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WEEK 1 Winter Menu LUNCH

Monday – Smashed Potatoes With Vegetables And A Side Of Broccoli
Potatoes, Pepper, Tomato, Paprika, Oregano, Peppers, Peas, Mushrooms, Celery, Onions, Carrots, Garlic, Rapesee d Oil, And Salt.

Tuesday – Vegetable Chilli And A Side Of Sweetcorn
Broccoli, Rice, Peppers, Carrots, Tomato, Chilli Powder, Cumin, Onions, Garlic, Peas, Mushrooms, Rapeseed Oil And Salt.

Wednesday – Chicken Arrabiata And A Side Of Peas (Vegan Alternative – Green Beans)
Chicken, Pasta (Durum **Wheat**, Semolina), Tomato, Garlic, Onion, Salt, Carrots, Chilli Powder, Paprika, Peppers, S weetcorn, Rapeseed Oil Salt.

Thursday – Fish Curry And A Side Of Cauliflower (Vegan Alternative - Broccoli)
Rice, **Tuna, White Fish**, Coriander, Onions, Garlic, Carrot, Madras Curry Powder (Coriander Powder, Turmeric, Cumin, Chickpea Flour, Fenugreek, Fennel, Salt, **Mustard** Powder, Chilli Powder, Cardamom, Garlic Powder, Black Pepper, Clove), Rapeseed Oil And Salt.

Friday – Pork Pastichio And A Side Of Green Beans (Vegan Alternative - Peas)
Pasta (Durum **Wheat**, Semolina), Carrots, Tomato, Onions, Celery, Garlic, Mushrooms, Pork, Unsalted Butter (**Milk**), **Milk**, **Wheat** Flour, Mint Rapeseed Oil And Salt.

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WEEK 2 Winter Menu LUNCH

Monday – Beef Bolognese And A Side Of Sweetcorn (Vegan Alternative - Broccoli)
Pasta (Durum **Wheat**, Semolina), Beef, Mushrooms, **Celery**, Carrot, Onions, Garlic, Tomato, Oregano, Rapeseed Oil And Salt.

Tuesday – Banana Chicken Curry And A Side Of Green Beans (Vegan Alternative – Green Beans)
Chicken, Banana, Onions, Carrots, Garlic, Tomato, Madras Curry Powder (Coriander Powder, Turmeric, Cumin, Chick pea Flour, Fenugreek, Fennel, Salt, **Mustard** Powder, Chilli Powder, Cardamom, Garlic Powder, Black Pepper, Clov e), Rapeseed Oil And Salt.

Wednesday – Smashed Potatoes With Pork And A Side Of Broccoli (Vegan Alternative - Peas)
Potatoes, Pepper, Pork, Tomato, Paprika, Oregano, Peppers, Sweetcorn, Onions, Carrots, Garlic, Rapeseed Oil, And Salt.

Thursday – Chilli Con Carne And A Side Of Peas (Vegan Alternative - Broccoli)
Beef, Rice, Peppers, Carrots, Tomato, Chilli Powder, Cumin, Onions, Garlic, Sweetcorn, Mushrooms, Rapeseed Oil And Salt.

Friday – Saag Aloo Curry And A Side Of Cauliflower
Green Beans, Spinach, Onion, Carrots, Tomato, Madras Curry Powder (Coriander Powder, Turmeric, Cumin, Chickpea Flour, Fenugreek, Fennel, Salt, **Mustard** Powder, Chilli Powder, Cardamom, Garlic Powder, Black Pepper, Clove), Garlic, Potato, Pepper, Rapeseed Oil
and Salt.