

INDEPENDENT SCHOOL LUNCHES – Winter menu week 3 (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>Mild chicken korma with brown rice</p> <p>Ingredients: chicken, curry powder, garlic, onion, salt, olive oil, coriander, turmeric, tomato sauce, gluten free low salt vegetables stock, rice, coconut milk.</p> <p>C S</p>	<p>Beef lasagne</p> <p>Ingredients: minced beef, tomato sauce, celery, onion, garlic, carrots, salt, olive oil, gluten free low salt vegetable stock, pasta, milk.</p> <p>C S M G</p>	<p>Roast smoked paprika chicken breast with crispy baby potatoes</p> <p>Ingredients: chicken, rosemary, thyme, lemon, garlic, salt, potato, olive oil, gravy, cornflour.</p> <p>C S</p>	<p>Lamb casserole served with brown rice</p> <p>Ingredients: lamb, onion, garlic, salt, bay leaves, thyme, celery, carrots, gluten free low salt vegetable stock, parsnips, swede, turnip, peas, salt, olive oil, tomato puree, brown rice.</p> <p>C S</p>	<p>Cod fish cakes with roast potato wedges</p> <p>Ingredients: potato, cod, herbs, olive oil, salt, rosemary, milk, butter, dill, spring onion, gluten free bread crumbs, lemon.</p> <p>F M S E</p>
On the side	<p>Steamed garden peas & cumin roasted cauliflower</p>	<p>Mixed salad and sweet pepper with lemon & olive dressing</p>	<p>Sautéed autumn vegetables – parsnip, carrot & turnip with thyme & lemon dressing</p>	<p>Steamed broccoli, mange tout & carrots</p>	<p>Steamed garden peas & carrots</p>
Vegetarian Main	<p>Mild vegetable Korma with brown rice</p> <p>Ingredients: chickpeas, cauliflower, sweet potato, butternut squash, coriander, cumin, garlic, onion, salt, gluten free low salt vegetable stock, olive oil, turmeric, curry powder, coconut milk, brown rice</p> <p>C S</p>	<p>Vegetable lasagne</p> <p>Ingredients: peppers, courgettes, butternut squash, tomato sauce, celery, onion, garlic, carrots, salt, olive oil, gluten free low salt vegetable stock, pasta, milk.</p> <p>C S M G</p>	<p>Butternut squash & mushroom risotto</p> <p>Ingredients: Arborio rice, mushrooms, butternut squash, peas, salt, carrots, celery, gluten free low salt vegetable stock, olive oil, onion, garlic.</p> <p>C S</p>	<p>Vegetable casserole served with brown rice</p> <p>Ingredients: onion, garlic, salt, bay leaves, thyme, celery, carrots, gluten free low salt vegetable stock, parsnips, swede, turnip, peas, salt, olive oil, tomato puree, brown rice.</p> <p>C S</p>	<p>Vegetable stir fry with noodles</p> <p>Ingredients: rice noodles, carrots, peppers, courgettes, onion, garlic, gluten free soy sauce, salt, gluten free low salt vegetable stock, olive oil, coriander, spring onion.</p> <p>C S G</p>
On the side	<p>Steamed garden peas & cumin roasted cauliflower</p>	<p>Mixed salad and sweet pepper with lemon & olive dressing</p>	<p>Steamed garden peas</p>	<p>Steamed broccoli, mange tout & carrots</p>	<p>Mixed salad</p> <p>Iceberg lettuce, tomato, cucumber and peppers.</p>
Pudding	<p>Mixed sliced fruits with flapjack squares</p> <p>Ingredients: apple, dates, oats, honey, butter, cinnamon, sunflower seeds, pumpkin seeds</p>	<p>Carrot cake with vanilla icing</p> <p>Ingredients: rice flour, eggs, olive oil, spices, cinnamon, five spice, vanilla, brown sugar, sultanas, cream, yoghurt.</p> <p>E M</p>	<p>Mixed fruit yoghurts</p> <p>Ingredients: fruits, milk.</p> <p>M</p>	<p>Apple oatmeal crumble, homemade custard</p> <p>Ingredients: flour, apple, dates, oats, honey, butter, cinnamon, sunflower seeds, pumpkin seeds.</p> <p>G</p>	<p>Lemon and courgettes cake with vanilla icing</p> <p>Ingredients: courgettes, lemon, rice flour, butter, eggs, sugar, vanilla, gluten free baking powder, yoghurt, cream.</p> <p>E M S</p>

Allergens key

C Celery

E Eggs

F Fish

M Milk

S Sulphites

G Gluten