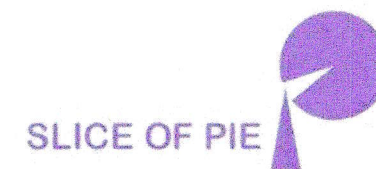


Spring/Summer 2022 Lunch Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
RED	<p>Chicken In A Coconut And Mango Sauce With Fresh Coriander Served With Rice, Broccoli, Cauliflower, Peas And Baby Corn</p> <p>Apple And Cherry Yoghurt</p>	<p>Poached Fish In A Creamy Cheese And Chive Sauce Served With New Potatoes, Crinkle Cut Carrots, Peas And Corn</p> <p>Carrot Cake Cookies</p>	<p>Lamb Ragu With Dressed Spaghetti Pasta Served With Seasonal Vegetables And Garlic Ciabatta Bread</p> <p>Pear And Raspberry Ripple</p>	<p>Pork Sausage Balls Flavoured With Apricots And Oregano Served With Oven Baked Crinkle Cut Potato Wedges And Seasonal Vegetables</p> <p>Mango Jelly</p>	<p>Beef Lasagne Served With Seasonal Vegetables With Spring Greens And An Olive Focaccia Bread</p> <p>Marbled Beetroot Chocolate Short Bread</p>
FSA Allergens	2.7.14	1.2.4.5.7	1.2.7.14	1.2.14	1.2.7.14
Green	<p>Romanesco Cauliflower With Adzuki Beans With Peppers In A Coconut And Mango Sauce Served With Served With Rice, Broccoli, Cauliflower, Peas And Baby Corn</p> <p>Apple And Cherry Yoghurt</p>	<p>Quorn In A Creamy Cheese And Chive Sauce Served With New Potatoes, Crinkle Cut Carrots, Peas And Corn</p> <p>Carrot Cake Cookies</p>	<p>Red Lentil And Black-Eyed Bean Ragu With Dressed Spaghetti Pasta Served With Seasonal Vegetables And Garlic Ciabatta Bread</p> <p>Pear And Raspberry Ripple</p>	<p>Courgette And Borlotti Flavoured Balls With Apricots And Oregano Served With Oven Baked Crinkle Cut Potato Wedges And Seasonal Vegetables</p> <p>Mango Yoghurt</p>	<p>Quorn Lasagne Served With Seasonal Vegetables With Spring Greens And An Olive Focaccia Bread</p> <p>Marbled Beetroot Chocolate Short Bread</p>
FSA Allergens	2.7.14	1.2.4.7	1.2.7.14	1.2.7.14	1.2.4.7.14

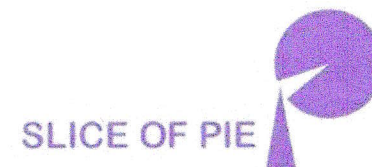
Foods Highlighted Indicate - **Pink** = Protein Foods, **Yellow** = Starchy Foods, **Green** = Fruits And Vegetables, **Blue** = Dairy Foods, **Purple** = Deserts.

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 (allergens are correct at time of publishing updates will be published monthly)

Dietary Requirements Are Catered For

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.

Spring/Summer 2022 Lunch Menu



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
RED	<p>Creamy Fish And Sweet Corn Chowder Served With Penne Pasta Seasonal Vegetables And Tomato Bread</p> <p>Banana Sweet Potato And Cinnamon Cake</p>	<p>Beef Chilli Con Carne With Kidney Beans Served With Rice, Oven Baked Tortilla Crisp And Seasonal Vegetables</p> <p>Lemon And Raspberry Yoghurt</p>	<p>Roast Turkey Served With Roast Potatoes Carrots, Peas, Broccoli And Homemade Gravy</p> <p>Oatey Short Bread</p>	<p>Lamb And Mint Patties Served With Oven Baked Crinkle Cut Wedges, Peas, Corn And A Tomato Chutney</p> <p>Courgette And Lime Cake</p>	<p>Chicken Tikka Masala Served With Rice, Cauliflower, Broccoli, Peas, Baby Spinach And Garlic Flat Bread</p> <p>Strawberry And Watermelon Jelly</p>
FSA Allergens	1.2.4.5.7	2.7	1.2.7	1.2.4	2.14
Green	<p>Creamy Haricot Bean And Pumpkin Chowder Served With Penne Pasta Seasonal Vegetables And Tomato Bread</p> <p>Banana Sweet Potato And Cinnamon Cake</p>	<p>Vegetable Con Carne With Kidney Beans Served With Rice, Oven Baked Tortilla Crisp And Seasonal Vegetables</p> <p>Lemon And Raspberry Yoghurt</p>	<p>Lentil And Yellow Split Pea Loaf Served With Roast Potatoes Carrots, Peas, Broccoli And Homemade Gravy</p> <p>Oatey Short Bread</p>	<p>Cheesy Sweet Potato And Adzuki Bean Patties Served With Oven Baked Crinkle Cut Wedges, Peas, Corn And A Tomato Chutney</p> <p>Courgette And Lime Cake</p>	<p>Quorn Tikka Masala Served With Rice, Cauliflower, Broccoli, Peas, Baby Spinach And Garlic Flat Bread</p> <p>Strawberry And Watermelon Yoghurt</p>
FSA Allergens	1.2.4.5.7	2.7	1.2.7	1.2.4.7	2.4.7.14

