

Example Lunch Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
RED	Chicken Massaman Curry Served With Yellow And White Rice, Home-Made Flatbread, Broccoli, Cauliflower, Spinach And Peas Homemade Jelly Pot	Creamy Fish Pie With Salmon And Pollock Served With Crushed New Potatoes, Peas And Sweetcorn Sultana And Oat Cookie	Home Made Pork Meatloaf Served With Home-Made Gravy, Potatoes And Seasonal Vegetables Apple Crumble Pot	Lamb In A Puttanesca Sauce Served With Penne Pasta, Homemade Nut Free Pesto Bread And Seasonal Vegetables Lemon Drizzle Cake	Chunky Beef Casserole Served With Creamy Mashed Potato And Seasonal Vegetables Chocolate Crackle Tops
FSA Allergens	2 – 4 – 14	1 – 2 – 4 – 5 – 7	1 – 7 – 14	1 – 2 – 4 – 14	1 – 2 – 7
Green	Quorn Massaman Curry Served With Yellow And White Rice, Home-Made Flatbread, Broccoli, Cauliflower, Spinach And Peas Fruity Yoghurt Pot	Butter Beans Red Pepper And Courgette Pie Served With Crushed New Potatoes, Peas And Sweetcorn Sultana And Oat Cookie	Pinto Beans Lentil Veggie Loaf Served With Home-Made Gravy, Potatoes And Seasonal Vegetables Apple Crumble Pot	Quorn In A Puttanesca Sauce Served With Penne Pasta, Homemade Nut Free Pesto Bread And Seasonal Vegetables Lemon Drizzle Cake	Roasted Root Vegetables And Lentil Casserole Served With Creamy Mashed Potato And Seasonal Vegetables Chocolate Crackle Tops
FSA Allergens	1 – 2 – 7	1 – 2 – 7	1 – 2 – 5	1 – 7	1 – 2 – 7

Foods Highlighted Indicate - **Pink** = 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

Dietary Requirements Are Catered For Wherever Possible. Menu Is Subject To Change Depending On The Availability Of Ingredients, Seasonal Vegetables Are Used Although Substitutions May Be Made Where They Are Not Available.

Example Tea Menu

Tea	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Jacket Skins Filled With Cheese, Chive And Sweetcorn Served With Crudités And Sour Cream Fruit And Yoghurt	Cheesy Tomato Pasta Bake With Crunchy Panko Topping Served With Fresh Salad Fruit And Yoghurt	BBQ Chicken Or BBQ Beans VEG Hot Wrap Served With Cucumber And Sweetcorn Salad Fruit And Yoghurt	Roasted Tomato And Lentil Soup Served With Homemade Croutons And Cheesy Bread Fruit And Yoghurt	Homemade Cheese Potato And Marmite Savoury Pastries Served With Garden Peas And Tomato Dip Fruit And Yoghurt
FSA Allergens	2 – 7 – 14	1 – 2 – 7 – 13	1 – 2 - 7 – 14	1 – 2 – 4 – 13	1 – 2 – 7
Foods Highlighted Indicate - Pink = 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 Dietary Requirements Are Catered For Wherever Possible. Menu Is Subject To Change Depending On The Availability Of Ingredients, Seasonal Vegetables Are Used Although Substitutions May Be Made Where They Are Not Available.					