



Winter Regular Menu 2019 Inc Weight Per Portion Ver 1.4 – **This menu is subject to change. See website for the current version.*

WEEK 1	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Beef Chilli (100g) Served With Jacket Potato (90g)	Minced Beef, Kidney Beans, Tomato, Passata, Carrot, Swede, Onion, Chilli Powder, Jacket Potato ALLERGENS: NONE	Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA	Sweet And Sour Chicken With Ric7e (190G)	Chicken, Tomato, Pineapple, Sugar, Vinegar, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, Rice ALLERGENS: NONE	Chocolate Brownie (50g)	Flour, Cocoa Powder, Baking Powder, Caster Sugar, Vanilla Essence, Egg, Vegetable Margarine ALLERGENS: EGG, GLUTEN, WHEAT, MILK
TUE	Chicken Casserole With Broccoli (200g)	Chicken, Carrot, Potato, Cauliflower, Broccoli, Onion, Vegetable Stock, Tomato, Mixed Herbs, Black Pepper ALLERGENS: NONE	Ginger Cake (60g)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Ground Ginger, Egg ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA	Breaded Fishcakes, Potatoes In Parsley Butter, Peas And Sweetcorn. (210G)	Fishcake, New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn ALLERGENS: FISH, GLUTEN, WHEAT	Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA
WED	Creamy Fish Pie Topped With Carrot And Swede Mash (175g) With Green Beans(40g)	Mixed Fish Pieces, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce, Parsley, Black Pepper, Garlic ALLERGENS: FISH, GLUTEN, MILK, WHEAT	Fruit Shortbread (50g)	Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour ALLERGENS: GLUTEN, WHEAT	Minted Lamb Hotpot (220g)	Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Vegetable Gravy, Tomato, Mint Sauce ALLERGENS: NONE	Poached Pears (65g) Served With Custard (60g)	Pears, Orange Juice, Cinnamon, Custard ALLERGENS: MILK
THU	Chicken Meatball Ragu (120g) Rice (100g)	Chicken Meatballs, Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice ALLERGENS: WHEAT, GLUTEN	Apple & Blackberry Crumble (65g) And Custard (60g)	Apple, Blackberries, Crumble Mix, Ready To Pour Custard ALLERGENS: GLUTEN, MILK, WHEAT	Somerset Pork And Apple Casserole (110g) With Rice (90g)	Minced Pork, Carrot, Mixed Herbs, Leek, Onion, Swede, Courgette, Stuffing Mix, Apple Sauce, Rice, Tomato, Vegetable Gravy ALLERGENS: WHEAT, GLUTEN	Chocolate Crispy Cake (50g)	Rice Crispies, Chocolate ALLERGENS: BARLEY, GLUTEN, SOYA, MILK
FRI	Sausage And Bean Hotpot (120g) Served With Mashed Potato (60g)	Pork Sausages, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Vegetable Gravy ALLERGENS: WHEAT, GLUTEN, SULPHITES	Fruit Jelly (50G)	Fruit, Sugar, Flavourings ALLERGENS: NONE	Beef Lasagne (167g)	Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Passata, Garlic, Lasagne Sheets, Béchamel Sauce, Oregano, Basil, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, EGG	Ice Cream Roll (80g)	Milk, Wheat, Egg, Soya ALLERGENS: GLUTEN, WHEAT, MILK, EGG, SOYA

