

Menu for week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch main	Turkey meatballs in a blended tomato sauce with basmati rice, side of brocolli and cauliflower	Honey and ginger chicken breast with crunchy peppers and egg free noodles	Slow cooked beef stew with parsnips and sweet potato mash with a side of raw veggies	Barbeque roast chicken pieces with baby corn and baby carrots and a mix of brown and white basmati rice	Root vegetable winter lasagna with swede, butternut squash and sweetcorn with a side of raw salad veggies (V)
Lunch desserts	Oaty flapjacks	Fruit yoghurt	Fruit compote with natural yoghurt	Home made juicy carrot cake	Fresh fruit slices
Tea main	Jacket potatoes with tuna mayo and sweetcorn	Mediterranean vegetable pizza slices served with raw veggies	Chicken chow mein with egg free noodles	Beef burgers potatoes and corn	100% chicken sausages with baby new potato and garden peas
Tea desserts	Strawberry yoghurt	Strawberry jelly	Apple and peach crumble, served with vanilla custard	Fresh fruit selection	Pineapple cake
Vegetarian lunch main	Quorn meatballs in a blended vegetable and tomato sauce with broccoli and cauliflower served with basmati rice	Honey and ginger quorn pieces with crunchy mixed peppers and egg free noodles	Slow cooked vegetable stew with parsnips and lentils with sweet potato mash	Vegetarian nuggets with baby corn and carrots served with mix of brown and white rice	Root vegetable winter lasagna with swede, butternut squash and sweetcorn with a side of raw salad veggies (V)
Vegetarian lunch desserts	Oaty flapjacks	Fruit yoghurt	Fruit compote with natural yoghurt	Home made juicy carrot cake	Fresh fruit slices
Vegetarian tea main	Jacket potatoes with grated cheddar cheese sweetcorn and mayonnaise	Mediterranean vegetable pizza slices served with raw veggies	Veggie chow mein with egg free noodles	Veggie sausage with potato and corn	Veggie sausage with potato and corn
Vegetarian tea desserts	Strawberry yoghurt	Strawberry jelly	Apple and peach crumble, served with vanilla custard	Fresh fruit selection	Pineapple cake
Baby lunch main	Potatoes peas and rice (b)	Chicken with peppers courgettes and noodles	Tuna and sweetcorn pasta (b)	Beef mince with tomatoes peppers sweetcorn and basmati rice	Mash potatoes, carrots and peas
Baby lunch desserts	Pureed fresh fruit	Pureed fresh fruit	Pureed fresh fruit	Pureed fresh fruit	Pureed fresh fruit
Baby tea main	Pea soup with wholemeal sliced bread (b)	Spinach tomatoes and mash potato (b)	Lentils with sweetcorn and rice (b)	Vegetable soup with bread (b)	Steamed vegetables with pasta (b)

