



Autumn 2025

WEEK 1	HOT TEA VEGETARIAN	DESSERT
MONDAY	<u>Veggie Fingers Katsu Curry w Rice</u> Flour: (WHEAT)(GLUTEN) , carrots, turmeric, onion, garlic, soya sauce: (SOYA) , honey, rice, breadcrumbs: (WHEAT)(GLUTEN) , green beans, sweetcorn, honey	<u>Mango Yogurt</u> mango, yogurt: milk (MILK) contains: DAIRY
TUESDAY	<u>Spaghetti Bolognese</u> lentil, pasta: (WHEAT)(GLUTEN) , carrots, tomatoes, peas, onion, garlic, basil, vegetable stock, mushrooms, thyme	<u>Banana Smoothie</u> banana, milk: (MILK) , Yogurt: (MILK) contains: DAIRY
WEDNESDAY	<u>Meatloaf w Gravy</u> lentil, bread: (WHEAT)(GLUTEN) , gravy, carrot, cauliflower, onion, garlic, thyme, vegetable stock, swede	<u>Homemade Strawberry Popsticle</u> Strawberries
THURSDAY	<u>Macaroni Pie</u> Haricot beans, pasta: (WHEAT)(GLUTEN) , flour: (WHEAT)(GLUTEN) , margarine, cheese: (MILK) , spinach, contains: DAIRY	<u>Fresh Apple</u>
FRIDAY	<u>Potato Wedges w Veggie Nuggets n Peas</u> Potato, breadcrumbs: (WHEAT)(GLUTEN) , peas, carrot, onion, sweetcorn, green beans.	<u>Lemon Cake</u> Lemon zest, vanilla, sugar, milk: (MILK) , eggs (EGG) , flour: (GLUTEN)(WHEAT) , water, baking soda, contains: DAIRY

WEEK 2	HOT TEA VEGETARIAN	DESSERT
MONDAY	<u>Lentil Massaman Curry n Couscous</u> Couscous: (WHEAT)(GLUTEN) , Lentil, onion, gravy, turmeric, paprika, cinnamon, vegetable stock, coconut milk, garlic, thyme, sweet potato, carrot	<u>Blueberry Yogurt</u> blueberry, yogurt: milk (MILK) , contains: DAIRY
TUESDAY	<u>Mushroom & Spinach Edamame Frittata w Cucumber</u> Cucumber, (EGGS) , potato, mushrooms, spinach, cheese: (MILK) , onion, Edamame beans (SOYA) , contains: DAIRY	<u>Crackers and Cheese</u> Flour: (WHEAT)(GLUTEN) , Cheese: (MILK) contains: DAIRY
WEDNESDAY	<u>Egg Mayo Jacket Potato</u> (EGG) , mayonnaise: (EGG) , potato, sweetcorn, chives, spring onion	<u>Jelly</u> Water, Vegan gelatine: sugar
THURSDAY	<u>Moroccan Soya Noodles</u> Soya: (SOYA) , rice noodles, onion, garlic, turmeric, cinnamon, green beans, carrot, olive oil, carrot	<u>Banana</u>
FRIDAY	<u>Creamy Spring Garden Pasta Bake</u> Pasta: (WHEAT)(GLUTEN) , milk: (MILK) , Cheese: (MILK) , flour: (WHEAT)(GLUTEN) , cabbage, courgette, spinach, Edamame Beans: (SOYA) , contains: DAIRY	<u>Pineapple Pancake Sheet</u> Pineapple, sugar, milk: (MILK) , eggs (EGG) , flour: (WHEAT)(GLUTEN) , water, baking soda, (SOYA) contains: DAIRY

