



Menu Week 1



Date	Lunch	Lunch Ingredients	Dessert	Dessert Ingredients	Tea	Tea ingredients
Monday 14th Jan 19	Roast Turkey, New Potatoes Carrot & Swede mash **Vegetarian alternative: Falafels	**Turkey, New Potatoes Carrots, Swede. **Chickpeas, Tahini(Roasted pulped sesame seeds), Garlic puree, Lemon, Paprika, Veg oil	Lemon and Sultana Cake	Lemon zest, Egg, Dairy Free spread, Caster sugar, Flour, Sultanas.	Oatcakes with **Mackerel Pate *Dairy Free Alternative/**Vegetarian Alternative Pears Milk or Water	Oat Cakes, Mackerel Pate; **Smoked Mackerel, *Cream Cheese, *Semi-Skimmed Milk, Yoghurt, Lemon Juice, Pears *Substitute with Oat Milk and Violife Cream Cheese **Substitute with Avocado.
Tuesday 15th Jan 19	Jacket Potato with Cheese and baked beans. *Dairy Free alternative:	Baking Potato, *Grated Cheddar Cheese Reduced salt/sugar Baked Beans. *Substitute with Violife Grated cheese.	Cherry Madeira	Flour, Dairy Free Spread, Sugar, Eggs, Cherries, Vanilla extract	**Tuna and Cucumber Sandwiches, Yoghurt *Dairy Free Alternative/**Vegetarian Alternative: Milk or Water	Wholemeal Bread, Dairy free Spread, **Tuna, Mayonnaise, *Plain Yoghurt, Cucumber, **Substitute with Cheese Yoghurt *Substitute with Dairy Free Yoghurt
Wednesday 16th Jan 19	Fish Pie, Mixed Vegetables **Vegetarian alternative: Broccoli Creamy Pie *Dairy Free alternative:	Potato, **Salmon, **Haddock, **Smoked Haddock, *Milk, Dairy free spread, Flour, Parsley, Mixed Vegetables **Substitute fish with Broccoli *Use Oat Milk in place of milk	Carrot Cake	Carrots, Flour, Brown Sugar, Cinnamon, Raisins, Egg, Vegetable Oil, Orange Juice	Bagels with Lemon Curd, Melon Milk or Water	Bagels, Sugar, Eggs, Lemon Juice, Salted Butter, Agar, Lemon oil.
Thursday 17th Jan 19	Pork Meatballs and Pasta **Vegetarian alternative: Mushroom and Lentil Balls	Onions, Garlic, Vegetable oil, **Minced pork, breadcrumbs, Egg, Dried oregano, Tomato puree, Tomatoes, Basil, Pasta **Onion, Garlic, Egg, Green Lentils, Oil, Mushrooms, Dried Oregano, Parsley, Tomato puree, Violife Hard Cheese	Apple and Pear Crumble Ice Cream	Apple, Pear, Sugar, Dairy free spread, Plain Flour, Whole meal flour, Dark brown sugar, Rolled Oats Ice Cream *Dairy Free alternative: Frozen Dairy Free Yoghurt	Cheese, Onion and Potato Frittata with Homemade Ketchup *Dairy Free Alternative White seedless Grapes Milk or Water	Egg, New Potatoes, Onions, *Cheddar Cheese, Vegetable Oil. Onions, Garlic, Ginger, Red Pepper, Allspice, Tomato, Brown Sugar, Cider Vinegar, Olive Oil *Substitute with Violife Cheese White seedless Grapes.
Friday 18th Jan 19	Salmon Fishcakes Sweetcorn **Vegetarian alternative: Veggie Burgers	**Salmon, Potatoes, Onions, Mixed herbs, Breadcrumbs, Egg, Sweetcorn **Sweet Potato, Red Kidney Beans, Spring Onions, Coriander, Chipotle Paste (White wine vinegar, Tomato paste, Demerara, Onion Puree, Dried Chipotle Flakes, Balsamic Vinegar, Garlic puree, Rapeseed oil, Salt, Paprika, Chilli Powder), Sunflower oil.	Frozen Yoghurt	Yoghurt *Dairy Free Alternative Dairy Free Yoghurt	Pitta Bread, Houmous Peaches Milk or Water	Pitta Bread Chick peas, Rapeseed Oil, Tahini sesame seed paste, lemon juice, garlic. Peaches