Baby tea desserts

Raspberry yoghurt

Fruit yoghurt

Raspberry yoghurt

Strawberry yoghurt

Strawberry yoghurt

Menu for week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch main	Moroccan vegetable tagine with dried apricots served with herb couscous	Roast chicken strips with a sweet and sour sauce with baby corn and baby carrots and egg free noodles. Side of raw salad veggies	Pasta pomodoro - Hidden vegetable and tomato sauce with carrots and mixed peppers, served with pasta and grated cheddar cheese (V)	Beef chilli con carne with red kidney beans served with basmati rice	Cod fish cakes with butternut squash mash and garden peas
Lunch desserts	Peach Cake	Fresh fruit slices	Beetroot cake (v)	Apple and peach crumble, served with vanilla custard	Pineapple chunks with natural yoghurt
Tea main	Turkey meatballs in a rich Italian sauce served with basmati rice	Root vegetable and butter bean soup	Jacket potatoes with baked beans and cheddar cheese	Macaroni cheese with tomato sauce and sweetcorn	Mild and creamy coconut chicken curry with rice
Tea desserts	Oaty flapjacks	Strawberry yoghurt	Fresh fruit slices	Fruit yoghurt	Pear cake
Vegetarian lunch main	Moroccan vegetable tagine with dried apricots served with herb couscous	Vegetarian sweet and sour sauce with quorn pieces baby corn and carrots, served with egg nodes	Pasta pomodoro - Hidden vegetable and tomato sauce with carrots and mixed peppers, served with pasta and grated cheddar cheese (V)	Vegetarian chilli con carne with red kidney beans, served with basmati rice	Vegetarian burgers with garden peas and butternut squash mash
Vegetarian lunch desserts	Peach Cake	Fresh fruit slices	Beetroot cake (v)	Apple and peach crumble, served with vanilla custard	Pineapple chunks with natural yoghurt
Vegetarian tea main	Quorn balls in a tomato sauce with spinach and peas, with basmati rice	Root vegetable and butter bean soup	Jacket potatoes with baked beans and cheddar cheese	Macaroni cheese with tomato sauce and sweetcorn	Mild and creamy coconut and butter bean curry with rice
Vegetarian tea desserts	Oaty flapjacks	Strawberry yoghurt	Fresh fruit slices	Fruit yoghurt	Pear cake
Baby lunch main	Chicken pieces with carrots sweetcorn and basmati rice	Mash potato with broccoli and cauliflower	Sweetcorn and peppers with pasta	Lentils with tomato courgettes sweetcorn and pasta	Roast chicken pieces in tomato sauce with spinach served with basmati rice
Baby lunch desserts	Pureed fresh fruit	Pureed fresh fruit	Pureed fresh fruit	Pureed fresh fruit	Pureed fresh fruit
Baby tea main	Tomato and lentil soup	Mash potatoes, carrots and	Lentils with tomatoes and	Tuna and sweetcorn pasta	Spinach and potato soup

	with bread (b)	peas	couscous (b)	(b)	with bread (b)
Baby tea desserts	Strawberry yoghurt	Strawberry yoghurt	Strawberry yoghurt	Strawberry yoghurt	Strawberry yoghurt

Menu for week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch main	Roasted vegetables with red lentils and couscous served with a yoghurt dip	Beef bolognese served with whole wheat penne pasta and garden peas	Fruity mango chicken pieces with diced carrots and mix of brown and basmati rice	Tuna pasta bake in tomato sauce with cheddar	Roast chicken pieces, diced baby vegetables in a creamy white sauce with butternut squash mash and a side of raw salad veggies
Lunch desserts	Apple and pear cake	Fresh fruit selection	Oaty flapjacks	Strawberry yoghurt	Strawberry jelly
Tea main	Cod fillet fish fingers with carrots and potatoes	Butternut squash soup with garlic bread	Roasted vegetable pasta bake with sweetcorn and cheddar (v)	Beef meatballs in tomato sauce with hidden veggies and basmati rice	Sweet and sour veggies with egg free noodles
Tea desserts	Fruit yoghurt	Fresh fruit crumble with vanilla custard	Fruit yoghurt	Chocolate brownies	Fruit compote with natural yoghurt
Vegetarian lunch main	Roasted vegetables with red lentils and couscous served with a yoghurt dip	Vegetarian soya mince bolognese served with whole wheat penne pasta and a side of garden peas	Fruity mango quorn pieces with carrots and rice	Red lentil and cheddar pasta bake	Diced baby vegetables in a creamy white sauce served with butternut squash mash. Side of raw veggies.
Vegetarian lunch desserts	Apple and pear cake	Fresh fruit selection	Oaty flapjacks	Strawberry yoghurt	Strawberry jelly
Vegetarian tea main	Vegetarian nuggets with baby new potatoes and diced carrots	Butternut squash soup with garlic bread	Roasted vegetable pasta bake with sweetcorn and cheddar (v)	Quorn balls in a tomato sauce with hidden vegetables and mixed rice	Sweet and sour veggies with egg free noodles
Vegetarian tea desserts	Fruit yoghurt	Fresh fruit crumble with vanilla custard	Fruit yoghurt	Chocolate brownies	Fruit compote with natural yoghurt
Baby lunch main	Chicken and vegetable soup	Minced beef with tomato peas carrots and pasta	Roasted butternut squash with spinach red lentils and basmati rice	White fish fillet with peas and potato	Chicken with mixed peppers carrots and noodles
Baby lunch desserts	Pureed fresh fruit	Pureed fresh fruit	Pureed fresh fruit	Pureed fresh fruit	Pureed fresh fruit
Baby tea main	Mash potato with carrots and sweetcorn (b)	Root vegetable and red lentil stew served with basmati rice	Creamy tomato soup (b)	Vegetable stew with couscous (b)	Tomato and sweetcorn pasta in olive oil dressing (b)