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WEEK 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Chicken And Vegetable Curry (100g) With Rice (70g)	Diced Chicken, Broccoli, Cauliflower, Carrots, Peas, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain Rice, Ginger ALLERGENS: NONE	Strawberry Ice-Cream Pot (90G)	Water, Sugar, Palm Oil, Milk, Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red) ALLERGENS: MILK	Creamy Fish Pie Topped With Carrot And Swede Mash (130g) Served With Green Beans (40g)	Mixed Fish Pieces, Carrot, Swede, Sweetcorn, Peas, Green Beans, Potatoes, Béchamel Sauce, Parsley, Black Pepper, Garlic ALLERGENS: FISH, GLUTEN, MILK, WHEAT	Fruit Shortbread (50g)	Mixed Fruits, Vegetable Margarine, Caster Sugar, Plain Flour ALLERGENS: GLUTEN, WHEAT
TUE	Roast Beef Dinner With Yorkshire Pudding (180g)	Vegetable Gravy, Beef, Potato, Carrots, Yorkshire Pudding, Tomato, Peas. ALLERGENS: WHEAT, GLUTEN, EGG, MILK	Jam And Coconut Sponge Cake (60g)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Coconut, Egg, Fruit Jam ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES	Sausage And Bean Hotpot (120g) Served With Mashed Potato (60g)	Pork Sausages, Baked Beans, Borlotti Beans, Flageolet Beans, Cannellini Beans, Butter Beans, Mixed Herbs, Potato, Vegetable Margarine, Tomato, Vegetable Gravy ALLERGENS: WHEAT, GLUTEN, SULPHITES	Ginger Cake (60g)	Wheat Flour, Soya Flour, Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk, Syrup, Ground Ginger, Egg ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA
WED	Shepherd's Pie (180g)	Minced Lamb, Carrot, Peas, Onion, Garlic, Tomato Puree, Swede, Turnip, Vegetable Gravy, Mixed Herbs, Potato, Vegetable Margarine, Tomato ALLERGENS: NONE	Rice Pudding And Sultanas (100g)	Pudding Rice, Milk, Sultanas ALLERGENS: MILK	Chicken Casserole With Broccoli (200g)	Chicken, Carrot, Potato, Cauliflower, Broccoli, Onion, Vegetable Stock, Tomato, Mixed Herbs, Black Pepper ALLERGENS: NONE	Easi-Yo Fruit Yoghurt (60G)	Water, Milk, Soy Lecithin, Fruit Puree ALLERGENS: MILK, SOYA
THU	Sweet And Sour Chicken (110g) With Rice (80g)	Chicken, Tomato, Pineapple, Sugar, Vinegar, Lemon, Garlic, Salt, Ginger, Paprika, Chilli Powder, Green Beans, Carrots, Peas, Sweetcorn, Broad Beans, Rice ALLERGENS: NONE	Fruit Smoothie (50g)	Fruit ALLERGENS: NONE	Beef Chilli (100g) Served With Jacket Potato (90g)	Minced Beef, Kidney Beans, Tomato, Passata, Carrot, Swede, Onion, Chilli Powder, Jacket Potato ALLERGENS: NONE	Apple & Blackberry Crumble (65g) And Custard (60g)	Apple, Blackberries, Crumble Mix, Ready To Pour Custard ALLERGENS: GLUTEN, MILK, WHEAT
FRI	Breaded Cod Fish Fingers (50g), Baked Beans (55g) And Mashed Potato(90g)	Breaded Cod Fish Fingers, Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine ALLERGENS: FISH, GLUTEN, WHEAT	Fruit Flapjack (50G)	Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit ALLERGENS: OATS, GLUTEN	Chicken And Leek Pie With Mixed Veg (200g)	Chicken, Leek, Potato, Béchamel Sauce, Seasoning, Black Pepper, Puff Pastry ALLERGENS: WHEAT, GLUTEN, MILK	Chocolate Crispy Cake (50g)	Rice Crispies, Chocolate ALLERGENS: BARLEY, GLUTEN, SOYA, MILK

