



Main Course

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

Side Dish

Dessert

	MON	TUE	WED	THU	FRI
MENU A	Sicilian Sausage Ragù	Broccoli & Courgette Mild Coconut Curry	Home-made Steak Mince Meatballs with Tomato Gravy	Vegetarian Butternut Lasagne	Sweet & Sour Chicken & Veg
	salt-reduced gluten-free pork sausages (sulphides), tomato, onion, garlic, oregano, fennel, lemon, basil, carrots, pasta (wheat, gluten)	broccoli, courgettes, sweetcorn, onions, garlic, ginger, coconut milk, sweet chilli sauce, rice	Aberdeen Angus steak mince, wholemeal breadcrumbs (wheat, gluten), home-made gravy, tomato, onion, garlic, celery , basil, parsley, oregano, carrots, sweet potato, potato	soya bolognese (soya , tomato, onions, carrots, herbs), butternut bechamel sauce (milk, flour, gluten, celery), lasagne pasta (wheat, gluten), cheese (milk), baps (wheat, gluten), garlic	chicken breast, red & green peppers, pineapple, tomato, cider vinegar, sweetcorn, carrots, celery , cornflour, rice
	Steamed Fusilli Pasta Twists	Jasmine Rice	Carrot & Sweet Potato Mash	Garlic Bread	Steamed White Rice
	Smooth Passionfruit Yoghurt	Peaches & Cream	Hummingbird Cake	Cheese & Crackers	Smooth Raspberry Yoghurt
MENU B	Classic Cottage Pie	Tomato Alfredo Pasta Sauce with Broccoli	Chicken Breast & Pumpkin Mild Butter Curry	Home-made Red Tractor Pork Meatballs in Napoli Sauce	Roast Turkey Breast & Gravy
	Aberdeen Angus steak mince, onions, garlic, carrots, tomato, basil, parsley, oregano, celery , peas, potato	mornay sauce (milk, flour, gluten, celery , cheese), passata, broccoli	chicken breast, butternut squash, butter curry spice mix (mustard), garlic, ginger, onions, tomatoes, coconut milk, flour (wheat, gluten), vegetable oil, basmati rice	Red Tractor British pork mince, wholemeal breadcrumbs (wheat, gluten), tomato, onion, garlic, celery , basil, parsley, oregano, butternut squash, potato	turkey breast, home-made gravy, potatoes, carrots, swede, peas
	Green Peas	Steamed Fusilli Pasta Twists	Basmati Rice	Butternut & Potato Mash	Potatoes & Seasonal Vegetables
	Diced Pears & Jelly	Smooth Mango Yoghurt	Spiced Apple Custard	Upside-down Plum Cake	Peaches & Cream
MENU C	Home-made Red Tractor Pork & Beef Meatballs	Mild Mexican Veggie Chilli	Fisherman's Pie	Moroccan Chicken Tagine with Courgettes & Butternut	Aberdeen Angus Steak Mince Bolognese
	Red Tractor British pork mince, Aberdeen Angus steak mince, wholemeal breadcrumbs (wheat, gluten), tomato, onion, garlic, celery , basil, parsley, oregano, peas, sweetcorn, carrots	sweet potato, haricot beans, soya mince, cauliflower, tomato, onion, garlic, fajita spice (celery), mild chipotle paste, rice, mixed peppers, sweetcorn	MSC salmon (fish), MSC pollack (fish), mornay sauce (milk, wheat, gluten), cheese (milk), carrots, potato, swede, cucumber	chicken breast, courgettes, butternut squash, potatoes, Moroccan spices (mustard), mango chutney, apple, potato flour, rice	Aberdeen Angus steak mince, red lentils, tomato, carrots, swede, onions, garlic, oregano, basil, passata, celery , pasta (wheat, gluten)
	Medley of Peas, Carrots & Sweetcorn	Rainbow Rice	Cucumber Smiles	Steamed White Rice	Steamed Fusilli Pasta Twists
	Oaty Granola Slice	Cheese & Crackers	Smooth Pineapple Yoghurt	Raspberry Jelly & Custard	Hidden Veg Cake
	Ingredients may vary.	Not to be used for dietary reference.	Hungry Monsters must be informed of all dietary requirements.		