		Main Course	Principal Ingredients (may vary) NOT TO BE USED FOR DIETARY REFERENCE	Side Dish	Dessert
MENU A	MON	Italian Pork & Fennel Ragu	British pork mince, carrots, courgettes, Napoli sauce, fennel, oregano, wholemeal fusilli pasta (gluten)	Wholemeal Fusilli Pasta Twists	Banana Fromage Frais
	TUE	Home-made Beef Meatballs in Gravy	Aberdeen Angus steak mince, wholemeal breadcrumbs (gluten), tomato, onion, celery, basil, parsley, oregano, sweet potato, carrot, potato	Sweet Potato & Carrot Mash	Peaches & Cream
	WED	Ⓥ Butternut Squash, Potato & Spinach Dahl	red lentils, butternut squash, potato, spinach, tomato, onion, coconut, mild curry spices (mustard), basmati rice	Basmati Rice	Cheese & Crackers
	THU	Creamy Tomato, Chicken & Vegetable Pasta Sauce	chicken breast, courgettes, bechamel sauce (milk, gluten), passata, pasta (gluten)	Steamed Fusilli Pasta Twists	Upside-down Plum Sponge
	FRI	Roast Turkey Breast & Gravy	turkey breast, home-made gravy, potatoes, carrots, swede, peas	Potatoes & Seasonal Vegetables	Smooth Peach & Passionfruit Yoghurt
MENU B	MON	Mild Chicken & Sweet Potato Korma	chicken breast, potato, carrots, swede, sweet potato, tomato, onion, coconut, mild curry spices (mustard), basmati rice	Basmati Rice	Peaches & Cream
	TUE	Ⓥegetarian Butternut Lasagne	soya bolognaise (soya, tomato, onions, carrots, herbs), butternut bechamel sauce (milk, flour, gluten, celery), lasagne pasta (gluten), cheese (milk), garlic bread (gluten, sesame)	Garlic Bread	Cheese & Crackers
	WED	Pork & Beef Meatballs with Veggie Tomato Sauce	Red Tractor British pork mince, Aberdeen Angus steak mince, wholemeal breadcrumbs (gluten), tomato, carrots, kale, onion, celery, basil, parsley, oregano, pasta (gluten)	Steamed Fusilli Pasta Twists	Smooth Mango Yoghurt
	THU	Hearty Chicken & Veg Potato-topped Pie	roast chicken breast, carrots, courgettes & swede in a sweet onion & tomato gravy with a mashed potato top, peas	Green Peas	Diced Peaches, Pears & Apricots
	FRI	Chilli Con Carne	premium minced beef, tomato puree, haricot beans, carrots, sweet onions, celery, fajita spices, rice	Steamed Brown Rice	Hummingbird Cake
MENU C	MON	Classic Cottage Pie	Aberdeen Angus steak mince, onions,, carrots, tomato, basil, parsley, oregano, celery, peas, potato	Green Peas	Smooth Pineapple Yoghurt
	TUE	Neptune Pasta Sauce with Broccoli	tomatoes, broccoli, onions, garlic, sardines (fish), passata, basil, oregano, parsley, pasta (gluten)	Wholemeal Fusilli Pasta Twists	Blueberry & Apple Sponge
	WED	Ⓥ Courgette & Lentil Lasagne	tomato sauce (tomato, onion, herbs), red lentils, mixed vegetables, bechamel sauce (milk, flour, gluten), lasagne pasta (gluten), cheese (milk), sweetcorn, cucumber	Sweetcorn & Cucumber Salsa	Peaches & Cream
	THU	Mild Thai Chicken Curry	chicken breast, broccoli, courgettes, sweetcorn, onions, ginger, coconut milk, sweet chilli sauce, rice	Fragrant Jasmine Rice	Cheese & Crackers
	FRI	Pork & Apple Meatballs	Red Tractor British pork mince, wholemeal breadcrumbs (gluten), apple, oregano, parsley, basil, potato, butternut, celery,	Butternut Mash	Diced Pears with Vegan Raspberry Jelly
		Ingredients may vary.	**Not to be used for dietary reference.**	**Hungry Monsters must be informed of all dietary requirements.**	