

Summer Lunch Menu MAIN COURSE

CONTENTS (ALLERGENS IN RED)

DESSERT

WEEK 1	MON	Chicken and Winter Vegetable Casserole with Garden Peas	Chicken Breast , (Dextrose, Salt), Sunflower Oil , Potato , Carrot , Swede , Onion , Thyme , Sage , Vegan Gravy* , Peas	Pears in Juice (Pear, Citric Acid, Calcium Chloride)
	TUE	Tuna, Sweetcorn, Pea Farfalle and Garlic Bread	Tuna (Fish) , Sweetcorn , Pea , Durum Wheat Semolina (Wheat) , Olive Oil , Mixed Herbs , Garlic Bread (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Palm Oil, Rapeseed Oil, Garlic, Salt, Yeast, Concentrated Lemon Juice, Dried Parsley, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Flavouring, Colour (Beta-Carotene), Wheat Starch.	Greek Yoghurt with Winter Berries (Milk , Mixed Berries)
	WED	Potato and Spinach Rogan Josh with Golden Rice	Potato , Spinach , Sweet Potato , Tinned Tomatoes (Citric Acid), 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 , Vegan Gravy* Basmati Rice	Lemon and Sultana 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, Sultanas
	THU	Meatballs with Mash Potato, Onion Gravy and Carrots	Chicken Mince , Onion , Garlic , Mixed Herbs , Salt , Potato , Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene), Vegan Gravy* , Onions , Carrot	Mandarin Jelly Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Citric Acid, Sodium Citrate, Colours – Carmine Curcumin, Acetic Acid, Flavouring, Mandarins
	FRI	Jacket Potatoes with Chilli Con-Carne	Potato , Tinned Tomatoes (Citric Acid), Beef Mince , Kidney Beans , (Water, Calcium Chloride), Cumin , Coriander , Salt , Pepper , Chilli Flakes , Onion , Garlic	Homemade Rice Pudding Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene), Rice, Milk , Sugar, Cinnamon

*(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 2	MON	BBQ Chicken with Stir-Fried Vegetables and Rice	Chicken Breast , (Dextrose, Salt), Tinned Tomato (Citric Acid), Smoked Paprika, Garlic, Onion, Worcester Sauce (Fish , Water, Malt Vinegar, Barley , Sugar, Tamarind Extract, Salt, Chilli Powder, Clove, Garlic Powder, Onion Powder), Sugar, Peas, Sweetcorn, Green Beans, Rice, Salt, Pepper	Fruit Salad (Melon, Pineapple, Grapes, Mandarins, Peaches, Citric Acid, Calcium Chloride)
	TUE	Traditional Irish Stew with Green Beans	Lamb, Onion, Potato, Carrot, Swede, Pearl Barley , (Barley, Wheat), Thyme, Green Beans, Vegan Gravy* , Sunflower Oil	Chocolate Beetroot Cake Self-Raising Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Calcium Phosphate, Sodium Bicarbonate), Eggs , Sugar, Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene), Beetroot, Cocoa (Milk, Soya)
	WED	Thai Coconut Fish Curry with Basmati Rice	Basa (Fish), Coconut Milk , (Coconut Extract, Water, Stabilisers, Emulsifiers) Lime Juice, Ginger, Cumin, Cardamom, Sugar, Peas, Green, Peppers, Flour , (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine) Sunflower Oil, Salt, Black Pepper, Rice	Melon Cocktail (Melon)
	THU	Creamy Mushroom and Sweet Pepper Carbonara	Penne Pasta , (Durum Wheat Semolina), Mushroom, Onion, Garlic, Milk, (Milk) Cheese (Milk) Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Flour, (Wheat, Calcium Carbonate, Iron, Niacin, Thiamine) Red Peppers	Fruit Crumble Plain Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Sugar, Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene), Apple, Cinnamon
	FRI	Homemade Chicken Goujons with French Fries and Peas	Chicken (Dextrose, Salt), Wholemeal Breadcrumbs , (Wholemeal Wheat Flour, Water, Yeast, Gluten , Salt, Emulsifiers, Spirit Vinegar, Preservative, Ascorbic Acid) Flour, (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine) Egg, (Egg) Milk, (Milk) Salt, Pepper, Sunflower Oil, Potato, Peas	Orchard Flapjack Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene), Oat Flakes, Sugar, Sultanas