Baby tea desserts

Strawberry yoghurt

Fruit yoghurt

Fruit yoghurt

Strawberry yoghurt

Strawberry yoghurt

Disclaimer: For allergy meal requests please see labels on each meal

100% chicken sausages with baby new potato and garden peas

Baby new potatoes, Chicken, Peas, Wheat flour (contains gluten),

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Apple and peach crumble, served with vanilla custard

Apple, Brown sugar, Cinnamon, Peach, Vegetable oil, Wheat flour (contains gluten),

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Apple and pear cake

Apple, Brown sugar, Egg, Milk, Pear, Soya flour, Wheat flour (contains gluten),

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Barbeque roast chicken pieces with baby corn and baby carrots and a mix of brown and white basmati rice

Baby carrots, Baby corn, barbeque sauce, Basmati rice, Brown rice, Chicken breast,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: **Yes** | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Beef bolognese served with whole wheat penne pasta and garden peas

Beef mince, Chopped tomatoes, Diced carrots, Italian seasoning, Onion, Oregano, Paprika, Peas, Sunflower oil, Whole wheat pasta,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Beef burgers potatoes and corn

Baby new potatoes, Beef, Corn on the cob, Ground black pepper, Sunflower oil,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Beef chilli con carne with red kidney beans served with basmati rice

basmati rice, Beef mince, Chopped tomatoes, Kidney beans, Mixed herbs, Mixed peppers, Onions, Sunflower oil, Sweetcorn,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Beef meatballs in tomato sauce with hidden veggies and basmati rice

Basmati rice, Beef meatballs, Brown rice, Carrot, Chopped tomatoes, Mixed herbs, Onion, Sunflower oil,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Beef mince with tomatoes peppers sweetcorn and basmati rice

Basmati rice, Beef mince, Chopped tomatoes, Mixed peppers, Sweetcorn,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Beetroot cake (v)

Beetroot, Brown sugar, Butter, Egg, Milk, Soya flour, Wheat flour (contains gluten),

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Butternut squash soup with garlic bread

Butternut squash, Garlic bread, Low salt vegetable stock, Onion, Potato, Single cream,

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: **Yes** | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Chicken and vegetable soup

Bouillon powder, Chicken, Seasonal fresh vegetables,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: **Yes** | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Chicken chow mein with egg free noodles

Chicken, Egg free noodles, Garlic, Ginger, Grated carrots, Mixed peppers, Onion,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Chicken pieces with carrots sweetcorn and basmati rice

Basmati rice, Carrot, Chicken, Rice, Sunflower oil, Sweetcorn,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Chicken with mixed peppers carrots and noodles

Carrot, Chicken, Egg free noodles, Mixed peppers, Onion, Sunflower oil,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Chicken with peppers courgettes and noodles

Chicken, Courgettes, Egg free noodles, Mixed peppers, Onion, Sunflower oil,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Chocolate brownies

Brown sugar, Butter, Chocolate, Milk, Soya flour, Wheat flour (contains gluten), Vanilla,

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Cod fillet fish fingers with carrots and potatoes

Carrot, Fish, Potato,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: **Yes** | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Cod fish cakes with butternut squash mash and garden peas

Breadcrumbs, Butternut squash, Cod, Milk, Peas, Potatoes, Tumeric, Wheat flour (contains gluten),

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: **Yes** | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: **Yes** | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Creamy tomato soup (b)

Tomatoes,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Diced baby vegetables in a creamy white sauce served with butternut squash mash. Side of raw veggies.