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WEEK 3	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
MON	Somerset Pork And Apple Casserole (110g) With Rice (90g)	Minced Pork, Carrot, Mixed Herbs, Leek, Onion, Swede, Courgette, Stuffing Mix , Apple Sauce, Rice, Tomato, Vegetable Gravy ALLERGENS: WHEAT, GLUTEN	Poached Pears (65g) Served With Custard (60g)	Pears, Orange Juice, Cinnamon, Custard ALLERGENS: MILK	Breaded Cod Fish Fingers (50g), Baked Beans (55g) And Mashed Potato (90g)	Breaded Cod Fish Fingers , Baked Beans In Tomato Sauce, Potatoes, Vegetable Margarine ALLERGENS: FISH, GLUTEN, WHEAT	Jam And Coconut Sponge Cake (60g)	Wheat Flour, Soya Flour , Caster Sugar, Vegetable Oil, Bicarbonate Of Soda, Milk , Syrup, Coconut , Egg, Fruit Jam ALLERGENS: EGG, GLUTEN, MILK, WHEAT, SOYA, SULPHITES
TUES	Chicken And Leek Pie With Mixed Veg (200g)	Chicken, Leek, Potato, Béchamel Sauce , Seasoning, Black Pepper, Puff Pastry ALLERGENS: WHEAT, GLUTEN, MILK	Chocolate Crispy Cake (50g)	Rice Crispies, Chocolate ALLERGENS: BARLEY, GLUTEN, SOYA, MILK	Chicken Meatball Ragu (120g) Rice (100g)	Chicken Meatballs , Carrot, Tomatoes, Courgette, Aubergine, Red Pepper, Green Pepper, Onion, Basil, Black Pepper, Rice ALLERGENS: WHEAT, GLUTEN	Rice Pudding And Sultanas (100g)	Pudding Rice , Milk, Sultanas ALLERGENS: MILK GLUTEN, SOYA, SESAME
WED	Beef Lasagne (167g)	Beef Mince, Carrot, Onion, Mixed Peppers, Tomato, Passata, Garlic, Lasagne Sheets , Béchamel Sauce , Oregano, Basil, Cheese ALLERGENS: GLUTEN, MILK, WHEAT, EGG	Ice Cream Roll (80g)	Milk, Wheat, Egg, Soya ALLERGENS: GLUTEN, WHEAT, MILK, EGG, SOYA	Shepherd's Pie (180g)	Minced Lamb, Carrot, Peas, Onion, Garlic, Tomato Puree, Swede, Turnip, Vegetable Gravy, Mixed Herbs, Potato, Vegetable Margarine, Tomato ALLERGENS: NONE	Fruit Flapjack (50g)	Oats, Sugar, Syrup, Palm Oil, Rapeseed Oil, Salt, Vanilla Flavouring, Mixed Fruit ALLERGENS: OATS, GLUTEN
THU	Breaded Fishcakes, Potatoes In Parsley Butter, Peas And Sweetcorn. (210g)	Fishcake , New Potatoes, Vegetable Margarine, Parsley, Peas, Sweetcorn ALLERGENS: FISH, GLUTEN, WHEAT	Chocolate Brownie (50g)	Flour, Cocoa Powder, Baking Powder , Caster Sugar, Vanilla Essence, Egg, Vegetable Margarine, Salt, Syrup ALLERGENS: EGG, GLUTEN, WHEAT, MILK	Chicken And Vegetable Curry (100g) With Rice (70g)	Diced Chicken, Broccoli, Cauliflower, Carrots, Peas, Tomatoes, Turmeric, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Fennel, Chilli Powder, Cloves, Black Pepper, Long Grain Rice, Ginger ALLERGENS: NONE	Strawberry Ice-Cream Pot (90g)	Water, Sugar, Palm Oil, Milk , Emulsifier, Stabilisers, Flavouring, Colour (Beetroot Red) ALLERGENS: MILK
FRI	Minted Lamb Hotpot (200g)	Minced Lamb, Carrot, Broccoli, Sweet Potato, Onion, Cauliflower, Potato, Mixed Herbs, Vegetable Gravy, Tomato, Mint Sauce ALLERGENS: NONE	Easi-Yo Fruit Yoghurt (60g)	Water, Milk, Soy Lecithin , Fruit Puree ALLERGENS: MILK, SOYA	Roast Beef Dinner With Yorkshire Pudding (180g)	Vegetable Gravy, Beef, Potato, Carrots, Yorkshire Pudding , Tomato, Peas. ALLERGENS: WHEAT, GLUTEN, EGG, MILK	Fruit Smoothie (50g)	Fruit ALLERGENS: NONE