

INDEPENDENT SCHOOL LUNCHES – Winter menu week 2 (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>Lamb stew served with mashed potato</p> <p>Ingredients: lamb, onion, celery, carrots, bay leaves, thyme, rosemary, salt, olive oil, turnip, swede, peas, rice, potato.</p> <p>C S</p>	<p>Moroccan lemon chicken tagine served with yellow rice</p> <p>Ingredients: chicken thighs diced, rice, onion, garlic, salt, gluten free low salt vegetable stock, olive oil, cinnamon, turmeric, lemon juice, cumin, cornflour.</p> <p>C S</p>	<p>Poached salmon with dill and lemon served with roast baby potatoes in olive oil</p> <p>Ingredients: salmon, potato, peas, salt, lemon juice, bay leaves, rosemary, garlic.</p> <p>F S</p>	<p>Mixed herb roasted chicken served with rice</p> <p>Ingredients: chicken breast, garlic, rosemary, salt, olive oil, basmati rice, gluten free low salt vegetable stock, corn flour, gravy, thyme, olive oil.</p> <p>C S</p>	<p>Spaghetti Bolognese</p> <p>Ingredients: beef mince, spaghetti, celery, onion, carrots, red wine, salt, gluten free low salt vegetable stock, tomato puree, chopped tomato, green pepper, olive oil.</p> <p>C S E G</p>
On the side	<p>Steamed garden peas & broccoli</p>	<p>Steamed broccoli, mange tout & carrots</p>	<p>Steamed green beans & sautéed peppers</p>	<p>Tangy carrot slaw with lemon & honey dressing</p>	<p>Mixed salad</p> <p>Iceberg lettuce, tomato, cucumber & peppers.</p>
Vegetarian Main	<p>Vegetable stew served with mashed potato</p> <p>Ingredients: onion, celery, carrots, parsnip, swede, peas, broad beans, parsley, salt, gluten free low salt vegetable stock, potato, rice, olive oil, garlic, thyme, milk.</p> <p>C S M</p>	<p>Moroccan lemon veggie tagine with yellow rice</p> <p>Ingredients: butternut squash, sweet potato, rice, onion, garlic, salt, gluten free low salt vegetable stock, olive oil, cinnamon, turmeric, lemon juice, cumin, cornflour, carrot.</p> <p>C S</p>	<p>Mediterranean ratatouille served with mash potato</p> <p>Ingredients: peppers, courgettes, celery, aubergine, onion, garlic, tomato puree, salt, sugar, thyme, milk, butter, olive oil.</p> <p>C S M</p>	<p>Vegetable Nasi Goreng</p> <p>Ingredients: basmati rice, peppers, mushrooms, eggs, peas, olive oil, gluten free soy sauce, gluten free low salt vegetable stock.</p> <p>C S E</p>	<p>Gnocchi with roast red peppers, tomato & basil</p> <p>Ingredients: peppers, courgettes, onion, garlic, celery, basil, pasta, olive oil, tomato, salt, gluten free low salt vegetable stock.</p> <p>C S E G</p>
On the side	<p>Steamed garden peas & broccoli</p>	<p>Steamed broccoli, mange tout & carrots</p>	<p>Steamed green beans and sautéed peppers</p>	<p>Tangy carrot slaw with lemon & honey dressing</p>	<p>Mixed salad</p> <p>Iceberg lettuce, tomato, cucumber and peppers.</p>
Pudding	<p>Mixed fruit yoghurts</p> <p>Ingredients: fruits, milk.</p> <p>M</p>	<p>Mixed sliced fruits with date & pineapple squares</p> <p>Ingredients: grapes, apple, orange, banana, oats, date, sunflower seeds, butter, honey, cinnamon, chocolate.</p> <p>E M</p>	<p>Lemon cake with vanilla icing</p> <p>Ingredients: rice flour, eggs, vanilla paste, milk, butter, lemon zest, sugar, gluten free baking powder, mascarpone.</p> <p>E M S</p>	<p>Natural yoghurt pot with fruit compote</p> <p>Ingredients: blueberries, raspberries, strawberries, bay leaves, lemon juice, sugar, oranges, cinnamon, natural yoghurt.</p> <p>E M S</p>	<p>Sticky toffee pudding</p> <p>Ingredients: rice flour, eggs, brown sugar, date, vanilla paste, gluten free baking powder, olive oil, vegan butter, salt, double cream.</p> <p>E M S</p>

Allergens key

C Celery

E Eggs

F Fish

M Milk

S Sulphites

G Gluten