



Main Course

Principal Ingredients

Side Dish

Dessert

	Main Course	Principal Ingredients	Side Dish	Dessert	
MENU A	MON	Spanish Chicken & Chorizo Stew	Boneless Chicken Fillet, Haricot Beans, Mixed Peppers, Carrots, Tomato, Garlic, Smoked Paprika, Sweetcorn, Chorizo, Crème Fraiche (contains Milk)	Fajita Spiced Potatoes	Summer Berry Yoghurt (contains Milk)
	TUE	Baked Penne with Spring Vegetables & Mornay Sauce (V)	Penne Pasta (contains Wheat Gluten), Red peppers, Courgette, Carrots, Tomato, Onion, Mornay Sauce (contains Wheat Gluten, Milk & Celery)	Cucumber Smiles	Chocolate Cake with Raspberry Jam (contains Wheat Gluten, Eggs & Milk)
	WED	Roast Red Tractor Turkey Breast	Red Tractor Turkey Breast, Gluten-free Gravy (contains Celery)	Roast New Potatoes, Mixed Veg	Bananas with Passionfruit Sauce (contains Milk)
	THU	Chilli Con Carne	Lean British Beef Mince, Tomato, Carrots, Onion, Passata, Fajita Spice, Red Kidney Beans	Steamed Rice & Sour Cream (contains Milk)	Peach & Mango Cheesecake (contains Wheat Gluten & Milk)
	FRI	Fisherman's Pie	Alaska Pollack, Pink Salmon, Smoked Hake (Fish), Milk, Wheat Gluten , Butter (contains Milk), Carrots, Bay Leaves, Vegetable Bouillon (contains Celery), Potato	Sweetcorn	Fresh Pineapple Chunks
MENU B	MON	Classic Cottage Pie	British Steak Mince, Onion, Garlic, Tomato, Gluten-free Beef Gravy, Low-salt & sugar Ketchup (contains Celery), Potato Mash (contains Milk)	Petit Pois	Pineapple & Coconut Yoghurt (contains Milk)
	TUE	Mediterranean Red Tractor Turkey Meatballs	Red Tractor Turkey Meatballs, Red Peppers, Courgettes, Fresh Basil, Tomato, Garlic, Onions	Mashed Potatoes (contains Milk)	Bananas with Caramel Sauce (contains Milk)
	WED	Pasta Twists with Wild Salmon, Green Beans & Napoli Sauce	Fusilli Pasta (contains Wheat Gluten), Wild Salmon (Fish), Green Beans, Tomato, Onion, Passata, Oregano	Grated Cheddar Cheese (contains Milk)	Upside-down Plum Sponge (contains Milk, Eggs & Wheat Gluten)
	THU	Potato, Cauliflower & Pea Stroganoff (V)	Cauliflower, Potato, Mushrooms, Onion, Garlic, Peas, White Sauce (contains Milk, Wheat Gluten & Celery), Sour Cream (contains Milk)	Garlic Bread (contains Sesame, Milk & Wheat Gluten)	Apricot Flapjacks (contains Milk, Gluten & Sulphites)
	FRI	Butter Chicken Curry	Boneless Chicken Fillet, Onions, Potato, Ginger, Garlic, Tomato, Yoghurt & Double Cream (contains Milk), Vegetable Bouillon (contains Celery), Flour (contains Wheat Gluten)	Steamed Rice & Mini Naan (contains Wheat Gluten)	Blackforest Cheesecake (contains Wheat Gluten, Sulphites & Milk)
MENU C	MON	Special Recipe Sausages with Home-made Baked Beans	Reduced-salt, Locally made Pork Sausages (contains Wheat Gluten & Sulphites), Haricot Beans, Tomato, Carrots, Onion, Garlic	Sweet Potato Mash & Peas (contains Milk)	Hummingbird Cake (contains Wheat Gluten & Eggs)
	TUE	Thai Chicken Curry	Boneless Chicken Fillet, Broccoli, Sweetcorn, Coconut Milk (contains Milk), Onion, Garlic, Ginger, Sweet Chilli Sauce (contains Sesame), Vegetable Bouillon (contains Celery)	Steamed Jasmine Rice	Mango Swirl Yoghurt (contains Milk)
	WED	Vegetarian Jambalaya (V)	Celery , Red Peppers, Long Grain Rice, Oregano, Onion, Tomato, Fennel, Mixed Beans, Vegetable Bouillon (contains Celery)	Creole Cornbread (contains Eggs, Milk & Wheat Gluten)	Pineapple Cheesecake (contains Wheat Gluten & Milk)
	THU	Macaroni Cheese with Tuna	Macaroni (contains Wheat Gluten), Béchamel Sauce (contains Wheat Gluten, Milk & Celery), Line-caught Tuna (Fish), Finely Chopped Spinach	Sweetcorn & Carrots	Bananas with Vanilla Custard (contains Milk)
	FRI	Roast British Beef with Gravy	British Beef, Gluten-free Gravy (contains Celery)	Roast Potatoes & Vegetables	Banana & Ginger Cake (contains Wheat Gluten & Eggs)

Ingredients may vary, not to be used for dietary reference - Hungry Monsters must be informed of all dietary requirements