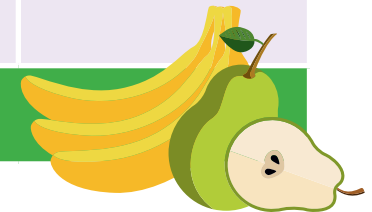
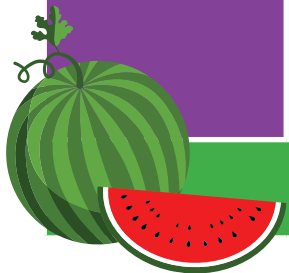
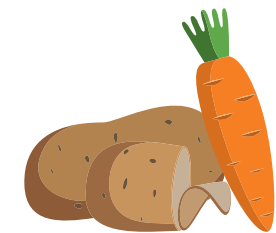


WEEK ONE	LUNCH	Lunch ingredients	DESSERT	Dessert ingredients	TEA	Tea ingredients
MONDAY	Malaysian Penang vegetable curry, lemon rice and naan bread	Sweet potato, butternut squash, onions, garlic, peppers, baby corn, broccoli, curry powder, coconut milk, lemon, basmati rice.	Bananas and custard	Bananas, custard powder, milk.	Tuna, sweet corn and grated cheese wrap Crispy side salad	Tuna, sweet corn, cheddar cheese, tortilla wraps, iceberg lettuce, cucumber, cherry tomatoes
TUESDAY	Homemade Shepherd's pie and seasonal vegetables	Lamb mince, onion, leek, tomato puree, Worcester sauce, mixed herbs, stock cube, carrots, butter, potatoes, milk, peas, garlic.	Fromage frais with sliced pears	Fromage frais, pears.	Wholemeal pitta pockets filled with crispy salad and turkey slices Honeydew melon slices	Wholemeal pitta pockets, lettuce, cucumber, tomato, turkey slices, melon.
WEDNESDAY	Turkey casserole and crushed new potatoes with parsley	Turkey, red onions, sage, plain flour, stock, leeks, carrots, swede, new potatoes, celery, garlic, parsley.	Apple and raisin cookies and sliced apple	Brown sugar, butter, egg, all-purpose flour, ground nutmeg, baking soda, apple, raisins.	Savoury rice cake with vegetable crudités	Rice cakes, carrot sticks, pepper sticks, cherry tomatoes, cucumber sticks, cream cheese, mint dip.
THURSDAY	Herby tomato chicken meatballs with wholemeal spaghetti	Bread, milk, egg, Dijon mustard, Worcestershire sauce, ground chicken, chives, wholemeal spaghetti, garlic, plum tomatoes, black pepper, parmesan cheese, onion.	Fresh fruit salad marinated in lime and ginger	Orange, banana, grapes, kiwi, pear, apple, orange, citrus juice, caster sugar, lime, ginger.	Jacket potatoes with baked beans and grated cheese with cucumber and celery sticks	Potatoes, baked beans, butter, cheese, cucumber and celery sticks.
FRIDAY	Trawler white fish in creamy dill and lemon sauce Mashed chive potato and garden peas	White fish fillet, butter, flour, milk, fish stock, cream, parsley, potatoes, garden peas, lemon, dill, chives.	Upside-down pineapple cake and crème fraiche	Butter, brown sugar, pineapple rings, caster sugar, self raising flour, baking powder, vanilla extract, eggs, crème fraiche.	Warm cheesy crumpets Vegetable crudités	Crumpets, cream cheese, butter, pepper sticks, carrot sticks, cucumber sticks, cherry tomatoes.

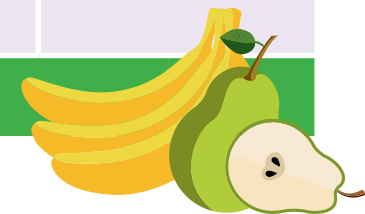
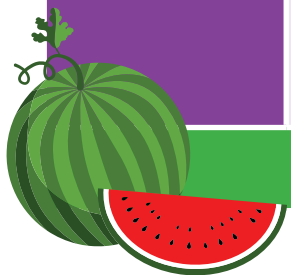
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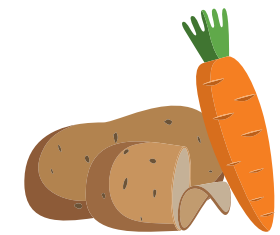




