



## Main Course

Principal Ingredients (may vary)  
**NOT TO BE USED FOR DIETARY REFERENCE**

## Side Dish

## Dessert

	MON	TUE	WED	THU	FRI
<b>MENU A</b>	MON	Spring Chicken Golden Potato-topped Pie	chicken breast, sweet potato, potato, carrots, passata, organic vegetable bouillon, onions, peas, <b>celery</b> , cornflour	Green Peas	Dutch Apple & Cinnamon Slice
	TUE	Sweet Potato & Haricot Bean Chili	sweet potato, haricot beans, <b>celery</b> , carrots, chopped tomatoes, chipotle paste, sweet paprika, onions, brown rice	Steamed Brown Rice	Natural Greek Yoghurt with Smooth Pineapple Puree
	WED	Home-made Meatballs with Sweet Red Pepper Sauce	steak mince, wholemeal breadcrumbs ( <b>gluten</b> ), tomato, red peppers, onion, <b>celery</b> , basil, parsley, oregano, butternut squash, potato	Butternut Mash	Diced Peaches & Fresh Cream
	THU	Chicken Breast & Pumpkin Mild Korma Curry	chicken breast, potato, carrots, swede, butternut squash, tomato, onion, coconut, mild curry spices, basmati rice	Basmati Rice	Cheese & Crackers
	FRI	Beef, Carrot & Red Lentil Bolognese	Aberdeen Angus minced beef, red lentils, onions, carrots, tomato puree, mixed herbs, fusilli pasta ( <b>gluten</b> )	Steamed Fusilli Pasta Twists	Banana Fromage Frais
<b>MENU B</b>	MON	Roast Turkey Breast & Gravy	turkey breast, home-made gravy, potatoes, carrots, swede, peas	Potatoes & Seasonal Vegetables	Diced Peaches & Fresh Cream
	TUE	Mama's Italian Pork & Beef Meatballs with Veggie Tomato Sauce	Red Tractor British pork mince, Aberdeen Angus steak mince, wholemeal breadcrumbs ( <b>gluten</b> ), tomato, carrot, kale, onion, <b>celery</b> , basil, parsley, oregano, pasta ( <b>gluten</b> )	Wholemeal Fusilli Pasta Twists	Cheese & Crackers
	WED	Mild Vegetable & Edamame Bean Coconut Curry	broccoli, courgettes, edamame beans, cornflour, onions, ginger, coconut milk, sweet chilli sauce, rice	Fragrant Jasmine Rice	Peach Melba Yoghurt (Peach & Raspberry)
	THU	Tomato Alfredo Sauce with Diced Chicken Breast	chicken breast, courgettes, bechamel sauce ( <b>milk, gluten</b> ), passata, pasta ( <b>gluten</b> )	Steamed Fusilli Pasta Twists	Fresh Carrot Cake
	FRI	Aberdeen Angus Beef Lasagne	bolognese (beef mince, tomato, onions, carrots, herbs), bechamel sauce ( <b>milk, flour, gluten, celery</b> ), lasagne pasta ( <b>gluten</b> ), cheese ( <b>milk</b> ), baps ( <b>gluten, sesame</b> ), garlic	Garlic Bread	Diced Medley of Peaches, Pears & Apricots
<b>MENU C</b>	MON	Classic Cottage Pie	Aberdeen Angus steak mince, onions, carrots, tomato, basil, parsley, oregano, <b>celery</b> , peas, potato	Green Peas	Cheese & Crackers
	TUE	Chicken & Sweet Potato Tagine	chicken breast, sweet potato, potatoes, tomato, Moroccan spices ( <b>mustard</b> ), mango chutney, apple, potato flour, brown rice	Steamed Brown Rice	Smooth Mango Yoghurt
	WED	Sicilian Sardine Pasta Sauce with Broccoli	tomatoes, broccoli, onions, garlic, sardines ( <b>fish</b> ), passata, basil, oregano, parsley, pasta ( <b>gluten</b> )	Steamed Fusilli Pasta Twists	Diced Peaches & Fresh Cream
	THU	Vegetarian Butternut Lasagne	soya bolognese ( <b>soya</b> , tomato, onions, carrots, herbs), butternut bechamel sauce ( <b>milk, flour, gluten, celery</b> ), lasagne pasta ( <b>gluten</b> ), cheese ( <b>milk</b> ), cucumber, sweetcorn	Sweetcorn & Cucumber Salsa	Vegan Jelly & Diced Pears
	FRI	Pork & Apple Meatballs with Mild Curry Sauce	Red Tractor British pork mince wholemeal breadcrumbs ( <b>gluten</b> ), apple, tomato, onion, coconut, mild curry spices, basmati rice	Basmati Rice	Upside-down Pineapple Sponge
		<b>Ingredients may vary.</b>	<b>Not to be used for dietary reference.</b>	<b>Hungry Monsters must be informed of all dietary requirements.</b>	