



Main Course

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

Side Dish

Dessert

MENU A

MON	Chilli Con Carne	red tractor steak mince, haricot beans, tomato, onion, garlic, basil, fajita spices, carrots, rice	Steamed Rice	Hummingbird Cake (Banana & Pineapple)
TUE	Vegetarian Butternut Lasagne ^(V)	lasagne pasta (gluten), butternut squash, cheese sauce (gluten, dairy, celery), soya bolognese (soya , tomato, onion, garlic), baps (gluten)	Garlic Bread	Vegan Raspberry Jelly & Custard
WED	Mild Kofta Curry	home-made koftas (steak mince, pork mince, fresh breadcrumbs (gluten), tomato, mild curry spices, mango, couscous (gluten), sweetcorn, celery)	Steamed Couscous with Sweetcorn	Fresh Melon Wedges
THU	Broccoli with Neptune Sauce	broccoli, tomato, pureed sardines (fish), onions, celery , passata, basil, oregano , parsley, fusilli pasta (gluten)	Fusilli Pasta	Apple & Blueberry Slice
FRI	Roast Turkey Breast & Gravy	red tractor turkey breast, home-made low-salt gravy	Potatoes, Cauliflower, Carrots, Peas & Corn	Smooth Banana Yoghurt

MENU B

MON	Chicken & Sweetcorn Pie	diced chicken breast, sweetcorn, swede, morney sauce (gluten, dairy, celery), green beans, fresh parsley, puff pastry (gluten)	Puff Pastry Tops	Oaty Coconut Slice
TUE	Home-made Pork Balls in Gravy	home-made pork meatballs (british pork mince, fresh breadcrumbs (gluten), oregano, basil, parsley, home-made low salt gravy, potatoes, sweet potatoes, celery)	Sweet Potato Mash	Cheddar Cheese Fingers & Cream Crackers
WED	Fresh Vegetable Medley with Tomato Morney Sauce ^(V)	courgettes, cauliflower, kale, celery , tomato, garlic, basil, oregano, parsley, morney sauce (gluten, dairy) macaroni pasta (gluten)	Macaroni	Pineapple Pieces & Jelly
THU	Creamy Chicken Korma	diced chicken breast, green beans, swede, tomato, onions, garlic, ginger, coconut milk, mild curry spices, rice	Basmati Rice	Peaches & Cream
FRI	Classic Cottage Pie	fully traceable british beef, tomato, onion, garlic, celery , carrots, potato, parsley, basil, oregano, peas	Steamed Peas	Upside-down Plum Sponge

MENU C

MON	Roast Pork & Gravy	fully traceable red tractor pork, low-salt gravy	Potatoes, Cauliflower, Carrots, Peas & Corn	Smooth Mango Yoghurt
TUE	Moroccan Plant Power Tagine ^(V)	cauliflower, butternut squash, green beans, chickpeas, tomato, onion, garlic, spices, mango, apple, couscous (gluten)	Steamed Couscous	Carrot & Coconut Slice
WED	Sweet & Sour Chicken with Sweetcorn & Beans	diced chicken breast, sweetcorn, green beans, pineapple, tomato, cider vinegar, celery , basmati rice	Basmati Rice	Fresh Melon Wedges
THU	Mediterranean Meatballs	freshly rolled beef meatballs with mediterranean herbs and a home-made tomato gravy (gluten, celery), carrots, swede, peas	Carrots, Swede & Peas	Cheddar Cheese Fingers & Cream Crackers
FRI	Sausage, Bean & Vegetable Ragu	special recipe low-salt, gluten-free pork sausages (sulphites), haricot beans, courgettes, tomato, celery , onions, garlic, fresh basil	Dairy-free Mash	Banana Custard

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Hungry Monsters must be informed of all dietary requirements.