

Summer Lunch Menu MAIN COURSE

CONTENTS (ALLERGENS IN RED)

DESSERT

WEEK 1	MON	Roast Chicken, New Potatoes, Peas, Carrots and Gravy	Chicken Breast , (Dextrose, Salt) New Potatoes, Sunflower Oil, Rosemary, Carrots, Peas, Vegan Gravy*	Natural Greek Yoghurt with Peach Puree (Milk, Sugar, Citric Acid)
	TUE	Macaroni Cheese Broccoli	Macaroni (Durum Wheat Semolina) Cheese (Milk) Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Flour , (Wheat , Calcium Carbonate, Iron, Niacin, Thiamine) Broccoli	Tinned Mandarins (Water, Sugar, citric acid)
	WED	Vege Sausage Jambalaya	Vege Sausages (Rehydrated Textured Pea Protein, Onion, Rapeseed Oil, Chickpea Flour, Methyl Cellulose, Salt, Sage, Natural Flavouring, Black Pepper) Garlic, Mixed Peppers, Onion, Tomato, Carrots, Peas, Green Beans, Sweetcorn, Cajun Spices, Basmati Rice	Jam and Coconut Sponge Self-Raising Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Calcium Phosphate, Sodium Bicarbonate,) Eggs , Sugar, Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene,) Coconut, (Sulphites) Jam (Sugar, Strawberries, Pectin, Citric Acid, Acidity Regulator.)
	THU	Spaghetti Bolognese	Minced Beef, Tinned Tomatoes (Citric Acid) Onion, Mushrooms, Mixed Peppers, Garlic Salt , (Salt, Dried Garlic, Onion Powder, Garlic Oil, Silicon Dioxide) Basil, Spaghetti Pasta , (Durum Wheat Semolina, Soft Wheat Flour)	Tropical Fruit Salad Pineapple, Melon, Papaya, Guava, Passion Fruit
	FRI	Baked Breaded Fish & Chips with Peas	Breaded White Fish fillets (Fish, Wheat) Oven Potato Chips (Potato, Sunflower Oil, Dextrose) Peas	Chilled Chocolate Pudding Milk , Coco-Powder (Acidity Regulators) Sugar, Cornflour

*(Potato Starch, Palm Oil, Salt, Maltodextrin, Dried Onion, Caster Sugar, Hydrolysed Maize Protein, Colour – Plain Caramel, Flavouring, Sage, Parsley, Emulsifier – Rapeseed Lecithin)

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CONTENTS (ALLERGENS IN RED)

DESSERT

WEEK 2	MON	Penne Pasta with Sun Dried Tomato, Cherry Tomatoes and Peas	Penne Pasta (Durum Wheat Semolina) Sun Dried Tomato Paste (Partially Rehydrated Sundried Tomatoes, Sunflower Oil, Tomato Puree, Salt, Garlic Powder, Black Pepper, White Vinegar) Cherry Tomatoes, Peas	Natural Greek Yoghurt with Strawberry Puree (Milk , Sugar, Citric Acid)
	TUE	Lentil & Vegetable Cottage Pie and Green Beans	Lentils (Water, Calcium Chloride) Potato, Onions, Garlic, Cheese (Milk) Carrots, Peas, Green Beans, Sweetcorn, Vegan Gravy*	Lemon Cake Self-Raising Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Calcium Phosphate, Sodium Bicarbonate,) Eggs, Sugar, Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene,) Lemon
	WED	Salmon, Pea, Sweetcorn & Dill Paella	Salmon (Fish) Peas, Sweetcorn, Rice, Dill, Turmeric, Onion, Garlic, Sunflower Oil, Long Grain Rice	Apple Fool Apple, Sugar, Custard Powder (Maize Starch, Salt, Flavouring, Colour-Annatto Norbixin) Milk
	THU	Jacket Potato with Baked Beans and Cheese	Potato, Cheese (Milk) Baked Beans (Haricot Beans, Tomato Puree, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Maltodextrin, Paprika Extract, Clove Extract, Capsicum Extract, Flavouring)	Melon Mix Watermelon, Honeydew, Galia
	FRI	Chicken Korma with and Vegetable Rice	Chicken Breast , (Dextrose, Salt) Tinned Tomatoes (Citric Acid) Vegan Gravy* , Coconut Milk, Curry Powder (Coriander Seed, Cumin Seed, Onion, Salt, Chilli Powder, Fenugreek, Garlic Powder, Ginger, Paprika, Turmeric, Cinnamon, Black Pepper, Clove, Bay leaf, Cardamom), Garlic, Onion, Basmati Rice, Peas, Sweetcorn	Homemade Raisin Shortbread Wheat Flour (Wheat flour, Calcium Carbonate, Iron, Niacin, Thiamine) Margarine (Rapeseed Oil, Palm Oil 1%, Flavourings, Beta-Carotene) Sugar, Raisins