WEEK TWO	LUNCH	Lunch ingredients	DESSERT	Dessert ingredients	TEA	Tea ingredients
MONDAY	Alla Norma pasta and garlic bread	Aubergines, courgette, garlic, rosemary, plum tomatoes, tomato puree, penne pasta, basil, celery, ricotta cheese. Baguette, garlic, butter, parsley.	Fruit platter and honey yoghurt	Melon, pineapple, grapes, raspberries, strawberries, bananas, mango. Honey, Greek style yoghurt.	Platter of sandwiches (various fillings) and grapes	Wholemeal bread, butter (fillings. cheese, ham, egg, turkey).
TUESDAY	Mexican chicken and rainbow peppers with coriander rice	Chicken, garlic, paprika, cumin, red, yellow and green peppers, onion, rice, chicken stock, tomato puree, coriander.	Apple crumble and custard	Brown sugar, butter, apples, cinnamon Custard powder, milk	Homemade Italian pizza muffins Veggie sticks	Flour, baking powder, eggs, milk, oregano, black pepper, basil, pizza topping, cheese, tomatoes, carrot, cucumber and celery sticks.
WEDNESDAY	Kerala Ocean Fish curry and rice	Onion, garlic, fish fillet, curry powder, tin tomatoes, vegetable stock, basmati rice, coriander, courgette, butternut squash.	Homemade blueberry sponge cake and Greek yoghurt	Butter, blueberries, caster sugar, self raising flour, eggs, Greek style yoghurt	Beans on granary toast and sweet honeydew melon	Baked beans, granary toast, butter, honeydew melon.
THURSDAY	Homemade lasagne Crispy side salad	Lamb mince, onion, garlic, red pepper, mixed herbs, chopped tomatoes, tomato puree, black pepper, mushrooms lettuce, spring onion, tomato and cucumber.	Peaches and custard	Peach slices Custard powder, milk	Mint dip Pitta sticks Carrot and cucumber sticks	Chickpeas, garlic, lemon juice, cumin, water, paprika, pitta bread, carrot, cucumber.
FRIDAY	Herb Roasted turkey, potatoes, vegetables, gravy	Turkey, potatoes, olive oil, parsnips, carrots, swede, gravy, mixed herbs.	Mango and passion fruit yoghurt	Greek style mango yoghurt, mango and passion fruit slices.	Minestrone soup and crusty crouton	Butter, onion, garlic, carrot, celery, tin tomatoes, courgettes, vegetable stock, mini pasta shells, French stic.k .

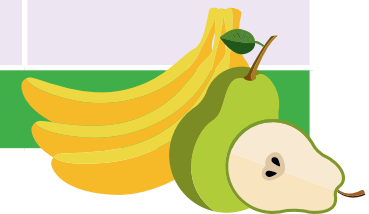
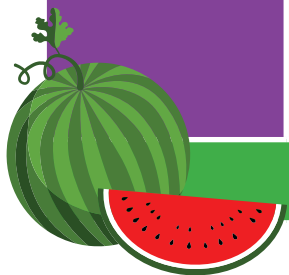
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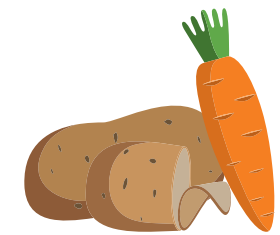




