



**Nutribom**  
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## WEEK 1 Summer Menu LUNCH

### **Monday – Lasagne And A Side Of Peas (Vegetarian Alternative - Broccoli)**

Pasta (Durum **Wheat**, Semolina), Onions, Carrots, Butter (**Milk**), **Wheat** Flour, **Milk**, Cheese (**Milk**), Potato Starch, Beef, Mushrooms, Tomato, **Celery**, Garlic, Oregano, Thyme, Rapeseed Oil, And Salt.

### **Tuesday – Vegetable Bolognese And A Side Of Broccoli**

Pasta (Durum **Wheat**, Semolina), Peas, Mushrooms, **Celery**, Carrot, Flour, Yeast, Onions, Garlic, Tomato, Oregano, Rapeseed Oil And Salt.

### **Wednesday – Smashed Potatoes With Chicken And A Side Of Green Beans (Vegetarian Alternative – Vegan Chicken)**

Potatoes, Pepper, Chicken, Tomato, Paprika, Oregano, Peppers, Sweetcorn, Onions, Carrots, Garlic, Rapeseed Oil, And Salt.

### **Thursday – Chicken And Apple Curry And A Side Of Cauliflower (Vegetarian Alternative – Vegan Chicken)**

Chicken, Apple, Onions, Carrots, Garlic, Tomato, 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 – Chilli Con Broccoli And A Side Of Sweetcorn**

Broccoli, Rice, Peppers, Carrots, Tomato, Chilli Powder, Cumin, Onions, Garlic, Peas, Mushrooms, Rapeseed Oil And Salt.



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## WEEK 2 Summer Menu LUNCH

### **Monday – Vegetable Curry And A Side Of Sweetcorn**

Madras Curry Powder (Coriander Powder, Turmeric, Cumin, Chickpea Flour, Fenugreek, Fennel, Salt, **Mustard** Powder, Chilli Powder, Cardamom, Garlic Powder, Black Pepper, Clove), Potatoes, Pepper, Onions, Garlic, Carrots, Tomato, Peas, Broccoli, Rapeseed Oil And Salt.

### **Tuesday – Chilli Con Chicken And A Side Cauliflower (Vegetarian Alternative – Vegan Chicken)**

Chicken, Rice, Peppers, Carrots, Tomato, Chilli Powder, Cumin, Onions, Garlic, Sweetcorn, Mushrooms, Rapeseed Oil And Salt.

### **Wednesday – White Fish In Lemon Sauce With Rice And A Side Of Green Beans (Vegetarian Alternative – Broccoli)**

White Fish, Onions, Corn Flour, Coriander, Peas, Lemon, Rice, Rapeseed Oil And Salt.

### **Thursday – Chicken Bolognese And A Side Of Broccoli (Vegetarian Alternative – Vegan Chicken)**

Pasta (Durum **Wheat**, Semolina), Chicken, Mushrooms, **Celery**, Carrot, Flour, Yeast, Onions, Garlic, Tomato, Oregano, Rapeseed Oil And Salt.

### **Friday – Smashed Potatoes With Beef And A Side Of Peas (Vegetarian Alternative – Broccoli)**

Beef, Mushrooms, Potato, Pepper, **Celery**, Carrot, Onion, Garlic, Tomatoes, Oregano, Paprika, Peppers, Rapeseed Oil And Salt.