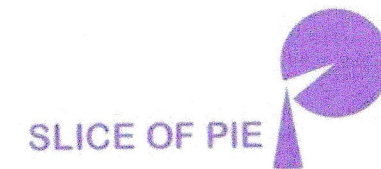
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Spring/Summer 2022 Lunch Menu



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
RED	Roast Pork Loin Served With Buttered New Potatoes , Seasonal Vegetables And Apple Gravy Apple And Blackcurrant Jelly	Chicken In A Rich Tomato And Basil Sauce With Roasted Sweet Potatoes Served With Penne Pasta , Peas , Corn And Homemade Focaccia Lemon Jumbles	Thai Turkey Meat Balls In A Creamy Coconut Sauce Served With Noodles Baby Corn , Broccoli , Cauliflower And Peas Rhubarb Crumble Slice	Beef In Plum With Sauce With Roasted Peppers Served With Rice And Peas And Seasonal Vegetables Orange And Beetroot Cheesecake	Homemade Chunky Fish Fingers Served With Mashed Potatoes And Homemade Baked Beans Summer Berry Puffs
FSA Allergens	1.2.14	1.2.4.7.14	2.4.14	1.2.4.14	1.2.5
GREEN	Roast Quorn Fillet With Thyme Served With Buttered New Potatoes , Seasonal Vegetables And Apple Gravy Apple And Blackcurrant Yoghurt	Jack Fruit And Peppers In A Rich Tomato , lentil And Basil Sauce With Roasted Sweet Potatoes Served With Penne Pasta , Peas , Corn And Homemade Focaccia Lemon Jumbles	Thai Veggie Balls With Chickpeas And Lentils In A Creamy Coconut Sauce Served With Noodles Baby Corn , Broccoli , Cauliflower And Peas Rhubarb Crumble Slice	Roasted Pepper With Water Chestnuts And Black Turtle Beans Plum Sauce Served With Rice And Peas And Seasonal Vegetables Orange And Beetroot Cheesecake	Homemade Vegan Fish Fingers Served With Mashed Potatoes And Homemade Baked Beans Summer Berry Puffs
FSA Allergens	1.2.4.7	1.2.4.7.14	2.4.14	1.2.4.14	1.2.14

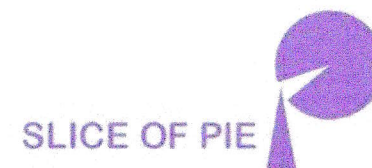
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Spring/Summer 2022 Lunch Menu



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
RED	<p>Beef Meat Balls In A Caramelized Onion Gravy Served With Roast Potatoes And Seasonal Vegetables</p> <p>Banana Cookies</p>	<p>Lamb Apricot And Date Stew With Fresh Coriander Served With Coloured Rice, Broccoli, Cauliflower, And Peas</p> <p>Blueberry Yoghurt</p>	<p>Chicken Fricassee Served With Dressed Pasta Seasonal Vegetables And Ciabatta Bread</p> <p>Peach And Raspberry Sponge</p>	<p>Fish In A Tomato And Onion Sauce Served With New Potatoes, Carrots, Peas And Corn</p> <p>Vanilla Pannacotta</p>	<p>Glazed Gammon Served With Roast Potatoes Seasonal Vegetables And A Parsley Sauce</p> <p>Jammy Dodgers</p>
FSA Allergens	1.2.7	1.2.7.14	1.2.4.7.14	1.2.5.7.14	1.2.7
GREEN	<p>Lentil And Butternut Squash Balls In A Caramelized Onion Gravy Served With Roast Potatoes And Seasonal Vegetables</p> <p>Banana Cookies</p>	<p>Quorn Apricot And Date Stew With Fresh Coriander Served With Coloured Rice, Broccoli, Cauliflower, And Peas</p> <p>Blueberry Yoghurt</p>	<p>Borlotti Bean Sweet Potato And Baby Spinach Fricassee Served With Dressed Pasta Seasonal Vegetables And Ciabatta Bread</p> <p>Peach And Raspberry Sponge</p>	<p>Butter Bean And Roasted Cauliflower In A Tomato And Oregano Sauce Served With New Potatoes, Carrots, Peas And Corn</p> <p>Vanilla Yoghurt</p>	<p>Parmesan And Red Pepper and Yellow lentil Sausages Served With Roast Potatoes Seasonal Vegetables And A Parsley Sauce</p> <p>Jammy Dodgers</p>
FSA Allergens	1.2.7	1.2.4.7.14	1.2.4.7.14	1.2.5.7.14	1.2.7

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