

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch		<p>Moroccan Chicken Tagine with Apricots served with Mediterranean Couscous Ingredients: Chicken, Tomato, Couscous (Wheat, Barley), Apricots (Sulphur Dioxide), Carrots, Peas, Onions, Garlic, Ginger, Pepper, Sunflower Oil</p>	<p>Lightly Seasoned Beef cooked in Gravy w/ Peas, Carrots, Potato Ingredients: Beef, Peas, Carrot, Gravy (Wheat, Barley), Potato, Seasoning, Sunflower Oil</p>	<p>Tuna & Mushroom Casserole with a crumb topping Ingredients: Tuna (Fish), Pasta (Wheat), Butter (Milk), Onion, Celery, Peas, Mushroom, Milk, Cheese (Milk), Parsley, Breadcrumbs (Wheat, Soya) Sunflower Oil</p>	<p>Chicken Tikka Masala served with Rice Ingredients: Chicken, Rice, Mixed Pepper, Green Beans, Carrot, Potato, Stock (Celery), Tomato, Tomato Paste, Coriander, Tikka Paste (Mustard), Pepper, Onion, Sunflower Oil, Garlic, Ginger</p>
Vegetarian	<p>Butternut Squash and Red Lentils served with Turmeric Rice Ingredients: Butternut Squash, Courgette, Potato, Red Lentil, Tomato, Tomato Paste Mango Chutney, Rice, Onion, Coriander, Cumin, Turmeric, Garlic, Ginger, Vegetable Stock (Celery),</p>	<p>Moroccan Chickpea Tagine with Apricots served with Mediterranean Couscous (V) Ingredients: Chickpea, Tomato, Couscous (Wheat, Barley), Apricots (Sulphur Dioxide), Carrots, Peas, Onions, Garlic, Ginger, Pepper, Sunflower Oil</p>	<p>Vegetable Pie w/ Peas, Carrots, Potato Ingredients: Puff Pastry (Wheat Flour), Courgette, Lentils, Peas, Carrot, Tomato, Tomato Puree, Butternut Squash, Stock (Celery), Parsley, Potato, Gravy (Wheat, Barley), Sunflower Oil</p>	<p>Mushroom Casserole with a crumb topping Ingredients: Butterbean, Pasta (Wheat), Butter (Milk), Onion, Celery, Peas, Mushroom, Milk, Cheese (Milk), Parsley, Breadcrumbs (Wheat, Soya) Sunflower Oil</p>	<p>Vegetable Tikka Masala served with Rice Ingredients: Cauliflower, Lentils, Rice, Mixed Pepper, Green Beans, Carrot, Potato, Stock (Celery), Tomato, Tomato Paste, Coriander, Tikka Paste (Mustard), Pepper, Onion, Sunflower Oil, Garlic, Ginger</p>
Dessert	<p>Smooth Summer Berry Coulis with Yogurt Ingredients: Yoghurt (Milk), Strawberries, Blackcurrants, Blackberries, Raspberries, Banana, Milk</p>	<p>Rice Pudding with Vanilla Ingredients: Rice, Milk, Sugar, Vanilla</p>	<p>Summer Eton Mess Ingredients: Whipped Cream (Milk), Berries, Meringue (Egg), Sugar</p>	<p>Seasonal Fruit Salad</p>	<p>Raspberry Jelly Ingredients: Sugar, Gelling Agents, (Citric Acid), Raspberry flavour Flavouring</p>
Afternoon Tea	<p>Beans On Toast Ingredients: Baked Beans, Tomato Sauce, Tomatoes, Water, Sugar, Salt, Paprika, Bread (Wheat, Soya)</p>	<p>Pasta with Mixed Peppers Ingredients: Kidney Beans, Penne (Wheat), Peas, Bell Peppers, Tomatoes, Onion, Garlic, Coriander</p>	<p>Stir Fry Vegetable Egg Noodles Ingredients: Egg Noodles (Egg, Wheat), Ginger, Carrot, Bell Peppers, Green Beans, Peas, Sunflower Oil, Corn Starch, Pineapple Juice, Rice Vinegar, Chickpea, Spring Onion</p>	<p>Chunky Vegetable Soup with Bread Ingredients: Tomatoes, Celery, Carrot, Lentils, Potato, Onion, Garlic, Bread (Wheat, Soya), Pepper, Sunflower Oil, Vegetable Stock (Celery)</p>	<p>Cream Cheese and Cucumber Sandwich Ingredients: Cream Cheese (Milk), Cucumber, Carrot, Raisin, Bread (Wheat, Soya)</p>