*(Potato Starch, Palm Oil, Salt, Maltodextrin, Dried Onion, Caster Sugar, Hydrolysed Maize Protein, Colour – Plain Caramel, Flavouring, Sage, Parsley, Emulsifier – Rapeseed Lecithin)

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WEEK 3	MON	Chicken Tagine with Vegetable Cous-Cous	Chicken Breast , (Dextrose, Salt) Tinned Tomatoes (Citric Acid) Garlic, Onion, Spices (Cumin, Paprika, Ginger, Coriander, Cinnamon) Vegan Gravy* Cous-Cous (Durum Wheat , Semolina) Carrots, Peas, Green Beans, Sweetcorn	Tinned Peaches (Water, Sugar, Citric Acid)
	TUE	Vegetarian Meatballs with Sweet Red Peppers, Tomatoes and Rice	Vegetarian Meatballs (Rehydrated Textured Pea Protein, Tomato Puree, Onion, Rapeseed Oil, Chickpea Flour, Methyl Cellulose, Salt Natural Flavouring, Black Pepper) Mixed Peppers, Tinned Tomatoes (Citric Acid) Onion, Garlic, Basil, Vegan Gravy* , Basmati Rice	Courgette & Lime Cake Self-Raising Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Calcium Phosphate, Sodium Bicarbonate,) Eggs, Sugar, Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene) Courgette, Lime
	WED	Turkey, Leek and Sweet Potato Hotpot with Green Beans	Turkey Mince, Onions, Leeks, Sweet Potato Carrots, Peas, Green Beans, Sweetcorn, Vegan Gravy* Potato, Green Beans	Fruit Jelly (Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Citric Acid, Sodium Citrate, Colours – Carmine Curcumin, Acetic Acid, Flavouring)
	THU	Hidden Roasted Vegetable Penne with Grilled Cheese Served with Garlic Bread	Penne Pasta (Durum Wheat Semolina) Vegetables (Courgette, Carrots, Peas, Green Beans, Sweetcorn) Onion, Garlic, Tinned Tomatoes (Citric Acid), Cheese (Milk) Olive Oil, Garlic Bread (Wheat Flour, Water, Yeast, Fermented Wheat Flour, Salt, Malted Wheat Flour, Flour Treatment Agent, Processing Aids, Garlic, Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene) Parsley	Natural Greek Yoghurt with Apricot Puree (Milk , Sugar, Citric Acid)
	FRI	Fish Fingers with Chips and Peas	Fish Fingers (Alaskan Pollock Fish, Wheat Flour, Rapeseed Oil, Water, Dextrose, Potato Starch, Salt, Paprika, Yeast, Turmeric) Chips (Potato, Sunflower Oil, Dextrose) Peas	Chilled Strawberry Fool Strawberries, Sugar, Custard Powder Milk

*(Potato Starch, Palm Oil, Salt, Maltodextrin, Dried Onion, Caster Sugar, Hydrolysed Maize Protein, Colour – Plain Caramel, Flavouring, Sage, Parsley, Emulsifier – Rapeseed Lecithin)