*(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	Roast Chicken and Homemade Stuffing with Roast Potatoes and Cabbage	Chicken Breast , (Dextrose, Salt), Wholemeal Breadcrumbs , (Wholemeal Wheat Flour, Water, Yeast, Gluten , Salt, Emulsifiers, Spirit Vinegar, Preservative, Ascorbic Acid), Onion, Sage, Thyme, Garlic, Potato, Sunflower Oil, Cabbage, Vegan Gravy*	Tinned Peaches (Peach, Citric Acid, Calcium Chloride)
	TUE	Chinese Stir Fried Quorn with Vegetable Rice	Quorn (Mycoprotein 95%, Rehydrated Free-range Egg White, Natural Flavourings, Firming Agents), Sweetcorn, Peas, Carrot, Cabbage, Star Anise, Five Spice, Rice, Sunflower Oil	Upside down Pineapple Cake Self-Raising Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Calcium Phosphate, Sodium Bicarbonate), Eggs , Sugar, Margarine (Rapeseed Oil, Palm Oil, Beta-Carotene), Pineapple
	WED	Beef and Vegetable Lasagne with Peas	Minced Beef, Tinned Tomatoes (Citric Acid), Pea, Cauliflower, Sweetcorn, Green Bean, Garlic, Onion, Basil, Lasagne Pasta (Durum Wheat Semolina), Milk, (Milk) Cheese (Milk) Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Flour, (Wheat, Calcium Carbonate, Iron, Niacin, Thiamine), Sunflower Oil	Chocolate and Raisin Rice Crispy Cake Milk Chocolate (Sugar, Milk , Cocoa Butter, Soya Lecithins), Rice Pops (Rice, Sugar, Barley Malt Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12), Raisins, Golden Syrup
	THU	Vegetarian Sausage and Mash with Onion Gravy and Carrots	Vegetarian Richmond sausage (Rehydrated Textured Soya and Wheat Protein 15%, Soya Protein, Soya Bean Oil, Natural Flavouring, Rusk Wheat , Stabilisers, Coconut Oil, Soya Protein, Wheat Starch, Flavourings, Salt, Potato Fibre, Yeast Extract, Colouring Foods), Onion, Vegan Gravy*, Carrots, Potato, Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene)	Fruit Jelly and Custard Custard Powder (Maize Starch, Salt, Flavouring, Annatto Norbixin, Milk) Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Citric Acid, Sodium Citrate, Colours – Carmine Curcumin, Acetic Acid, Flavouring
	FRI	Homemade Fish Cakes with Baked Wedges and Sweetcorn	Fish Cake (White Fish, Potato, Parsley, Lemon Juice, Dill, Wholemeal Wheat Flour, Water, Yeast, Gluten , Salt, Emulsifiers, Spirit Vinegar, Preservative, Ascorbic Acid), Baked Wedges (Potato, Sunflower Oil, Rice Flour, Potato Starch, Garlic, Pepper, Onion, Chilli), Sweetcorn	Warm Winter Fruits (Pears, Apples, Peaches, Sultanas, Sugar, Water, Cinnamon)

*(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

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WEEK 1	MON	Vege Sausage, Roast Potatoes, Carrots and Gravy	Vege Sausages (Rehydrated Textured Pea Protein, Onion, Rapeseed Oil, Chickpea Flour, Methyl Cellulose, Salt, Sage, Natural Flavouring, Black Pepper) Roast Potatoes, Carrots, Vegan Gravy*	Apple Puree
	TUE	Bean Bolognese with Penne Pasta	Haricot beans, Cannellini Beans, Hidden Vegetable Sauce (Peppers, Carrots, Green Beans, Peas) Sunflower Oil, Onion, Mushrooms, Garlic, Basil, Gluten Free Penne Pasta	Banana
	WED	Cauliflower, Spinach and Butternut Squash curry	Cauliflower, Spinach, Butternut Squash, Coconut Milk (coconut extract, guar gum) Curry Powder (Coriander Seed, Cumin Seed, Onion, Salt, Chilli Powder, Fenugreek, Garlic Powder, Ginger, Paprika, Turmeric, Cinnamon, Black Pepper, Clove, Bay leaf, Cardamom) Garlic, Vegan Gravy * Basmati Rice	Fresh Pineapple
	THU	Rissoles with Vege Burger, Chips and Baked Beans	Potato, Cabbage, Carrots, Swede, Kidney Beans, Firming Agent (Calcium Chloride) Oven Potato Chips (Potato, Sunflower Oil, Dextrose) 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,)	Grapes
	FRI	Vegetable Chilli with Rice	Carrots, Green Beans, Peas, Sweetcorn, Onions, Vegan Gravy*, Cumin, Garlic Salt, Chilli Powder (Chilli, Cumin, Salt, Garlic Powder, Oregano, Capsicum Extract, Silicon Dioxide) Long Grain Rice	Homemade Coconut Rice Pudding Rice, Coconut Milk, Sugar, Cinnamon

