



Main Course

Principal Ingredients (may vary)
NOT TO BE USED FOR DIETARY REFERENCE

Side Dish

Dessert

MENU A	MON	Turkey Stroganoff	Red Tractor Turkey Breast, Potatoes, Onions, Garlic, Mushrooms, Butter, Flour, Milk, Vegetable Bouillon, Sour Cream	Buttered Pasta	Mango Swirl Yoghurt
	TUE	Tuna Kedgeree	Dolphin-friendly Tuna, Sweetcorn, Peas, Basmati Rice, Onions, Spices, Free-range Eggs, Lemon Juice, Sweet Chilli Sauce	Cucumber Smiles	Jelly with Pineapple & Custard
	WED	Baked Vege Balls in Vegan Gravy [Ⓥ]	Chickpeas, Peas, Carrots, Peppers, Corn, Kale, Onions, Parsley, Tomato, Garlic, Gluten-free Vegan Gravy	Cheesy Mash	Peaches with Natural Greek Yoghurt
	THU	Beef & Butternut Macaroni	Local Butcher's Fresh Steak Mince, Macaroni, Tomatoes, Butternut Squash, Carrots, Onions, Garlic	Grated Cheese	Sticky Toffee Pudding
	FRI	Potato-topped Chicken & Sweetcorn Pie	Red Tractor Chicken Breast Fillets, Sweetcorn, Potatoes, Carrots, Butter, Flour, Milk, Vegetable Bouillon, Greek Yoghurt, Cheddar Cheese	Peas	Blackforest Cheesecake

MENU B	MON	Sweet & Sour Pork	Fresh Pork Loin, Red Peppers, Carrots, Broccoli, Onions, Pineapple, Ginger, Vinegar, Salt & Sugar Reduced Ketchup	Steamed Rice	Spiced Banana Cake
	TUE	Cheesy Vegetable Crumble [Ⓥ]	Sweet Potato, Potato, Courgettes, Sweetcorn, Carrots, Haricot Beans, Tomato, Onions, Milk, Flour, Vegetable Bouillon, Rolled Oats, Cheddar Cheese	Sweetcorn Salsa	Raspberry Ripple Yoghurt
	WED	Roast Turkey in Gravy	Red Tractor Turkey Breast, Gluten-free Gravy	Carrots, Corn & Peas	Mango & Pineapple Cheesecake
	THU	Cottage Pie	Local Butcher's Steak Mince, Onion, Garlic, Gluten-free Gravy, Carrots, Potatoes, Milk, Butter, Salt & Sugar Reduced Ketchup	Peas	Bananas with Chocolate Sauce
	FRI	Butter Chicken Curry	Red Tractor Chicken Breast Fillet, Onions, Potato, Ginger, Garlic, Tomato, Double Cream, Vegetable Bouillon, Curry Spices	Steamed Rice	Jelly with Pears & Custard

MENU C	MON	Vegetable Moussaka [Ⓥ]	Red Lentils, Tomatoes, Potatoes, Red Peppers, Aubergine, Mushrooms, Onion, Garlic, Moussaka Spices	Bread Rolls	Pineapple & Coconut Yoghurt
	TUE	Sausages & Home-made Baked Beans	Reduced-salt, locally made Pork Sausages, Haricot Beans, Carrots, Courgette, Tomatoes, Onions, Gluten-free Gravy	Fajita Potatoes	Flapjacks
	WED	Fisherman's Pie	Sustainable Alaska Pollack, Pink Salmon & Smoked Hake, Milk, Flour, Carrots, Swede, Potato	Sweetcorn	Jelly with Peaches & Custard
	THU	Spanish Rice with Chicken & Chorizo	Red Tractor Chicken Breast Fillets, Red Peppers, Sweetcorn, Fajita Spices, Chorizo, Basmati Rice, Onion, Garlic	Cucumber Smiles	Melba Cheesecake
	FRI	Roast Pork in Gravy	Fresh Pork Loin, Gluten-free Gravy	Carrot, Corn & Peas	Bananas with Creamy Vanilla Sauce

Ingredients may vary.

Not to be used for dietary reference.

Hungry Monsters must be informed of all dietary requirements.