Butterbeans, Diced carrots, Peas, Potato, Raw veggies, Single cream, Swedes, Turnips,

Allergens:

Milk: **Yes** | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Fresh fruit crumble with vanilla custard

Apple, Cinnamon, Peach, Pear, Vanilla custard, Wheat flour (contains gluten),

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Fresh fruit selection

Seasonal fresh fruit pieces,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Fresh fruit slices

Seasonal fresh fruit slices,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Fruit compote with natural yoghurt

Natural yoghurt, Peach, Pear, Strawberries,

Allergens:

Milk: **Yes** | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Fruit yoghurt

Fruit yoghurt,

Allergens:

Milk: **Yes** | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Fruity mango chicken pieces with diced carrots and mix of brown and basmati rice

Basmati rice, Brown rice, Carrot, Chicken, Cinnamon, Curry powder, Garlic powder, Mango chutney, Mixed peppers, Onion, Paprika, Raw veggies, Sunflower oil, Sweetcorn,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Fruity mango quorn pieces with carrots and rice

basmati rice, Brown rice, Cinnamon, Curry powder, Diced carrots, Garlic, Ginger, Mango, Mango chutney, Mixed peppers, Raw veggies, Red lentils, Sweetcorn,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Home made juicy carrot cake

Butter, Cinnamon, Egg, Grated carrots, Mango puree, Milk, Raisins, Soya flour, Wheat flour (contains gluten),

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Honey and ginger chicken breast with crunchy peppers and egg free noodles

Chicken breast, Egg free noodles, Garlic, Honey & ginger sauce, Mixed peppers, Onion,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Honey and ginger quorn pieces with crunchy mixed peppers and egg free noodles

Egg free noodles, Garlic, Honey & ginger sauce, Mixed peppers, Onion, Quorn pieces, Raw veggies,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Jacket potatoes with baked beans and cheddar cheese

Baked beans in tomato sauce, Grated cheddar cheese, Jacket potato,

Allergens:

Milk: **Yes** | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Jacket potatoes with grated cheddar cheese sweetcorn and mayonnaise

Dill, Grated cheddar cheese, Jacket potato, Mayonnaise, Mixed herbs, Sweetcorn,

Allergens:

Milk: **Yes** | Gluten: No | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Jacket potatoes with tuna mayo and sweetcorn

Jacket potato, Mayonnaise, Sweetcorn, Tuna,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: **Yes** | Fish: **Yes** | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Lentils with sweetcorn and rice (b)

Rice,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Lentils with tomato courgettes sweetcorn and pasta

Lentil,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Lentils with tomatoes and couscous (b)

Cous cous,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Macaroni cheese with tomato sauce and sweetcorn

Bechamel sauce, Chopped tomatoes, Grated cheddar cheese, Macaroni pasta, Sweetcorn,

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Mash potato with broccoli and cauliflower

Potato,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Mash potato with carrots and sweetcorn (b)

Potato,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Mash potatoes, carrots and peas

Potato,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Mediterranean vegetable pizza slices served with raw veggies

Garlic, Mozzarella, Mushrooms, Oregano, Red onions, Red peppers, Spinach, Sunflower oil, Sweetcorn, Tomato puree (with citric acid), Wheat flour (contains gluten),

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Mild and creamy coconut and butter bean curry with rice

Aubergines, Butterbeans, Coconut milk, Corriander, Courgettes, Cumin, Curry powder, Mixed peppers, Onion, Potato, Sunflower oil,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Mild and creamy coconut chicken curry with rice

Aubergines, basmati rice, Chicken, Coconut milk, Corriander, Courgettes, Cumin, Curry powder, Mixed peppers, Onion, Potato, Sunflower oil,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Minced beef with tomato peas carrots and pasta

Beef mince, Chopped tomatoes, Diced carrots, Peas, Penne pasta,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Moroccan vegetable tagine with dried apricots served with herb couscous

Aubergines, Chick peas, Cinnamon, Courgettes, Cous cous, Cumin, Diced carrots, Dried apricots, Mixed herbs - dried, Mixed peppers, Natural yoghurt, Potato, Tumeric, Wheat gluten,

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Oaty flapjacks

Brown sugar, Butter, Oat flakes,

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Pasta pomodoro - Hidden vegetable and tomato sauce with carrots and mixed peppers, served with pasta and grated cheddar cheese (V)