*(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 2	MON	Moroccan Beans with Vegetable Cous Cous	Borlotti Beans, Mushrooms, Peppers, Garlic, Cumin, Salt, Olive Oil, Paprika, Chilli Powder, Vegan Gravy *Free from Cous Cous (Maize Flour) Carrots, Peas, Green Beans, Sweetcorn	Tinned Pears (Pears, Pear Juice, Citric Acid, Calcium Chloride)
	TUE	Vege Sausages, New Potatoes and Cabbage	Vegetarian Sausages (Rehydrated Textured Pea, Onion, Rapeseed Oil, Chickpea Flour, Stabiliser – Methyl Cellulose, Salt, Sage, Natural Flavouring, Black Pepper) New Potatoes, Cabbage, Vegan Gravy *	Apricot Puree (Apricots, Grape Juice, Calcium Chloride)
	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	Rhubarb Fool Rhubarb, Plant cream (Lentil Protein, Coconut and Rapeseed Oil, Sugar, Modified Corn starch, Emulsifiers, Stabilizers, Guar Gum, Salt, Colourant)
	THU	Mac and Cheese with Sweetcorn	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) Sweetcorn	Melon
	FRI	Jacket Potato with Mushroom Stroganoff	Potato, Mushrooms, Peppers, Onion, Garlic, Vegan Gravy* Coconut Milk (Coconut Extract, Guar Gum)	Tinned Peaches

*(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	Bean, Vegetable and Potato Hotpot with Green Beans	Borlotti Beans, (Calcium Chloride) Onions, Mushrooms, Carrots, Broccoli, Green Beans, Vegan Gravy* Potato, Green Beans	Pear Puree (Pears, Pear Juice, Citric Acid, Calcium Chloride)
	TUE	Sweet and Sour stir fry with Rice	Mushrooms, Peppers, Carrot, Onion, Pineapple, Five Spice (Star Anise, Black Pepper, Cinnamon, Fennel, Clove) Sugar, White Vinegar, Long Grain Rice	Dark Chocolate Rice Cakes (Organic Cocoa Mass, Organic Cane Sugar, Organic Cocoa Butter, Organic Wholegrain Brown)
	WED	Roasted Vegetables in a Cream and Tarragon Sauce with Pasta	Butternut Squash, Sweet Potato, Leek, Cauliflower and Carrot, Coconut Milk, Margarine (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Gluten Free Pasta (Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier – Mono and Diglycerides of Fatty Acids) Tarragon	Apple and Rhubarb Puree
	THU	Vege Burger with Spicy Potato Wedges and Sweetcorn	Vege Burger (Pea Protein, Rapeseed Oil, Coconut Oil, Rice Protein, Flavouring, Methyl Cellulose, Potato Starch, Apple Extract, Colour – Beetroot Red, Maltodextrin, Pomegranate Extract, Salt, Potassium Chloride, Lemon Juice, Maize Vinegar, Carrot Powder, Sunflower Lecithin) Sunflower Oil, Potato Wedges, (Potato, Sunflower Oil, Rice Flour, Salt, Potato Starch, Dextrine, Garlic Powder, Black Pepper, Red Pepper Flakes, Onion Powder, Chilli Powder) Sweetcorn	Banana Bread Gluten free Self-raising Flour, (Rice, Potato, Tapioca, Maize, Buckwheat, Mono-Calcium Phosphate, Sodium Bicarbonate, Xanthan Gum) Bananas, Vegan Margarine, (Rapeseed Oil, Water, Palm Oil 1%, Flavourings, Beta-Carotene,) Sugar Baking Powder
	FRI	Chickpea and Cauliflower with Sweet Potato Curry	Chickpea, Cauliflower, Sweet Potato, Curry Powder (Coriander Seed, Cumin Seed, Onion, Salt, Chilli Powder, Fenugreek, Garlic Powder, Ginger, Paprika, Turmeric, Cinnamon, Black Pepper, Clove, Bay leaf, Cardamom) Garlic, Vegan Gravy* Basmati Rice	Fresh Fruit Salad Melon, Watermelon, Grapes, Pineapple

*(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.