Vegetarian Allergen Free Menu

Summer Lunch Menu MAIN COURSE

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DESSERT

WEEK 1	MON	Vege Sausages, New Potatoes, Carrots, Gravy	Vegetarian Sausages (Rehydrated Textured Pea, Onion, Rapeseed Oil, Chickpea Flour, Stabiliser – Methyl Cellulose, Salt, Sage, Natural Flavouring, Black Pepper) New Potatoes, Cabbage, Vegan Gravy *	Layered Apple and Peach Puree Apple, Peaches
	TUE	Macaroni Cheese and Broccoli	Gluten Free Macaroni (Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier – Mono and Diglycerides of Fatty Acids) Coconut Milk , (Coconut Extract, Guar Gum) Vegan Margarine , (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Gluten Free Flour , (Rice, Potato, Tapioca, Maize, Buckwheat) Vegan Cheese (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) Broccoli	Tinned mandarins Mandarin, Mandarin Orange Juice, Citric, Ascorbic Acid
	WED	Vegan Jambalaya	Vegetarian Sausages (Rehydrated Textured Pea, Onion, Rapeseed Oil, Chickpea Flour, Stabiliser – Methyl Cellulose, Salt, Sage, Natural Flavouring, Black Pepper) Garlic, Mixed Peppers, Onion, Tomato, Carrots, Peas, Green Beans, Sweetcorn, Cajun Spices, Basmati Rice	Jam & Coconut Sponge Jam (Sugar, Strawberries, Pectin, Citric Acid, Acidity Regulator,) Coconut, Gluten Free Self Raising Flour (Rice, Potato, Tapioca, Maize, Buckwheat, Mono Calcium Phosphate, Sodium Bicarbonate, Xantham Gum) Vegan Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Sugar
	THU	Mixed Bean Bolognese	Haricot beans, Cannellini Beans, Hidden Vegetable Sauce (Peppers, Carrots, Green Beans, Peas) Sunflower Oil, Onion, Mushrooms, Garlic, Basil, Gluten Free Pasta (Rice Flour, White and Yellow Maize Flour, Emulsifier)	Tropical fruit salad Pineapple, Melon, Papaya, Guava, Passion Fruit
	FRI	Falafel, Chips and Peas	Carrots, Onion, Cumin, Garlic Chickpeas (Calcium Chloride) Oven Potato Chips (Potato, Sunflower Oil, Dextrose) Peas, Sunflower Oil	Chocolate and Coconut Pudding Coconut Milk, Cornflour, Coco powder (Acidity Regulator) Sugar

*(Potato Starch, Palm Oil, Salt, Maltodextrin, Dried Onion, Caster Sugar, Hydrolysed Maize Protein, Colour – Plain Caramel, Flavouring, Sage, Parsley, Emulsifier – Rapeseed Lecithin)

Summer Lunch Menu MAIN COURSE

CONTENTS (ALLERGENS IN RED)

DESSERT

WEEK 2	MON	Penne Pasta with Sun Dried Tomato, Cherry Tomatoes and Peas	Gluten Free Pasta (Rice Flour, White & Yellow Maize Flour, Emulsifier) Sun Dried Tomato Paste (Partially Rehydrated Sundried Tomatoes, Sunflower Oil, Tomato Puree, Salt, Garlic Powder, Black Pepper, White Vinegar) Cherry Tomatoes, Peas	Layered Apricot & Strawberry Puree Apricots, Strawberries
	TUE	Lentil & Vegetable Cottage Pie and Green Beans	Lentils (Water, Calcium Chloride) Potato, Onions, Garlic, Vegan Cheese (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) Carrots, Peas, Green Beans, Sweetcorn, Vegan Gravy*	Lemon Cake Gluten Free Self Raising Flour (Rice, Potato, Tapioca, Maize, Buckwheat, Mono Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Vegan Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Sugar, Lemon
	WED	Vegan Paella	Broad Beans, Courgettes, Mixed Peppers, Tomato puree, (Citric Acid) Sunflower Oil, Onions, Red Peppers, Garlic, Thyme, Paprika, Parsley, Lemon, Long Grain Rice	Apple & Rhubarb Fool Apple, Rhubarb, Plant cream (Lentil Protein, Coconut and Rapeseed Oil, Sugar, Modified Corn starch, Emulsifiers, Stabilizers, Guar Gum, Salt, Colourant)
	THU	Jacket Potato with Baked Beans & Vegan Cheese	Baked Beans (Haricot Beans, Tomato Puree, Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Maltodextrin, Paprika Extract, Clove Extract, Capsicum Extract, Flavouring) Vegan Cheese (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) Potato	Melon Mix Watermelon, Honeydew, Galia
	FRI	Cauliflower and Vegetable korma	Potato, Mushrooms, Peppers, Onion, Garlic, Vegan Gravy* Coconut Milk (Coconut Extract, Guar Gum) Rice	Homemade Raisin Shortbread Gluten Free Self Raising Flour (Rice, Potato, Tapioca, Maize, Buckwheat, Mono Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Vegan Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Sugar, Raisins

