

MON	LUNCH	BROCCOLI ORECHIETTE WITH TOMATO, CUCUMBER & FENNEL SALAD
	DESSERT	BERRY PUDDING
	TEA	PANZANELLA
TUES	LUNCH	SWEET POTATO IN TOMATO, LIME AND CARDAMOM SAUCE WITH LENTILS
	DESSERT	BANANA OAT COOKIES
	TEA	TOMATO, LEMONGRASS & SOBA NOODLES
WEDS	LUNCH	SALMON PUTTANESCA, RICE & QUINOA WITH GREEN BEANS
	DESSERT	VERY BERRY CRUMBLE
	TEA	CHICKEN & BEAN SOUP
THURS	LUNCH	TURKEY CHILLI CON CARNE, GUACAMOLE AND CORN SALAD
	DESSERT	VEGAN BLUEBERRY SPONGE
	TEA	CAULIFLOWER & COCONUT SOUP
FRI	LUNCH	KERRALAN FISH CURRY, RICE & CARROT SLAW
	DESSERT	BAKED SEASONAL FRUIT WITH VANILLA YOGURT
	TEA	TUNA, OLIVE AND PARSLEY PASTA SALAD

MON	LUNCH	VEGAN RAGU & RIGATONE, WITH FENNEL & ORANGE SALAD
	DESSERT	COCONUT RICE PUDDING
	TEA	BUTTERNUT SQUASH & GINGER SOUP
TUES	LUNCH	STIR-FRIED UDON NOODLE WITH TURKEY AND BROCCOLI SALAD
	DESSERT	POACHED PEARS
	TEA	MINISTRONE
WEDS	LUNCH	JACKET POTATOES, HOMEMADE BAKED BEANS AND AVOCADO SALSA
	DESSERT	SEASONAL FRUIT CRUMBLE
	TEA	SPICED ORECCHIETTE PUTTANESCA
THURS	LUNCH	FISH IN TOMATO CURRY, PAK CHOI AND BROWN RICE
	DESSERT	FRESH FRUIT SALAD
	TEA	CURRIED CARROT SOUP WITH FRESH BREAD
FRI	LUNCH	PESTO SALMON, GARLIC & ROSEMARY NEW POTATOES WITH ASPARAGUS
	DESSERT	BANANA BREAD WITH RASPBERRY JAM SWIRL
	TEA	VIETNAMESE VEGETABLE RICE NOODLES

MON	LUNCH	MUSTARD CAULIFLOWER CHEESE WITH LENTIL, APPLE & FENNEL SALAD
	DESSERT	STEWED FRUIT
	TEA	MACKEREL KEGEREE
TUES	LUNCH	MISO FISH, SUSHI RICE AND SESAME BROCCOLI
	DESSERT	SEASONAL FRUIT SALAD
	TEA	BEAN, PUMPKIN AND FARRO SOUP
WEDS	LUNCH	ROOT VEGETABLE STEW WITH HERBY COUS COUS
	DESSERT	SPICED PLUMS WITH VANILLA YOGURT
	TEA	LENTIL SOUP
THURS	LUNCH	MOROCCAN CHICKEN TAGINE
	DESSERT	PUMPKIN MUFFINS
	TEA	TOMATO & RED PEPPER SOUP
FRI	LUNCH	SALMON, NEW POTATOES AND PEA PUREE
	DESSERT	AVOCADO CHOCOLATE MOUSSE
	TEA	CAULIFLOWER, MUSHROOM AND KALE PASTA BAKE

MON	LUNCH	TURKEY BOLOGNESE & TOMATO SALSA
	DESSERT	ORANGE, KIWI AND STRAWBERRY SALAD
	TEA	COURGETTE, PEA AND BASIL SOUP
TUES	LUNCH	PUMPKIN AND CHICKPEA CURRY
	DESSERT	SEASONAL CRUMBLE
	TEA	RED PEPPER, SQUASH AND HARISSA SOUP
WEDS	LUNCH	SALMON WITH BEETROOT CARROT AND ORANGE SALAD
	DESSERT	CRANBERRY AND ORANGE MUFFINS
	TEA	PESTO PASTA
THURS	LUNCH	RATATOUILLE WITH LENTILS AND CELERiac PUREE
	DESSERT	BAKED NECTARINES WITH COCONUT
	TEA	CREAMY BUTTERNUT SQUASH LINGUINI
FRI	LUNCH	FISH PIE & PEAS
	DESSERT	RICE PUDDING
	TEA	PASTA WITH COURGETTE & EDAMAME

EVERYDAY	BREAKFAST	HOME-MADE MUESLI, PORRIDGE, WEETABIX, HOME-MADE BREAD, FRESH FRUIT
	SNACK	RAW VEGETABLES, FRUIT, OAT CAKES, CORN CRACKERS
	AFTER-TEA DESSERT	FRESH FRUIT OR FRUIT COMPOTE, YOGURT



We always ensure that each child’s dietary requirements are catered for. For this reason, we remove or replace allergenic ingredients dangerous to a particular child from our recipes to minimize the risks for those children. Nevertheless, in line with the Food Information Regulations (Dec 2014), we have noted all common allergens in our recipes, which can be cross referenced with the Food Standards Agency allergens list.

ALL DESSERTS ARE FREE FROM REFINED AND FREE SUGARS.

ALLERGENS

GLUTEN	MUSTARD
MILK	CELERY
EGGS	TREE NUTS
FISH	PEANUTS
CRUSTACEANS	SESAME
MOLLUSCS	SULPHUR DIOXIDE
SOYBEANS	LUPIN