

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<p><b>Mexican Lamb Chilli Con Carne with Rice</b> Ingredients: <b>Lamb</b>, Rice, Tomato, Kidney Bean, Carrot, Mixed Peppers, Onion, Garlic, Ginger, Paprika, Stock (<b>Celery</b>), Tomato Paste, Cumin, Spices, Pepper, Sunflower Oil</p>	<p><b>Baked Fish &amp; Leek Pie in a Parsley Sauce topped cheese</b> Ingredients: <b>Fish</b>, Pea, Cauliflower, Broccoli, Potato, Leek, <b>Milk</b>, Flour (<b>Wheat</b>), Mustard (<b>Mustard, Wheat</b>), Cheese (<b>Milk</b>), Garlic, Dill, Lemon Juice (<b>Potassium Metabisulphite</b>), Butter (<b>Milk</b>), Parsley, Sunflower Oil</p>		<p><b>Sausage, Gravy, Peas and Potato</b> Ingredients: Pork Sausages (<b>Pork</b>), Pea, Sweet Potato, Potato, Gravy (<b>Barley</b>), Sunflower Oil</p>	<p><b>Chicken Fajita &amp; Tomato Pasta with vegetables</b> Ingredients: <b>Chicken</b>, Pasta (<b>Wheat</b>), Peppers, Green Beans, Sweetcorn, Peas, Red Onion, Tomato, Vegetable Stock (<b>Celery</b>), Garlic, Ginger, Cumin, Oregano, Sunflower Oil, Onions, Spices</p>
Vegetarian	<p><b>Mexican Bean Chilli Con Carne with Rice (V)</b> Ingredients: Rice, Tomato, Kidney Bean, Cannellini Bean, Butter Bean (Mixed Beans), Carrot, Mixed Peppers, Stock (<b>Celery</b>), Onions, Garlic, Ginger, Paprika, Cumin, Spices, Pepper, Sunflower Oil</p>	<p><b>Vegetable &amp; Lentil Pie with Green Peas (V)</b> Ingredients: Lentils, Cauliflower, Broccoli, Potato, Peas, Carrot, Tomato, Onion, Pepper, Stock (<b>Celery</b>), Sunflower Oil</p>	<p><b>Vegetable Biryani with a side of Minted Yoghurt</b> Ingredients: Beans, Rice, Green Bean, Carrot, Peas, Raisins, Tomato, Cumin, Coriander, Onion, Spices, Garlic, Ginger, Pepper, Sunflower Oil, Stock (<b>Celery</b>), Yogurt (<b>Milk</b>), Mint</p>	<p><b>Vegetable Sausage, Gravy, Peas &amp; Potato</b> Ingredients: Vegetable Sausage Soya Protein (<b>Soya</b> Protein Palm Oil, Tomato, Onion Powder, Yeast, (<b>Wheat Flour</b>) <b>Sulphites, Wheat</b>), Pea, Sweet Potato, Potato, Gravy (<b>Barley</b>), Sunflower Oil</p>	<p><b>Tomato Pasta Bake with Vegetables (V)</b> Ingredients: Butter Beans, Pasta (<b>Wheat</b>), Peppers, Green Beans, Sweetcorn, Peas, Red Onion, Tomato, Vegetable Stock (<b>Celery</b>), Garlic, Ginger, Cumin, Oregano, Sunflower Oil, Onions, Spices</p>
Dessert	<p><b>Smooth Mango Fromage Frais</b> Ingredients: Yoghurt (<b>Milk</b>), Mango, <b>Milk</b></p>	<p><b>Chocolate Rice Krispie Cakes</b> Ingredients: Cocoa Powder, Golden Syrup, Butter (<b>Milk</b>), Rice Krispies (<b>Barley</b>)</p>	<p><b>Seasonal Fruit Salad</b></p>	<p><b>Summer Fruit Flapjack</b> Ingredients: Peaches, Raisins, <b>Oats</b>, Flour (<b>Wheat</b>), Golden Syrup, Sugar, Butter (<b>Milk</b>)</p>	<p><b>Selection of Petit Filous</b> Ingredients: Fromage Frais (<b>Milk, Cream</b>), Sugar, Raspberry, Peach, Strawberry Puree, Carrot Juice, Corn Flour, Lemon Juice, Natural Flavouring (See pack for full list)</p>
Afternoon Tea	<p><b>Chicken Sandwich</b> Ingredients: <b>Chicken</b>, Cucumber <b>Cheese Sandwich (V)</b> Ingredients: Cheese (<b>Milk</b>), Cucumber Both: Bread (<b>Wheat, Soya</b>), Margarine (<b>Buttermilk</b>)</p>	<p><b>Tomato and basil Soup with bread</b> Ingredients: Lentil, Tomato, Tomato Basil, Stock (<b>Celery</b>), Carrot, Onion, Sunflower Oil Bread (<b>Wheat, Soya</b>)</p>	<p><b>Salsa Tex Mex Pasta</b> Ingredients: Pasta, Tomato, Kidney Bean, Cannellini Bean, Butter Bean (Mixed Beans), Cheese (<b>Milk</b>), Sweetcorn, Pepper, Coriander, Lime, Barbeque Sauce</p>	<p><b>Tuna and Sweetcorn Lettuce Sandwich</b> Ingredients: Tuna (<b>Fish</b>), Sweetcorn, Lettuce, Mayonnaise (<b>Egg</b>) <b>Homemade Coleslaw Sandwich</b> Ingredients: Carrots, Cabbage, Mayonnaise (<b>Egg</b>) Both: Bread (<b>Wheat, Soya</b>)</p>	<p><b>Moroccan Couscous in Tomato Sauce with Chickpea &amp; Vegetables</b> Ingredients: Couscous (<b>Wheat, Barley</b>), Chickpea, Courgette, Carrots, Tomato, Tomato Paste, Stock (<b>Celery</b>), Coriander, Sunflower Oil</p>