana

ALLERGENS:

WHEAT, GLUTEN

Tuesday

Margarita Pizza, Carrot Sticks, Yellow Peppers and Vanilla Ice Cream

ALLERGENS:

WHEAT, GLUTEN, MILK

Wednesday

Chicken Kebab with Cucumber, Tomatoes, Savoury Rice and an Orange & Mango Smoothie

ALLERGENS:

NONE

Thursday

Jacket Potato with Cheese & Beans and Melon Pieces

ALLERGENS:

MILK

Friday

Chicken & Pasta in a Tomato & Herb Sauce with Pineapple Chunks

ALLERGENS:

WHEAT, GLUTEN





Tea Menu - Week 1 (Allergen Free)

Monday

Baked Beans on Wholemeal Free-from Pitta & Orgran Cookies

ALLERGENS:

NONE

Tuesday

Free-from Ham Wrap with Cherry Tomatoes & Fruit Cocktail

ALLERGENS:

NONE

Wednesday

Mixed Bean Free-from Pasta with Red Peppers and Mandarins in Juice

ALLERGENS:

NONE

Thursday

Violife Cheese with Free-from Crispbread with Raisins and an Orange & Mango Smoothie

ALLERGENS:

NONE

Friday

Chicken with Free-from Pasta in a Tomato & Herb Sauce with a Free-from Pitta and a Banana

ALLERGENS:

NONE





Tea Menu - Week 2 (Allergen Free)

Monday

Vegetable Soup with a Free-from Pitta and Pears in Juice

ALLERGENS:

NONE

Tuesday

Violife Cheese Salad Free-from Wraps and a Banana

ALLERGENS:

NONE

Wednesday

Free-from Ham & Tomato Pastry Turnover with Baked Beans & Fruit Hotpot

ALLERGENS:

NONE

Thursday

Free-from Violife Cheese Sandwich with Cucumber & Sliced Peaches

ALLERGENS:

NONE

Friday

Toasted Free-from Bread Slices with Ham and Jelly Pot

ALLERGENS:

NONE





Tea Menu - Week 3 (Allergen Free)

Monday

Baked Beans on Free-from Toast with a Banana

ALLERGENS:

NONE

Tuesday

Margarita Free-from Pizza with Carrot Sticks, Yellow Peppers and a Fruit Smoothie

ALLERGENS:

NONE

Wednesday

Chicken Kebab with Cucumber, Tomatoes, Savoury Rice and an Orange & Mango Smoothie

ALLERGENS:

NONE

Thursday

Jacket Potato with Violife Cheese & Beans and Melon Pieces

ALLERGENS:

NONE

Friday

Chicken with Free-from Pasta in a Tomato & Herb Sauce with Pineapple Chunks

ALLERGENS:

NONE





Vegetarian Tea Menu - Week 1

Monday

Baked Beans on Wholemeal Toast & Malt Loaf

ALLERGENS:

WHEAT, GLUTEN, SOYA, BARLEY, MILK

Tuesday

Cheese Sandwiches & Cherry Tomatoes with a Fruit Cocktail

ALLERGENS:

WHEAT, GLUTEN, MILK

Wednesday

Mixed Bean & Sweetcorn Pasta, Red Peppers and Mandarins in Juice

ALLERGENS:

EGG, WHEAT, GLUTEN

Thursday

Cheese with Crackers, Raisins & a Fruit Yoghurt

ALLERGENS:

WHEAT, GLUTEN, MILK

Friday

Vegetable Ravioli in a Tomato Sauce with a Wholemeal Roll & Banana

ALLERGENS:

WHEAT, GLUTEN, CELERY





Vegetarian Tea Menu - Week 2

Monday

Vegetable Soup with a Wholemeal Roll and Pears in Juice

ALLERGENS:

WHEAT, GLUTEN

Tuesday

Cheese Salad Wraps with a Banana

ALLERGENS:

WHEAT, GLUTEN, MILK

Wednesday

Vegetarian Roll & Baked Beans with a Fruit Yoghurt

ALLERGENS:

MILK, WHEAT, GLUTEN, SOYA

Thursday

Wholemeal Egg Mayonnaise Roll with Cucumber and Sliced Peaches

ALLERGENS:

WHEAT, GLUTEN, EGG

Friday

Toasted Crumpets with Cheese and a Jelly Pot

ALLERGENS:

WHEAT, GLUTEN, MILK





Vegetarian Tea Menu - Week 3

Monday

Spaghetti on Wholemeal Toast with a Banana

ALLERGENS:

WHEAT, GLUTEN

Tuesday

Margarita Pizza, Carrot Sticks, Yellow Peppers and Vanilla Ice Cream

ALLERGENS:

WHEAT, GLUTEN, MILK

Wednesday

Quorn Kebab with Cucumber, Tomatoes, Savoury Rice and an Orange & Mango Smoothie

ALLERGENS:

EGG

Thursday

Jacket Potato with Cheese & Beans and Melon Pieces

ALLERGENS:

MILK

Friday

quorn & Pasta in a Tomato & Herb Sauce with Pineapple Chunks

ALLERGENS:

WHEAT, GLUTEN, EGG





Vegetarian Tea Menu - Week 1 (Allergen Free)

Monday

Baked Beans on Wholemeal Free-from Pitta & Orgran Cookies

ALLERGENS:

NONE

Tuesday

Free-from Violife Cheese Wrap with Cherry Tomatoes & Fruit Cocktail

ALLERGENS:

NONE

Wednesday

Mixed Bean Free-from Pasta with Red Peppers and Mandarins in Juice

ALLERGENS:

NONE

Thursday

Violife Cheese with Free-from Crispbread with Raisins and an Orange & Mango Smoothie

ALLERGENS:

NONE

Friday

Mixed Vegetables with Free-from Pasta in a Tomato & Herb Sauce with a Free-from Pitta and a Banana

ALLERGENS:

NONE





Vegetarian Tea Menu - Week 2 (Allergen Free)

Monday

Vegetable Soup with a Free-from Pitta and Pears in Juice

ALLERGENS:

NONE

Tuesday

Violife Cheese Salad Free-from Wraps and a Banana

ALLERGENS:

NONE

Wednesday

Free-from Violife Cheese & Tomato Pastry Turnover with Baked Beans & Fruit Hotpot

ALLERGENS:

NONE

Thursday

Free-from Violife Cheese Sandwich with Cucumber & Sliced Peaches

ALLERGENS:

NONE

Friday

Toasted Free-from Bread Slices with Violife Cheese and Jelly Pot

ALLERGENS:

NONE





Vegetarian Tea Menu - Week 3 (Allergen Free)

Monday

Baked Beans on Free-from Toast with a Banana

ALLERGENS:

NONE

Tuesday

Margarita Free-from Pizza with Carrot Sticks, Yellow Peppers and a Fruit Smoothie

ALLERGENS:

NONE

Wednesday

Falafel Kebab with Cucumber, Tomatoes, Savoury Rice and an Orange & Mango Smoothie

ALLERGENS:

NONE

Thursday

Jacket Potato with Violife Cheese & Beans and Melon Pieces

ALLERGENS:

NONE

Friday

Mixed Beans with Free-from Pasta in a Tomato & Herb Sauce with Pineapple Chunks

ALLERGENS:

NONE

