



## Main Course

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

## Side Dish

## Dessert

	MON	TUE	WED	THU	FRI
<b>MENU A</b>	Pasta Bolognaise	fusilli pasta (gluten), fully traceable British beef, carrots, celery, tomato, onions, garlic	Grated Cheese	Carrot & Coconut Slice	
	Sweet & Sour Home-made Pork Meatballs	fully traceable Red Tractor pork, fresh breadcrumbs (gluten), pineapple, celery, tomato, onion, garlic, cider vinegar	Steamed Rice with Baby Sweetcorn & Beans	Peaches & Cream	
	Vegetarian Butternut Lasagne	lasagne pasta (gluten), butternut squash, cheese sauce (gluten, dairy, celery), soya bolognaise (soya, tomato, onion, garlic)	Garlic Bread	Vegan Raspberry Jelly & Custard	
	Roast Chicken Breast & Gravy	Red Tractor chicken breast, low-salt gravy	Potatoes, Cauliflower, Carrots, Peas & Corn	Light Strawberry Mousse	
	Fisherman's Pie	sustainable salmon & pollack (fish), white sauce (dairy, gluten, celery), carrot, swede, potato	Steamed Peas	Cheddar Cheese Fingers & Cream Crackers	
<b>MENU B</b>	Mild Butter Chicken Curry	Red Tractor chicken breast, butter curry sauce (tomato, dairy, gluten), green beans, yoghurt (dairy), tomato, swede, ginger	Basmati Rice	Smooth Banana Yoghurt	
	Steak Mince Cottage Pie	fully traceable British beef, tomato, onion, garlic, celery, carrots, potato, parsley, basil, oregano	Steamed Peas	Mandarins & Jelly	
	Roast Pork & Gravy	fully traceable Red Tractor pork, low-salt gravy	Potatoes, Cauliflower, Carrots, Peas & Corn	Oaty Coconut Slice	
	Creamy Tomato Pasta with Broccoli & Chicken	fusilli pasta (gluten), bechamel sauce (dairy, gluten, celery), broccoli, Red Tractor chicken breast, tomato, onion	Cucumber Smiles	Crustless Vanilla Cheesecake with Raspberry Drizzle	
	Moroccan Lamb Meatballs	fully traceable Red Tractor lamb, fresh breadcrumbs (gluten), mango chutney, apple, onions, garlic, spices, tomato	Steamed Couscous with Sweetcorn & Courgetti	Pineapple Upside-down Cake	
<b>MENU C</b>	Roast Turkey Breast & Gravy	Red Tractor turkey breast, low-salt gravy	Potatoes, Cauliflower, Carrots, Peas & Corn	Apple & Blueberry Slice	
	Pasta with Hidden Veg Sauce	fusilli pasta (gluten), tomato, butternut squash, carrots, onions, garlic, basil, oregano, parsley	Grated Cheese	Summer Berry Yoghurt	
	Mild Thai Chicken Curry	Red Tractor chicken breast, broccoli, courgette, sweetcorn, coconut milk, onions, garlic, ginger, sweet chilli sauce	Steamed Rice	Cheddar Cheese Fingers & Cream Crackers	
	Minced Steak Meatballs	fully traceable British beef, fresh breadcrumbs (gluten), tomato gravy	Carrot, Swede & Potato Mash	Carrot Cake	
	Potato-topped Cowboy Pie with Sausages & Beans	special recipe low-salt locally made pork sausages (gluten, sulphates), haricot beans, tomato, courgettes, carrots, tomato, onion, potatoes, celery	Peas & Carrots	Smooth Mango Yoghurt	
<p><b>Ingredients may vary. Not to be used for dietary reference. Hungry Monsters must be informed of all dietary requirements.</b></p>					