

INDEPENDENT SCHOOL LUNCHES – Winter menu week 1 (SAMPLE MENU)

W8 lunches do not have the following allergens:
**Nuts, Crustaceans, Lupin, Molluscs,
 Peanuts, Sesame seeds, Soya & Mustard.**

We offer flexible, bespoke menus that cater for all dietary requirements

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	<p>Shepherd's pie topped with mash</p> <p>Ingredients: lamb, onion, tomato sauce, garlic, carrots, salt, celery, olive oil, cinnamon, green pepper, mash, gluten free low salt vegetable stock, butter, milk, crème.</p> <p>C S M</p>	<p>One pot chicken with rice & chickpeas</p> <p>Ingredients: chicken thighs, onion, carrots, brown lentils, chickpeas, garlic, olive oil, rice, gluten free vegetable stock, salt.</p> <p>C S</p>	<p>Homemade beef meatballs in a light tomato sauce with wholewheat pasta</p> <p>Ingredients: mince beef, onion, parsley, cumin, thyme, chopped tomato, garlic, bay leaves, celery, white wine, pasta, olive oil, salt, gluten free vegetables, stock.</p> <p>C S G</p>	<p>Mixed herb roasted chicken with mashed potato</p> <p>Ingredients: chicken, potato, rosemary, salt, olive oil, lemon, butter, milk, gravy, gluten free vegetable stock.</p> <p>C S</p>	<p>Baked Cajun salmon fillet with brown rice</p> <p>Ingredients: salmon, lemon, salt, bay leaves, rice, Cajun spices.</p> <p>F C S</p>
On the side	<p>Steamed garden peas</p>	<p>Slightly spiced sweetcorn & mixed peppers</p>	<p>Mixed salad</p> <p>Iceberg lettuce, tomato, cucumber and peppers.</p>	<p>Sautéed autumn vegetables – parsnip, carrot & swede</p>	<p>Snow peas with butter & lemon</p>
Vegetarian Main	<p>Brown lentils & roast vegetable pie topped with sweet potato mash</p> <p>Ingredients: brown lentils, sweet potato, onion, carrots, parsnip, milk, swede, chickpeas, garlic, salt, gluten free vegetable stock, olive oil, rice.</p> <p>C S M</p>	<p>One pot mixed vegetables with rice & chickpeas</p> <p>Ingredients: onion, carrots, courgettes, brown lentils, chickpeas, garlic, rice, olive oil, gluten free vegetable stock, salt</p> <p>C S</p>	<p>Homemade veggie balls with wholewheat pasta in a light tomato sauce</p> <p>Ingredients: courgettes, peppers, garden peas, onion, garlic, basil, chopped tomato, salt, olive oil, gluten free vegetable stock, pasta.</p> <p>C S G</p>	<p>Macaroni cheese bake with butternut squash</p> <p>Ingredients: pasta, rice flour, butter, cheese, salt, olive oil, gluten free vegetable stock, squash.</p> <p>C S M G</p>	<p>Vegetable stew in Provencal sauce served with brown rice</p> <p>Ingredients: peppers, courgettes, peas, Italian mixed herbs, onion, garlic, salt, olive oil, gluten free vegetable stock, rice.</p> <p>C S</p>
On the side	<p>Steamed garden peas</p>	<p>Slightly spiced sweetcorn & mixed peppers</p>	<p>Mixed salad</p> <p>Iceberg lettuce, tomato, cucumber and peppers.</p>	<p>Sautéed autumn vegetables – parsnip, carrot & swede</p>	<p>Snow peas with butter & lemon</p>
Pudding	<p>Mixed fruit yoghurts</p> <p>Ingredients: milk, fruit.</p> <p>M</p>	<p>Beetroot & chocolate cake</p> <p>Ingredients: beetroot, chocolate, brown sugar, vanilla, eggs, rice flour, gluten free baking powder, salt, butter, salt.</p> <p>E M G</p>	<p>Sliced fruits & flapjack squares</p> <p>Ingredients: apple, dates, oats, honey, butter, cinnamon, sunflower seeds, pumpkin seeds</p> <p>E M G</p>	<p>Pumpkin cake</p> <p>Ingredients: pumpkin puree, five spices, cinnamon, vanilla paste, eggs, rice flour, sugar, gluten free baking powder, milk, butter.</p> <p>E S M</p>	<p>Apple oatmeal crumble, homemade custard</p> <p>Ingredients: flour, apple, dates, oats, honey, butter, cinnamon, sunflower seeds, pumpkin seeds.</p> <p>M S G</p>

Allergens key

C Celery

E Eggs

F Fish

M Milk

S Sulphites

G Gluten