



Main Course

Principal Ingredients (may vary)
NOT TO BE USED FOR DIETARY REFERENCE

Side Dish

Dessert

MENU A	MON	Pasta with a Creamy Tomato & Basil Sauce	fusilli pasta (gluten), tomato, onion, garlic, basil, milk (dairy), flour (gluten), organic vegetable bouillon	Grated Cheese	Hummingbird Cake
	TUE	Home-made Lamb Meatballs with Mild Curry Sauce	fully traceable British lamb mince, fresh wholemeal breadcrumbs (gluten), tomato puree, organic vegetable bouillon, mild curry spices, celery	Rice & Peas	Smooth Peach Yoghurt
	WED	Mexican Mince	fully traceable British steak mince, carrots, sweetcorn, haricot beans, tomato, red peppers, fajita seasoning	Tortilla Wedges	Crustless Vanilla Cheesecake with Raspberry Drizzle
	THU	Chicken & Broccoli Pie with Sweet Potato Mash Top	fully traceable British chicken breast, broccoli, bechamel sauce (dairy , gluten), potatoes, sweet potatoes, swede, organic vegetable bouillon	Cucumber Smiles	Smooth Mango Yoghurt
	FRI	Roast Pork in Gravy	fully traceable British pork loin, gluten-free gravy	Potatoes & Veg	Vegan Raspberry Jelly & Custard
MENU B	MON	Vegetarian Butternut Lasagne	organic soya mince, butternut squash, bechamel sauce (dairy , gluten), pasta sheets (gluten), tomato, onion, garlic, oregano, parsley, basil, cheddar cheese (dairy)	Garlic Bread Fingers	Hidden Veg Cake
	TUE	Thai Chicken Curry	fully traceable British chicken breast, broccoli, courgette, sweetcorn, coconut milk, onion, garlic, ginger, sweet chilli sauce, cornflour, organic vegetable bouillon	Rice	Smooth Banana Yoghurt
	WED	Pasta Napoli	fusilli pasta (gluten), tomato, onion, garlic, organic vegetable bouillon	Grated Cheese	Light Strawberry Mousse
	THU	Classic Cottage Pie	fully traceable British steak mince, tomato puree, onions, garlic, organic vegetable bouillon, potatoes, carrots, oregano, basil, parsley, celery	Steamed Peas	Vegan Raspberry Jelly & Custard
	FRI	Roast Chicken in Gravy	fully traceable British chicken breast, gluten-free gravy	Potatoes & Veg	Smooth Apricot Yoghurt
MENU C	MON	Cowboy Stew with Sausages, Beans & Tomato	locally prepared low-salt pork sausages (sulphites , gluten), haricot beans, tomato, onion, garlic, parsley, carrots, courgettes, organic vegetable bouillon, basil, oregano, celery	Mini Bread Roll	Vegan Raspberry Jelly & Custard
	TUE	Slow-cooked Chicken & Vegetable Casserole	fully traceable British chicken breast, baby carrots, swede, potatoes, chicken stock, cornflour, parsley, basil, oregano	Mash	Smooth Strawberry Yoghurt
	WED	Tuna Pasta Bake	fusilli pasta (gluten), mornay sauce (dairy , gluten), line-caught tuna (fish), tomato, onion, garlic, basil, cheddar cheese (dairy), courgette, organic vegetable bouillon	Cucumber Smiles	Peaches & Mandarins in Juice
	THU	Roast Turkey in Gravy	fully traceable British turkey breast, gluten-free gravy	Potatoes & Veg	Smooth Banana Yoghurt
	FRI	Home-made Beef Meatballs with Fresh Tomato Sauce	fully traceable British steak mince, fresh wholemeal breadcrumbs (gluten), tomato puree, basil, oregano, parsley, organic vegetable bouillon, celery	Pasta Twists	Apple & Blueberry Slice
		Ingredients may vary.	Not to be used for dietary reference.	Hungry Monsters must be informed of all dietary requirements.	