*(Potato Starch, Palm Oil, Salt, Maltodextrin, Dried Onion, Caster Sugar, Hydrolysed Maize Protein, Colour – Plain Caramel, Flavouring, Sage, Parsley, Emulsifier – Rapeseed Lecithin)

Summer Lunch Menu MAIN COURSE

CONTENTS (ALLERGENS IN RED)

DESSERT

WEEK 3	MON	Moroccan Bean Tagine	Borlotti & Haricot Beans (Calcium Chloride) Tinned Tomatoes (Citric Acid) Garlic, Onion, Spices (Cumin, Paprika, Ginger, Coriander, Cinnamon) Vegan Gravy* Free From Cous-Cous (Maize Flour) Carrots, Peas, Green Beans, Sweetcorn	Tinned Peaches (Water, Sugar, Citric Acid)
	TUE	Vegetarian Meatballs with Sweet Red Peppers, Tomatoes and Rice	Vegetarian Meatballs (Rehydrated Textured Pea Protein, Tomato Puree, Onion, Rapeseed Oil, Chickpea Flour, Methyl Cellulose, Salt Natural Flavouring, Black Pepper) Mixed Peppers, Tinned Tomatoes (Citric Acid) Onion, Garlic, Basil, Vegan Gravy* , Basmati Rice	Courgette & Lime Cake Gluten Free Self Raising Flour (Rice, Potato, Tapioca, Maize, Buckwheat, Mono Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Vegan Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Sugar, Courgette, Lime
	WED	Bean, Vegetable and Potato Hotpot with Green Beans	Borlotti Beans, (Calcium Chloride) Onions, Mushrooms, Carrots, Broccoli, Green Beans, Vegan Gravy* Potato, Green Beans	Vegan Fruit Jelly
	THU	Hidden Roasted Vegetable Penne with Grilled Cheese Served with Garlic Bread	Gluten Free Pasta (Rice Flour, White & Yellow Maize Flour, Emulsifier) Vegetables (Courgette, Carrots, Peas, Green Beans, Sweetcorn) Onion, Garlic, Tinned Tomatoes (Citric Acid), Vegan Cheese (Coconut Oil, Modified Starch, Sea Salt, Calcium Phosphate, Lentil Protein, Flavourings, Olive Extract, B-Carotene, Vitamin B12) Olive Oil	Fresh Fruit Salad Melon, Watermelon, Grapes, Pineapple
	FRI	Vegetable Rissole with Chips & Peas	Mushrooms, Peppers, Carrot, Onion, Potato, Garlic, Oil, Chips (Potato, Sunflower Oil, Dextrose) Peas, Butter Beans (Calcium Chloride)	Vegan Strawberry Fool Strawberry, Plant cream (Lentil Protein, Coconut and Rapeseed Oil, Sugar, Modified Corn starch, Emulsifiers, Stabilizers, Guar Gum, Salt, Colourant) Sugar

*(Potato Starch, Palm Oil, Salt, Maltodextrin, Dried Onion, Caster Sugar, Hydrolysed Maize Protein, Colour – Plain Caramel, Flavouring, Sage, Parsley, Emulsifier – Rapeseed Lecithin)

Allergens may change due to suppliers' substitutes, always check the allergen label on the food tray that is delivered to you every day. Although we never add nuts to our nursery menus, we do on occasion buy products from suppliers who use nuts in their factories or production lines and we do use nuts in our kitchen for other catering work that we do.