WEEK 3	HOT TEA VEGETARIAN	DESSERT
MONDAY	<u>Beanie Pie w Mixed Veg</u> haricot beans, tomato, potato, cheese: (MILK), contains: DAIRY, sweetcorn, peas, carrot, broccoli	<u>Pear Yogurt</u> Pear, yogurt: milk (MILK), contains: DAIRY
TUESDAY	<u>Thai Soya Rice Noodles</u> Rice noodles, onion, green beans, carrot, garlic, ginger, light soya sauce: (SOYA), mushroom, Edamame Beans (SOYA)	<u>Pineapple & Coconut Smoothie</u> Pineapple, coconut milk, water
WEDNESDAY	<u>Sweet n Sour Soya w Rice</u> Rice, soya:(SOYA), onions, sweet peppers, sweet potato, soya sauce: (SOYA), tomatoes, cornflour, vinegar, brown sugar, vegetable stock	<u>Jelly</u> Vegan Gelatine: sugar, water
THURSDAY	<u>Mini Potato Waffles w Chilli Con Carni</u> kidney beans, onion, garlic, vegetable stock, tomato, sweet peppers, potato	<u>Apricot, Peaches & Watermelon</u>
FRIDAY	<u>Bean, Spinach & Cherry Tomato Pasta Bake</u> Haricot beans, pasta: (WHEAT)(GLUTEN), cherry tomato, spinach, cheese: (MILK), tomato, onion, garlic, thyme, vegetable stock, contains: DAIRY	<u>Orange Cake</u> orange, sugar, milk: (MILK), (EGG), flour:(WHEAT) (GLUTEN), water, baking soda contains: DAIRY

WEEK 4	HOT TEA VEGETARIAN	DESSERT
MONDAY	<u>Veggie Sausage & Bean Stew w Pitta Bread</u> Vegetable sausage: Onion, Carrot, Broccoli, White Rice, Water, Potato, Wheat Flour (WHEAT)(GLUTEN), Potato Starch, Salt, Yeast Extract, Onion Powder, Parsley, Vegetable Bouillon (Cornflour, Parsnip, Onion, Sunflower Oil, Spices, Celery: (CELERY), Pepper, Garlic, Mace, Lovage, Nutmeg), Parsley, Spice Extract, Garlic, Nutmeg, sweetcorn, carrot, onion, green beans, baked beans, butternut squash, Pitta bread: (WHEAT)(GLUTEN)	<u>Strawberry Yogurt</u> Milk:(MILK), strawberries, contains: DAIRY
TUESDAY	<u>Edamame Frittata w Baked Beans</u> Edamame beans: (SOYA), (EGG), haricot beans, tomato, cheese: (MILK), sweet potato, green beans, contains: DAIRY	<u>Apple & Orange Smoothie</u> Apple, orange, water
WEDNESDAY	<u>Lentil n Cabbage Pie w Peas</u> Leeks, potato, Lentil, onion, cabbage, pastry:(WHEAT)(GLUTEN), flour, milk: (MILK), carrots, margarine, Contains: DAIRY	<u>Pear Jelly</u> Vegan Gelatine, pear, sugar
THURSDAY	<u>Roast Soya Meatloaf w New Potatoes n Carrots</u> Soya: (SOYA) rice, onion, potato, carrots, gravy, onions, vegetable, stock, thyme	<u>Satsuma</u>
FRIDAY	<u>Bangers n Cauliflower Mash w Gravy</u> Vegetable fingers, cauliflower, broccoli, gravy, vegetable stock, onion, green beans, carrot, sweetcorn, butternut squash, potato	<u>Peach and Vanilla Cake</u> Peach, vanilla, sugar, milk: (MILK), eggs: (EGG), flour:(GLUTEN) (WHEAT), water, baking soda, Contains: DAIRY OR <u>Fresh Fruit Salad</u> Watermelon, Apple, strawberry

