

Week 2

Monday:

Cottage Pie: Pure Beef , onions, carrots, Bisto gravy, (potato starch, salt, **wheat flour**, sugar, **soya**)

Quorn Lasagne: Quorn (**egg** white and barley gluten) onions, garlic, white flour, dried oregano, butter, semi skimmed **milk**, cheddar cheese, chopped tomatoes

Tuesday:

Mexican meatball : Onions ,red and green Peppers, mince pork, mince beef, chopped tomatoes, **eggs** , paprika, garlic, wheat flour, olive oil.

Frittata (omelette): **Eggs**, Potato, Peppers, onions, cheddar Cheese

Wednesday

Roast Pork: Shoulder of pork, potatoes, Yorkshire pudding (wheat flour, **Eggs** Dried skimmed **Milk**, gravy (potato starch, salt, **wheat flour**, sugar, **soya**)

Onions, carrots

Burmese Rice.

Long grain rice, chopped tomato, cheddar cheese, curry powder, onions

Thursday

Burgers : **beef 100% , Wheat flour**

SWEET&SOUR

Soya beans, vinegar, pineapple, **wheat**, sugar, maize starch, ginger, onions, garlic, may contain **nuts** quorn (**egg** white and **barley** gluten)

Friday: **Fish and Chips:** Potatoes, vegetable oil, cod , Bread crumbs, **eggs**, **wheat flour**, **Milk**

Week 3

Monday:

chilli con carne

Beef, red kidney beans, onions, tinned tomato, garlic tomato puree, chilli powder, rice, peppers

Vegetable cottage pie

Mince quorn, vegetable bouillon, potato starch onion, chopped tomato, Potato.

Tuesday:

sausage casserole

Pork, wheat flour, , **gravy** (potato starch, salt, **wheat flour**, sugar, **soya**), onions

Quorn green curry

Quorn (**egg** white and barley gluten)lime, chives, red onions, garlic, coriander, coconut Milk , peppers, green chilli. Lemon grass, fish sauce, ginger.

Wednesday

Roast chicken: chicken fillets **gravy** (potato starch, salt, **wheat flour**, sugar, **soya**) onions, carrots

Potato and cheese Bake: potatoes, Mixed cheese (no blue cheese) **Milk**, onions,

Thursday:

Burgers : beef 100% , Wheat flour

Friday:

Fish and Chips: Potatoes, vegetable oil, cod , Bread crumbs, **eggs**, **wheat flour**, **Milk**

Week 4

Monday

Moussaka : mince Beef, onions, tomato tinned, Garlic, tomato puree, **Wheat** flour, Margarine, Vegetable Bouillon, Potatoes

Cheese Omelette: **Eggs, Milk**, and Cheddar cheese

Tuesday

Chicken Korma :Chicken fillet, onions, coconut cream, sugar, Maize starch, tomato puree, Mustard, lemon juice, garlic, coriander, curcuma,

(Gluten Free)

Mackerel or Salmon Fish cakes: Potatoes, spring onions, horseradish sauce, Mackerel or salmon fillets, **wheat flour, Eggs**, Dried Breadcrumbs.

Wednesday

Roast Turkey: turkey fillets breast, Gravy (potato starch, salt, wheat flour, sugar, and **soya**) onions, and carrots.

Vegetable Chilli: Mince quorn, potato starch onion, chopped tomato : Vegetable oil, mustard, cauliflower, potatoes, peas, chopped tomato, chilli powder, turmeric, cumin, chopped coriander.

Thursday:

Burgers : beef 100% , Wheat flour

Vegetable Paella: Quorn pieces(**egg** white and barley gluten), olive oil, onions, garlic, green and red peppers, chopped tomatoes, paprika, vegetable stock, Rice.

Friday:

Fish and Chips: Potatoes, vegetable oil, cod , Bread crumbs, **eggs**, wheat flour, **Milk**

Week 1

Monday:

Lasagne: Wheat flour, **eggs**, **milk**, baking margarine, cheese, tomatoes, carrots, onions,

Roasted vegetable and quorn show Mein.: **quorn pieces**(egg white and **barley** gluten)carrots, onions, garlic, **soy** sauce, spring onions, carrots, peppers, **egg** noodles, vegetable stock, Coriander.

Tuesday:

Chicken Tikka: chicken, sugar, Maize starch, tomato puree, chilli powder, chopped tomato, onions.

Vegetable tagine:

Onions, olive oil, garlic, ground coriander, turmeric, mixed spice, ginger, sweet potato, green beans, courgettes, chick peas, and apricots dried, sultanas dried, vegetable bouillon.

Wednesday

Roast Beef: Beef topside, potatoes, Yorkshire pudding (wheat flour, **Eggs** Dried skimmed **Milk**, **gravy** (potato starch, salt, wheat flour, sugar, **soya**)Carrots, onions.

Quorn Moussaka: Minced quorn(**egg** white and barley gluten)onions, chopped tomato, garlic, tomato puree, potatoes, cheddar cheese, **milk**, margarine, **wheat flour**. Vegetable bouillon.

Thursday:

Burgers : beef 100% , **Wheat flour**.

Vegetable Balti: onions, carrots, swede, leeks, curry powder, lentils, potato, chickpeas, chopped tomato, Spinach, rice.

Friday

Fish and Chips: Potatoes, vegetable oil, cod , Bread crumbs, **eggs**, **wheat flour**, **Milk**