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Menu Week 2



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Monday 21st Jan 19	Creamy Chicken and Leek Hotpot Broccoli **Vegetarian Alternative: Chick Pea & Leek Hotpot *Dairy Free Alternative:	**Chicken, Leek, Carrot, Potato, Green Beans, Vegetable Oil, Cream cheese, Broccoli **Substitute Chicken with Chick Peas *Substitute Cream Cheese with Violife cream cheese	Lemon and Orange Polenta Cake	Dairy free spread, Sugar, Egg, Flour, Baking Powder, Polenta, Lemon, Orange	Cheese and Tomato rolls *Dairy Free Alternative: Celery & Carrot with Salsa Milk or Water	*Cheese, Tomato, Bread Rolls, Dairy Free Spread. *Substitute with Violife Cheese Celery, Carrot Onion, Red Pepper, Ground Ginger, Chilli Powder, Sugar, Tomatoes, Soy Sauce (reduce salt)
Tuesday 22nd Jan 19	Macaroni Cheese with Tuna and Sweetcorn **Vegetarian Alternative: Macaroni Cheese *Dairy Free Alternative:	Wholemeal pasta, Cheddar Cheese, **Tuna, Sweetcorn, Dairy free Spread, Flour. *Semi Skimmed Milk. **Omit Tuna. Serve with additional Cheese *Replace with Oat Milk and Violife Cheese	Jelly Suitable for Vegetarians	Jelly Jelly suitable for Vegetarians	Tea Cakes *Dairy Free Alternative: Fresh Fruit Milk or Water	Wholemeal Flour, White Flour, Dairy Free Spread, Yeast, Caster Sugar, Sultanas, Currants, Cinnamon, *Semi-Skimmed Milk, Salt *Substitute with Oat Milk Assorted Fresh Fruit
Wednesday 23rd Jan 19	Shepherd's Pie, with Cabbage **Vegetarian Alternative: Gardeners Pie	**Minced Lamb, Carrot, Swede, Vegetable oil, Onion, Peas, Mushrooms, Tomato Puree, Tomatoes, Worcestershire Sauce, Mixed Herbs, Low salt Vegetable stock, Potato, Cabbage. **Replace Lamb with additional Vegetables.	Ice Cream *Dairy Free Alternative: Sorbet	Ice Cream *Substitute with Sorbet	French Stick with Marmite Tomato and Cucumber Milk or Water	French Stick, Dairy Free Spread, Marmite, Tomato, Cucumber
Thursday 24th Jan 19	Fish Curry, with Rice and Green Beans **Vegetarian Alternative: Lentil Curry	**White Fish, Onion, Garlic, Curry Paste, Coconut Milk, Peas, Desiccated Coconut, Brown Rice, Green Beans. **Substitute Fish with Red Lentils	Mango and Pear Cobbler with Custard *Dairy Free Alternative:	Mango, Pear, Flour, Baking powder, mixed spice, Dairy free spread, brown sugar, *skimmed milk *Use Oat Milk in place of milk	**Turkey and Salad Wraps **Vegetarian Alternative: Ice Lolly Milk or Water	Tortilla Wraps, **Turkey Mixed Salad. **Substitute with Cheese Ice Lollies
Friday 25th Jan 19	Mixed Bean Chili with Rice, Cucumber and Tomato	Onions, Garlic, Aubergine, Courgette Red Pepper, Vegetable Oil, Chili powder, Flour, Tomato puree, Tomato, Adzuki Beans, Pinto Beans, mixed Herbs, Sweetcorn, Rice, Cucumber, Tomato	Stewed Apple and Custard *Dairy Free Alternative:	Apples, Custard Powder, Semi Skimmed Milk *Use Oat Milk in place of milk	**Tuna Sandwiches **Vegetarian Alternative: *Dairy Free Alternative: Satsuma Milk or Water	**Tuna, Mayonnaise, *Plain Yoghurt, Wholemeal Bread, Dairy Free Spread, ** Substitute with Avocado *Substitute with Dairy Free Yoghurt Satsuma