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WEEK 1 AND 2 HOT TEA VEGETARIAN	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE/ SULPHITES
<u>Veggie Fingers Katsu Curry w Rice</u> Flour: (WHEAT)(GLUTEN) , carrots, turmeric, onion, garlic, soya sauce: (SOYA) , honey, rice, breadcrumbs: (WHEAT)(GLUTEN) , green beans, sweetcorn, honey		Y											Y	
<u>Spaghetti Bolognese</u> lentil, pasta: (WHEAT)(GLUTEN) , carrots, tomatoes, peas, onion, garlic, basil, vegetable stock, mushrooms, thyme		Y												
<u>Meatloaf w Gravy</u> lentil, bread: (WHEAT)(GLUTEN) , gravy, carrot, cauliflower, onion, garlic, thyme, vegetable stock, swede		Y												
<u>Macaroni Pie</u> Haricot beans, pasta: (WHEAT)(GLUTEN) , flour: (WHEAT)(GLUTEN) , margarine, cheese: (MILK) , spinach, contains: DAIRY		Y					Y							
<u>Mushroom & Spinach Edamame Frittata w Cucumber</u> Cucumber, (EGGS) , potato, mushrooms, spinach, cheese: (MILK) , onion, Edamame beans (SOYA) , contains: DAIRY				Y			Y						Y	
<u>Lentil Massaman Curry n Couscous</u> Couscous: (WHEAT)(GLUTEN) , Lentil, onion, gravy, turmeric, paprika, cinnamon, vegetable stock, coconut milk, garlic, thyme, sweet potato, carrot		Y												
<u>Egg Mayo Jacket Potato</u> (EGG) , mayonnaise: (EGG) , potato, sweetcorn, chives, spring onion				Y										
<u>Moroccan Soya Noodles</u> Soya: (SOYA) , rice noodles, onion, garlic, turmeric, cinnamon, green beans, carrot, olive oil, carrot													Y	
<u>Creamy Spring Garden Pasta Bake</u> Pasta: (WHEAT)(GLUTEN) , milk: (MILK) , Cheese: (MILK) , flour: (WHEAT)(GLUTEN) , cabbage, courgette, spinach, Edamame Beans: (SOYA) , contains: DAIRY		Y					Y						Y	

Bangers n Cauliflower Mash w Gravy Vegetable fingers, cauliflower, broccoli, gravy, vegetable stock, onion, green beans, carrot, sweetcorn, butternut squash, potato														
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TEA DESSERTS WEEK 1 & 2	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE/ SULPHITES
Mango Yogurt mango, yogurt: milk (MILK) contains: DAIRY							Y							
Banana Smoothie banana, milk: (MILK), Yogurt: (MILK) contains: DAIRY							Y							
Homemade Strawberry Popsticle Strawberries														
Fresh Apple														
Lemon Cake Lemon zest, vanilla, sugar, milk: (MILK) , eggs (EGG), flour: (GLUTEN)(WHEAT),water, baking soda, contains: DAIRY		Y		Y			Y							
Blueberry Yogurt blueberry, yogurt: milk (MILK), contains: DAIRY							Y							
Crackers and Cheese Flour:(WHEAT) (GLUTEN), Cheese: (MILK) contains: DAIRY		Y					Y							
Jelly WATER, Vegan gelatine: sugar														
Banana														
Pineapple Pancake Sheet Pineapple, sugar, milk: (MILK) , eggs: (EGG), flour:(WHEAT) (GLUTEN),water, baking soda, (SOYA) contains: DAIRY		Y		Y			Y						Y	



														
TEA DESSERTS WEEK 3 & 4	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE/SULPHITES
Pear Yogurt Pear, yogurt: milk (MILK), contains: DAIRY							Y							
Pineapple & Coconut Smoothie Pineapple, coconut milk, water														
Jelly Vegan Gelatine: sugar, WATER														
Apricot, Peaches & Watermelon														
Orange Cake orange, sugar, milk: (MILK) , (EGG), flour:(WHEAT) (GLUTEN), water, baking soda contains: DAIRY		Y		Y			Y							
Strawberry Yogurt Milk:(MILK), strawberries, contains: DAIRY							Y							
Apple & Orange Smoothie Apple, orange, water														
Pear Jelly Vegan Gelatine, pear, sugar														
Satsuma														
Peach and Vanilla Cake Peach, vanilla, sugar, milk: (MILK) , eggs: (EGG), flour:(GLUTEN) (WHEAT),water, baking soda, Contains: DAIRY		Y		Y			Y							