

LUNCH	ingredients	DESSERT	TEA	PUDD
Cottage pie made with a potato mash served with green beans (veggie potato topped pie)	(carrots, celery, onions, passata, paprika, black pepper herbs stock cornflour and Potatoes	Ginger cake and custard	Homemade herb scones with cream cheese and ham served with coleslaw	Orange slices
White fish and broccoli served with parsley sauce, potato mash, carrots and sweetcorn	(salmon, broccoli, onions) (parsley, milk, butter, flour) Filo pastry	Yoghurts	Tomato pasta salad	pears
Homemade sweet and sour pork, noodles served with stir fry (Quorn option for vegetarians)	Peppers, onion, sweetcorn, pork mushrooms, beansprouts carrots cabbage tomatoes and spices seasoning	Carrot cake with cream cheese topping	Sweet potato and butternut squash soup and a roll	bananas
Bbq chicken and potato wedges, served with sweetcorn and carrots (Quorn option)	(peppers, onion, mushrooms, chicken, tomato puree, paprika, black pepper and herbs	Ice lollies	Cracker, cream cheese served with veg sticks	melon
Beef chilli served with rice and Broccoli (vegetable chilli)	(peppers, mushrooms, onions, tomatoes, carrots, red kidney beans, cinnamon, ground cumin, chilli powder, pepper and broccoli	Cornflake tart and custard	Sausage in a roll served with salad	Apples
Tuna bake served with pasta and mixed vegetables (Quorn mince)	(tuna, sweetcorn, broccoli, carrots cauliflower, tomatoes, paprika, peppers)	shortbread	Pizza muffins, cheese and tomato and salad	pineapple
Spanish chicken mashed potato and mixed seasonal veg Quorn option	(chicken, mixed peppers, mushrooms, lemon, tomatoes, onions)	Fruit crumble and custard	Assorted sandwiches and salad	Fruit cocktail
Chickpea and mixed bean curry, rice and naan bread	(mixed peppers, mushrooms, onions, chickpeas, haricot beans, red kidney beans, passata, herbs and spices)	Greek yogurt and mixed berries	Vegetable puff pastry tart and salad	Kiwi fruit
Homemade fish goujons, new potatoes, peas and parsley sauce (vegetable chilli)	Mixed white fish, breadcrumbs, lemon zest, parsley, egg Milk, margarine, flour, parsley	Beetroot chocolate muffins	Ploughman tea	Mandarin oranges
Homemade beef Meatballs and pasta served with garlic bread (mixed bean and chickpea ragu)	Carrot, onion, celery, tinned tomatoes, beef sausage meat peppers passata, garlic herbs pepper egg	Jam tart and lemon curd tsrts	Jacket potato, Tuna crunch, cheese veg sticks	Fruit platter
Sausages and mixed bean casserole served with roast potatoes and vegetables (Quorn sausages)	Sausages, chickpeas, mixed beans, onion, mushrooms, carrot, peppers passata herbs peppers, passata herbs, pepper	Flapjack	Cheese and tomato pinwheels and salad	Peaches