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Menu Week 3



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Monday 28th Jan 19	BBQ Chicken with Potato Wedges and Carrots **Vegetarian Alternative: BBQ Cauliflower	**Chicken, Onion, Garlic, Pepper, Vegetable Oil, Tomato, Mustard Powder, Chilli Powder, Ginger, Vinegar, Sweetcorn, Cornflour, Potato, Carrot. **Substitute Chicken with Marinated Cauliflower	Rice Pudding *Dairy Free Alternative: Coconut Rice Pudding	Pudding Rice, Caster Sugar, *Milk, *Coconut Milk, Coconut pieces, Rice	**Ham Sandwiches Fresh Fruit **Vegetarian Alternative: Milk or Water	Wholemeal Bread, Dairy Free Spread, **Ham **Substitute with Marmite Assorted Fresh Fruit.
Tuesday 29th Jan 19	Vegetable and Lentil Stew with Jacket Potatoes	Red Lentils, Onions, Carrots, Parsnips, Leeks, Vegetable Oil, Reduced salt Vegetable stock, Dried Rosemary, Baking Potato	Passion Cake Square	Carrot, Dates, Egg, Flour, Cinnamon, Nutmeg, Brown Sugar, Vegetable Oil	Spinach & Cheese Muffin Melon *Dairy Free Alternative: Milk or Water	Spinach, *Cheddar Cheese, Flour, Eggs, Baking Powder, Spring Onion, Red Pepper, Low Salt Veg stock cube, Oat Milk, *Dairy Free spread. *Substitute Violife for Cheddar Melon
Wednesday 30th Jan 19	Beef Lasagne with Peas and Garlic Bread **Vegetarian Alternative: Lentil Lasagne *Dairy Free Alternative	Onion, Garlic, **Lean Minced Beef Dried Oregano, Tomato puree, Garlic Tomato, Dairy free spread, Flour, *Semi Skimmed Milk, Lasagne Sheets, *Cheddar Cheese Peas, Baguette **Substitute Beef with Lentils *Substitute with Oat Milk and Violife Cheese	Berry Milk Pops *Dairy Free Alternative:	Berries, Milk, Condensed Milk *Make with Oat Milk	Rice Cakes with Egg Mayo, Cherry Tomatoes *Dairy Free Alternative: Milk or Water	Rice Cakes, Egg, Mayonnaise, *Plain whole milk yoghurt *Substitute with Dairy Free Yoghurt
Thursday 31st Jan 19	Lamb Tagine with Cous Cous **Vegetarian Alternative: Chick Pea Tagine	Onion, Red Pepper, Green Pepper, **Lamb, Vegetable Oil, Apricots, Raisins, Tomato, Mixed Spice, Cous Cous **Substitute Lamb with Chick Peas	Pineapple upside down Cake	Pineapple, Flour, Sugar, Flour, Dairy Free Spread, Eggs	**Tuna Pitta Pockets Cheese and Grapes **Vegetarian Alternative;/ *Dairy Free Alternative: Milk or Water	**Tuna Pitta Bread, *Cheese, Grapes **Substitute with Falafel **Chickpeas, Tahini(Roasted pulped sesame seeds), Garlic puree, Lemon, Paprika, Veg oil *Substitute with Violife Cheese
Friday 1st Feb 19	Roast Chicken with Mashed Potato and Peas **Vegetarian Alternative: Vegetable Fingers	**Chicken, Potato, Peas **Spring Onions, Sweet Potato, Vegetable oil, Carrots, Parsley, Sweetcorn, Lemon, Paprika, Breadcrumbs, Flour, Eggs	Blueberry Cake and Custard *Dairy Free Alternative:	Egg, Dairy Free Spread, Sugar, Flour, Blueberries, Custard Powder, *Milk * Substitute with Oat Milk for Custard	Breadsticks with Houmous Melon Milk or Water	Breadsticks, Chickpeas, Rapeseed Oil, Tahini Sesame Seed Paste, Lemon Juice, Garlic, Salt, Melon

