AUTUMN TERM 2019

WEEK 1 - INGREDIENTS LIST

MONDAY

Minced Lamb & Vegetable Spaghetti Bolognaise
Minced lamb, peas, sweetcorn, carrot, broccoli, pepper, tinned tomatoes, reduced salt gravy, mixed herbs, spaghetti.

Aubergine, Courgette & Vegetable Spaghetti Bolognaise (V)
Aubergine, courgette, peas, sweetcorn, carrot, broccoli, pepper, tinned tomatoes, reduced salt gravy, mixed herbs, spaghetti.

Spotted Dick & Custard
Flour, egg, sugar, margarine, raisins, milk, custard powder.

TUESDAY

Minced Pork, Vegetables & Gravy with Mashed Potatoes
Minced pork, reduced salt gravy, carrot, swede, parsnip, onion, mushrooms, potatoes.

Minced Quorn, Vegetables and Gravy with Mashed Potatoes (V)
Minced quorn, reduced salt gravy, carrot, swede, parsnip, onion, mushrooms, potatoes.

Fresh Fruit & Natural Yoghurt
Banana, strawberry, grapes, blueberries, pineapple, melon, raspberry, peach, natural yoghurt.

WEDNESDAY

Cheese, Tomato & Vegetable Risotto
Cheese, tinned tomatoes, swede, carrot, parsnip, pepper, onion, mushroom, aubergine, courgette, rice, mixed herbs, reduced salt gravy.

Banana Split with Bennetts Ice Cream
Banana, Bennetts ice cream, cream, fruit coulis.

THURSDAY

Chicken & Vegetable Stew
Diced Chicken, potatoes, swede, carrot, parsnip, reduced salt gravy.

Broccoli & Cauliflower Stew (V)
Broccoli, cauliflower, swede, carrot, parsnip, potatoes, reduced salt gravy.

Farmhouse Oat & Cranberry Cookies & Milk
Oats, flour, margarine, sugar, egg, cranberries, milk.

FRIDAY

Salmon & Vegetable Pasta Shells
Salmon, Pasta Shells, reduced salt gravy, tinned tomatoes, mixed herbs, peppers, swede, carrot, parsnip, onion, mushroom, aubergine, courgette.

Chunky Vegetable Pasta Shells (V)
Pasta Shells, reduced salt gravy, tinned tomatoes, mixed herbs, peppers, swede, carrot, parsnip, onion, mushroom, aubergine, courgette.

Homemade St Clements Muffins
Flour, margarine, sugar, egg, orange zest & essence, lemon zest & essence.

WEEK 2 - INGREDIENTS LIST

MONDAY

Mixed Bean & Vegetable Hotpot
Mixed beans, reduced salt gravy, tinned tomatoes, mixed herbs, potatoes, carrot, peas, sweetcorn, broccoli.

Mint Chocolate Chip Muffins
Flour, egg, margarine, sugar, cocoa, chocolate chips, mint flavour.

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TUESDAY

Chicken, Ham & Vegetable Pasta Bake
Diced Chicken, ham, pasta, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, onion, parsnip, mushroom, peppers, aubergine, courgette, cheese.

Carrot, Pea & Sweetcorn Pasta Bake (V)
Peas, sweetcorn, carrot, parsnip, swede, onion, pepper, mushroom, aubergine, courgette, reduced salt gravy, tinned tomatoes, mixed herbs, pasta, cheese.

Farmhouse Orange & Poppyseed Cookies & Milk
Flour, sugar, egg, margarine, orange zest & essence, poppy seeds, milk.

WEDNESDAY

Rustic Sausage, Vegetable & Potato Bake
Sausage, potatoes, reduced salt gravy, swede, carrot, parsnip, mushrooms.

Rustic Quorn Sausage, Vegetable & Potato Bake (V)
Quorn Sausage, potatoes, reduced salt gravy, swede, carrot, parsnip, mushrooms.

Fresh Fruit & Natural Yoghurt
Banana, strawberry, grapes, blueberries, melon, pineapple, raspberry, peaches, natural yoghurt.

THURSDAY

Minced Beef & Vegetable Lasagne & Homemade Garlic Bread
Minced beef, lasagne sheets, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, onion, mushroom, peppers, aubergine, courgette, milk, cheese, flour, butter, yeast, oil, garlic.

Minced Quorn & Vegetable Lasagne & Homemade Garlic Bread (V)
Minced quorn, lasagne sheets, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, onion, mushroom, peppers, aubergine, courgette, milk, cheese, flour, butter, yeast, oil, garlic.

Bennetts Ice cream Cornets
Bennetts Ice Cream, cornets, fruit coulis

FRIDAY

Cod & Vegetable Savoury Rice
Cod, rice, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, peppers, aubergine, onion, courgette, mushroom.

Rustic Vegetable Savoury Rice (V)
Rice, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, peppers, aubergine, onion, courgette, mushroom.

Blueberry & Raisin Sponge & Custard
Blueberries, raisins, flour, margarine, egg, sugar, milk, custard powder.

WEEK 3 - INGREDIENTS LIST

MONDAY

Minced Pork & Vegetable Jambalaya
Minced pork, rice, tinned tomatoes, reduced salt gravy, mixed herbs, peas, sweetcorn, carrot, broccoli, peppers, mild spice.

Quorn Mince & Vegetable Jambalaya (V)
Quorn, rice, tinned tomatoes, reduced salt gravy, mixed herbs, peas, sweetcorn, carrot, broccoli, peppers, mild spice.

Bennetts Ice Cream Sundae
Bennetts Ice Cream, fruit, cream, fruit coulis.

TUESDAY

Lamb, Mint & Vegetable Casserole
Minced Lamb, dried mint, potatoes, swede, carrot, parsnip, reduced salt gravy.

Country Vegetable Casserole (V)
Broccoli, cauliflower, dried mint, potatoes, swede, carrot, parsnip, reduced salt gravy.

Homemade Chocolate Sponge & Vanilla Sauce
Flour, margarine, sugar, egg, custard powder, milk, cocoa.

WEDNESDAY

Lentil, Tomato & Vegetable Pasta Twists
Lentils, fresh & tinned tomatoes, reduced salt gravy, mixed herbs, swede, carrot, parsnip, pepper, aubergine, courgette, mushroom, onion, pasta twists.

Rainbows End Muffins
Flour, margarine, egg, sugar, chocolate chips.

THURSDAY

Tuna, Vegetable & Potato Gratin
Tuna, potatoes, tinned tomatoes, reduced salt gravy, mixed herbs, swede, carrot, parsnip, peppers, onion, mushroom, aubergine, courgette, cheese.

Pepper, Mushroom & Vegetable Gratin (V)
Potatoes, tinned tomatoes, reduced salt gravy, mixed herbs, swede, carrot, parsnip, peppers, onion, mushroom, aubergine, courgette, cheese.

Fresh Fruit & Natural Yoghurt
Banana, strawberry, blueberries, grapes, pineapple, melon, raspberries, peaches, natural yoghurt.

FRIDAY

Mild Minced Beef & Vegetable Chilli & Rice
Minced beef, mild chilli powder, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, onion, mushroom, aubergine, courgette, rice.

Mixed Bean & Vegetable Chilli & Rice (V)
Mixed beans, mild chilli powder, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, onion, mushroom, aubergine, courgette, rice.

Lemon & Chocolate Chip Cookies & Milk
Flour, margarine, sugar, egg, lemon zest, & essence, chocolate chips, milk.