WEEK THREE	LUNCH	Lunch ingredients	DESSERT	Dessert ingredients	TEA	Tea ingredients
MONDAY	Vegetable risotto Carrot and cucumber sticks Yoghurt dip	Red onion, parsnip, carrot, Arborio, vegetable stock, peas, parmesan, carrot, cucumber, natural yoghurt.	Apple and peach crumble Custard	Apples, peaches, raisins, flour, butter, sugar, cinnamon, coconut flakes.	Baked frittata and garlic bread	Spring onions, peas, courgette, ham, feta cheese, eggs, baguette, butter, garlic, parsley.
TUESDAY	Chicken enchiladas with lettuce and sweet-corn crispy salad	Minced chicken, borlotti beans, tortilla wraps, passata, carrots, peppers, garlic, onions, oregano, chilly powder, chicken stock, lettuce, cucumber, sweetcorn, tomatoes.	Fresh fruit and fromage frais	Selection of fresh fruit (melon, strawberries, kiwi, bananas and grapes, fromage frais	Winter squash and root veg soup Granary bread	Onion, ginger, cumin, dry mustard, ground mace, cinnamon, pepper, butternut squash, sweet potato, parsnip, chicken stock, milk, granary bread, butter.
WEDNESDAY	Creamy tuna, salmon and dill fusilli Tomato and cucumber salad	Salmon, tuna, dill, fusilli pasta, cheese, flour, milk, butter, cream, tomato and cucumber.	Banana cake Fresh mango	Banana, caster sugar, self raising flour, butter, eggs, vanilla essence, mango.	Tomato salsa on muffins	Milk, butter, English muffins, tomatoes, spring onions, olive oil, rice wine vinegar, basil.
THURSDAY	Turkish lamb casserole Long grain rice	Onion, lamb, tomato puree, aubergine, okra, cumin, oregano, carrot, paprika, coriander, bay leaf, stock, long grain rice.	Fruit flapjack	Rolled oats, mixed dried fruit, butter, cinnamon, golden syrup, sugar.	Quinoa tabbouleh Flat bread	Quinoa, spring onions, lemon, olive oil, mint, cucumber, parsley, flat bread.
FRIDAY	Sultana roast turkey with potatoes, parsnips and broccoli	Parsnips, broccoli, garlic, sultanas, potatoes, olive oil, lemon, rosemary, chicken thigh.	Star anise rice pudding Fruit compote	Pudding rice, star anise, whole milk, butter, apples, caster sugar, vanilla pod.	Granary bread sandwiches Vegetable crudité	Cream cheese, shredded carrot, chicken slices, cheese, pepper sticks, celery sticks, carrot sticks.

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WEEK FOUR	LUNCH	Lunch ingredients	DESSERT	Dessert ingredients	TEA	Tea ingredients
MONDAY	Cheesy leek penne pasta bake Mixed salad	Olive oil, leeks, penne pasta shapes, mixed herbs, garlic, cream cheese, lettuce, cucumber, tomatoes, spring onions.	Seasonal fruit and Greek yoghurt	Apple, banana, blackberry, pear, melon and kiwi, Greek yoghurt.	Baked potato with beans and cheese	Potato, cheese, baked beans.
TUESDAY	Homemade chicken and mushroom pie with green beans and sweetcorn	Chicken, onion, thyme, mushrooms, plain flour, chicken stock, milk, shortcrust pastry, egg, green beans, sweetcorn.	Honey semolina	Milk, semolina, sugar, vanilla essence, honey.	Cheesy crumpets with pepper, cucumber and cherry tomatoes	Crumpets, cheese, peppers, cucumber, cherry tomatoes.
WEDNESDAY	Hungarian Goulash Hotpot with buckwheat rice	Diced lamb, flour, onion, green pepper, carrot, celery, paprika, tomato puree, nutmeg, mixed herbs, stock, tin tomatoes, Worcestershire sauce, buckwheat rice .	Chocolate cake and raspberry coulis	Cocoa powder, eggs, milk, self-raising flour, baking powder, soft butter, caster sugar, chocolate, double cream, icing sugar, raspberries, icing sugar, lemon juice.	Lentil and turmeric soup Wholemeal pitta bread	Ginger, turmeric, paprika, olive oil, chicken stock, red lentils, milk, wholemeal pitta bread
THURSDAY	Fish pie with broccoli and carrots	Potatoes, butter, milk, parmesan, cod, peas, shallot, flour, fish stock, double cream, dill, broccoli, carrots.	Banana and vanilla custard	Vanilla essence, banana, custard powder, milk.	Selection of sandwiches and seasonal vegetables	Brown bread, cheese, turkey slices, tuna, sweetcorn, tomato, celery, carrots, lambs lettuce.
FRIDAY	Turkey and pepper risotto	Chicken stock, onion, Arborio rice, garlic, peppers, tomato passata, celery, carrot, turkey, peas, chives, parmesan.	Carrot cake and plain yoghurt	Self raising flour, cinnamon, caster sugar, eggs, grated carrot, cream cheese, margarine, icing sugar, vanilla extract, natural yoghurt	Quesadillas with salsa, fromage frais and cucumber	Cheddar cheese, spring onions, coriander, red pepper, tortillas, salsa, tomato, red onion cucumber

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