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Menu Week 4



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Monday 4th Feb 19	Vegetable Pasta with Cheese, Tomato and Cucumber. *Dairy Free Alternative:	Onions, Carrot, Leek, Peppers, Garlic, Tomato, Pasta, *Cheddar Cheese *Substitute with Violife Cheese	Banana Buns *Dairy Free Alternative:	Banana, *Semi-skimmed Milk, Vegetable Oil, Egg, Brown Sugar, Flour, Baking Powder, Mixed Spice *Substitute with Oat Milk	Chicken and Tomato Rolls **Vegetarian Alternative: Satsuma Milk or Water	Bread Rolls, Dairy Free Spread, **Chicken, Tomato, Satsuma **Substitute with Egg
Tuesday 5th Feb 19	Spaghetti Bolognese with Garlic Bread **Vegetarian Alternative: Vegetable Bolognese	Onions, Leeks, Red Pepper, Celery, Carrots, Apples, **Minced Beef, Tomato, Tomato Puree, Reduced salt Vegetable stock, Vegetable Oil, Dried Oregano, Wholemeal Spaghetti, Garlic Bread **Replace with additional vegetables	Flapjacks	Dairy Free Spread, Sugar, Golden Syrup, Rolled Oats, Sultanas	Cheese Sandwiches Cucumber and Cherry Tomatoes *Dairy Free Alternative: Milk or Water	Wholemeal Bread, Dairy Free Spread, * Cheese, Cucumber, Tomato *Substitute with Violife Cheese
Wednesday 6th Feb 19	Chicken Casserole with Rosemary Dumplings. **Vegetarian Alternative: Vegetable Casserole	Onions, Carrot, Potato, Parsnip, **Chicken, Vegetable Oil, Mixed Herbs, Low Salt Vegetable Stock, Flour, Vegetable Suet, Baking Powder, Dried Rosemary **Replace with additional vegetables	Fresh Strawberries and Shortbread	Strawberries, Flour, Baking Powder, Dairy Free Spread, Sugar.	Fruit Loaf with Dairy Free Spread, *Dairy Free alternative: Pepper & Carrot with Beanie Dip. Milk or Water	Sultanas, *Milk, Sugar, Dairy Free Spread, Flour, Egg, Cinnamon *Substitute with Oat Milk Pepper, Carrot, Garlic, Mint, Butter beans, Olive oil
Thursday 7th Feb 19	Roast Beef, Mashed Potato, Yorkshire Pudding, and Carrots. *Dairy Free Alternative: **Vegetarian Alternative: Falafel	**Beef, Carrots, Potato, Vegetable Oil, Egg, Flour, *Milk. *Substitute with Oat Milk **Chickpeas, Tahini (Roasted Pulped Sesame seeds), Garlic puree, Lemon, Paprika, Vegetable oil	Yoghurt *Dairy Free Alternative:	*Yoghurt *Substitute with Dairy Free Yoghurt	Rice Cakes with Cream Cheese. *Dairy Free Alternative: Banana Milk or Water	Rice Cakes, *Cream Cheese, Banana *Substitute Cream Cheese with Violife Cream Cheese
Friday 8th Feb 19	Chicken and Butternut Squash Curry with Rice **Vegetarian Alternative: Lentil and Butternut Squash Curry	Onion, Curry Paste, **Chicken, Red Lentils, Butternut Squash, Sunflower Oil, Coconut Milk, Peas, Rice **Substitute Chicken with additional Vegetables.	Chocolate Sponge and Custard *Dairy Free Alternative:	Egg, Dairy Free Spread, Caster Sugar, Flour, Coco Powder, *Semi Skimmed Milk, Custard Powder *Substitute Milk for Oat Milk in Custard	Crackers with Marmite Celery and Cucumber Sticks Milk or Water	Cream Crackers, Dairy Free Spread, Marmite, Celery, Cucumber

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