Chopped tomatoes, Diced carrots, Garlic, Grated cheddar cheese, Onion, Penne pasta, Raw veggies, Tomato puree (with citric acid),

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Pea soup with wholemeal sliced bread (b)

Onions, Peas, Single cream, Sliced white / wholemeal bread, Low salt vegetable stock,

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Peach Cake

Brown sugar, Butter, Egg, Milk, Peach, Soya flour, Wheat flour (contains gluten),

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Pear cake

Brown sugar, Egg, Milk, Pear, Soya flour, Wheat flour (contains gluten),

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Pineapple cake

Brown sugar, Egg, Pineapple, Soya flour, Wheat flour (contains gluten),

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Pineapple chunks with natural yoghurt

Natural yoghurt, Pineapple,

Allergens:

Milk: **Yes** | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Potatoes peas and rice (b)

Potato,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Pureed fresh fruit

Apple,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Quorn balls in a tomato sauce with hidden vegetables and mixed rice

Basmati rice, Brown rice, Carrot, Chopped tomatoes, Mixed herbs, Onion, Quorn balls, Sunflower oil,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Quorn balls in a tomato sauce with spinach and peas, with basmati rice

Basmati rice, Chopped tomatoes, Mixed herbs - dried, Onion, Peas, Quorn balls, Spinach, Vegetable oil,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Quorn meatballs in a blended vegetable and tomato sauce with broccoli and cauliflower served with basmati rice

Basmati rice, Broccoli, Carrot, Cauliflower, Chopped tomatoes, Onion, Quorn balls, Sunflower oil,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Raspberry yoghurt

Milk, Raspberries,

Allergens:

Milk: **Yes** | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Red lentil and cheddar pasta bake

Carrot, Chopped tomatoes, Egg free penne, Grated cheddar cheese, Mixed herbs, Onion, Red lentils, Vegetable oil,

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Roast chicken pieces in tomato sauce with spinach served with basmati rice

Basmati rice, Chicken, Mixed herbs, Onions, Paprika, Spinach, Tomatoes,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Roast chicken pieces, diced baby vegetables in a creamy white sauce with butternut squash mash and a side of raw salad veggies

Butternut squash, Chicken breast, Diced carrots, olive oil, Peas, Potato, Raw veggies, Single cream, Swedes, Turnips,

Allergens:

Milk: **Yes** | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Roast chicken strips with a sweet and sour sauce with baby corn and baby carrots and egg free noodles. Side of raw salad veggies

Baby carrots, Baby corn, Chicken breast, Egg free noodles, Garlic, Lemon juice, Mixed herbs, Mixed peppers, Onion, Paprika, Pineapple, Raw veggies, Raw veggies, Sweet and sour sauce, Tomato puree (with citric acid),

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Roasted butternut squash with spinach red lentils and basmati rice

Basmati rice, Butternut squash, Chopped tomatoes, Red lentils, Spinach,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Roasted vegetable pasta bake with sweetcorn and cheddar (v)

Chopped tomatoes, Courgettes, Egg free fusilli, Grated cheddar cheese, Mixed herbs, Mozzarella, Onions, Peppers, Red lentils, Sunflower oil, Sweetcorn,

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: **Yes** | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Roasted vegetables with red lentils and couscous served with a yoghurt dip

Aubergines, Chopped tomatoes, Courgettes, Couscous, Cumin, Mixed herbs, Onion, Plain yoghurt, Red lentils,

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Root vegetable and butter bean soup

Bouillon powder, Butterbeans, Carrot, celery, Cornflour, Onion, Single cream,

Allergens:

Milk: **Yes** | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: **Yes** | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Root vegetable and red lentil stew served with basmati rice

Basmati rice, Carrot, celery, Chopped tomatoes, Mixed herbs, Onion, Potato, Red lentils, Sunflower oil, Swedes, Turnips,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: **Yes** | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Root vegetable winter lasagna with swede, butternut squash and sweetcorn with a side of raw salad veggies (V)

Aubergines, Bechamel sauce, Chopped tomatoes, Courgettes, Egg free lasagna sheets, Grated cheddar cheese, Mixed herbs,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Slow cooked beef stew with parsnips and sweet potato mash with a side of raw veggies

Diced beef, olive oil, Onion, Potato, Raw veggies, Sweet potato, Parsnips,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Slow cooked vegetable stew with parsnips and lentils with sweet potato mash

Diced carrots, Garlic, Lentil, Onion, Parsnips, Potato, Raw veggies, Sweet potato,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Spinach and potato soup with bread (b)

Potato,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Spinach tomatoes and mash potato (b)

Potato,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Steamed vegetables with pasta (b)

Carrot,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Strawberry jelly

Beetroot, Strawberries, Sugar,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Strawberry yoghurt

Milk, Strawberries,

Allergens:

Milk: **Yes** | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Sweet and sour veggies with egg free noodles

Baby carrots, Egg free noodles, Lemon juice, Mixed peppers, Onion, Pineapple, Plum sauce, Tomato paste, Vinegar,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Sweetcorn and peppers with pasta

Sweetcorn,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Tomato and lentil soup with bread (b)

Tomatoes,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Tomato and sweetcorn pasta in olive oil dressing (b)

Tomatoes,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Tuna and sweetcorn pasta (b)

Tuna,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: **Yes** | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Tuna pasta bake in tomato sauce with cheddar

Carrot, Chopped tomatoes, Grated cheddar cheese, Mixed herbs, Onion, Tuna fish,

Allergens:

Milk: **Yes** | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: **Yes** | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Turkey meatballs in a blended tomato sauce with basmati rice, side of brocolli and cauliflower

Basmati rice, Broccoli, Cauliflower, Chopped tomatoes, Diced carrots, Garlic, Italian seasoning, Onion, Turkey meatballs,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Turkey meatballs in a rich Italian sauce served with basmati rice

Basmati rice, Chopped tomatoes, Peas, Spinach, Turkey meatballs,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Vegetable soup with bread (b)

Carrot,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Vegetable stew with couscous (b)

Couscous,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Vegetarian burgers with garden peas and butternut squash mash

Butternut squash, olive oil, Peas, Potato, Soya, Vegetarian burger,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Vegetarian chilli con carne with red kidney beans, served with basmati rice

Baked beans in tomato sauce, Basmati rice, Chopped tomatoes, Kidney beans, Mixed herbs - dried, Mixed peppers, Onions, Sunflower oil, Sweetcorn, Veggie mince,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Vegetarian nuggets with baby corn and carrots served with mix of brown and white rice

Baby carrots, Baby corn, Basmati rice, Brown rice, Vegetarian nuggets, Wheat gluten,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Vegetarian nuggets with baby new potatoes and diced carrots

Baby new potatoes, Breadcrumbs, Broccoli, Diced carrots, Mixed herbs - dried, Onion, Red peppers, Sweetcorn, Vegetable oil, Wheat gluten,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Vegetarian soya mince bolognese served with whole wheat penne pasta and a side of garden peas

Chopped tomatoes, Diced carrots, Garlic, Onion, Oregano, Paprika, Peas, Penne pasta, Soya mince, Sunflower oil,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: **Yes** | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: **Yes** | Lupin: No | Mollusc: No

Vegetarian sweet and sour sauce with quorn pieces baby corn and carrots, served with egg nodes

Baby carrots, Baby corn, Egg free noodles, quorn pieces, Raw veggies, Soya, Sweet and sour sauce, Wheat protein,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: **Yes** | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Veggie chow mein with egg free noodles

Aubergines, Courgettes, Egg free noodles, Garlic, Ginger, Grated carrots, Onion,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

Veggie sausage with potato and corn

Baby new potatoes, Corn on the cob, Mixed herbs - dried,

Allergens:

Milk: No | Gluten: **Yes** | Crustaceans: No | Eggs: No | Fish: No | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

White fish fillet with peas and potato

Cod, Peas, Potato, Potatoes,

Allergens:

Milk: No | Gluten: No | Crustaceans: No | Eggs: No | Fish: **Yes** | Peanuts: No | Soy Beans: No | Nuts: No | Celery: No | Mustard: No | Sesame Seeds: No | Sulphur Dioxide: No | Lupin: No | Mollusc: No

