



### Ingredients List for Standard Menu

Week 1	Mains	Ingredients	Puddings	Ingredients
Monday	<b>Fish and vegetable curry with boiled rice</b>	White fish Onion Mixed vegetables Chopped tomato Mild curry paste Parsley Stock Rice  <b>(Fish, Mustard)</b>	<b>Fruit salad</b>	Mixed fruit
Tuesday	<b>Macaroni cheese with broccoli and cauliflower</b>	Macaroni Margarine Plain flour Cheddar cheese Whole milk Broccoli Cauliflower Parsley Garlic Vegetable stock  <b>(Gluten, Dairy)</b>	<b>Yogurt &amp; fruit</b>	Plain yougurt Seasonal fruit  <b>(Dairy)</b>
Wednesday	<b>Mince and tatties</b>	Mince beef Onions Carrots Mixed herbs Potato Gravy  <b>(Sulphites)</b>	<b>Jelly with fruit</b>	Beef jelly crystals Water Fresh fruit
Thursday	<b>Cajun tomato chicken with rice and vegetables</b>	Chicken Cajun seasoning Chopped tomato Stock Onion Peppers Rice	<b>Banana oat slice</b>	Banana Oats  <b>(Gluten)</b>
Friday	<b>Roast pepper soup with wholemeal bread</b>	Mixed peppers Onions Potatoes Vegetable stock Leek Carrot Wholemeal bread  <b>(Soya, Gluten)</b>	<b>Rice Pudding</b>	Pudding rice Margarine Sugar Milk  <b>(Dairy)</b>

Week 2	Mains	Ingredients	Puddings	Ingredients
Monday	<b>Chicken casserole with mash potatoes</b>	Chicken Garlic Vegetable stock Gravy Potato Carrot Onion  <b>(Sulphites)</b>	<b>Yogurt &amp; fruit</b>	Plain yougurt Seasonal fruit  <b>(Dairy)</b>
Tuesday	<b>Tomato soup with wholemeal bread</b>	Chopped tomato Onion Vegetable stock Carrot Leek Wholemeal bread  <b>(Soya, Gluten)</b>	<b>Rice pudding</b>	Pudding rice Margarine Sugar Milk  <b>(Dairy)</b>
Wednesday	<b>Tuna macaroni cheese with sweetcorn</b>	Tuna Macaroni Margarine Plain flour Cheddar cheese Whole milk Sweetcorn Vegetable stock  <b>(Fish, Dairy, Gluten)</b>	<b>Fruit salad</b>	Mixed fruit
Thursday	<b>Carrot and coriander soup with wholemeal bread</b>	Carrot Onion Coriander Leek Potato Vegetable stock Water Wholemeal bread  <b>(Soya, Gluten)</b>	<b>Ginger cake</b>	Self raising flour Baking powder Sugar Butter Whole milk Ginger  <b>(Dairy, Gluten)</b>
Friday	<b>Keema beef curry with boiled rice</b>	Beef Rice Onion Peppers Stock Chopped tomato Garam masala Chilli powder Coriander peas	<b>Jelly with fruit</b>	Beef jelly crystals Water Fresh fruit

Week 3	Mains	Ingredients	Puddings	Ingredients
Monday	<b>Beef fajita pasta</b>	Beef Onion Fajita powder Oregano Garlic Pasta Chopped tomato Mixed peppers  <b>(Gluten)</b>	<b>Flapjacks</b>	Dairy free butter Demerara Sugar Golden Syrup Porridge Oats  <b>(Gluten)</b>
Tuesday	<b>Chicken pesto with rice</b>	Chicken Rice Onion Flour Butter Milk Basil  <b>(Gluten, Dairy)</b>	<b>Jelly with fruit</b>	Beef jelly crystals Water Fresh fruit
Wednesday	<b>Mushroom soup with wholemeal bread</b>	Mushroom Carrot Potato Vegetable stock Wholemeal bread  <b>(Soya, Gluten)</b>	<b>Rice pudding</b>	Pudding rice Margarine Sugar Milk  <b>(Dairy)</b>
Thursday	<b>BBQ sausage and bean with mashed potato</b>	Sausage Potato Onion Chopped tomato Baked beans Kidney beans Bbq seasoning  <b>(Gluten, Soya, Sulphites)</b>	<b>Fruit salad</b>	Beef jelly crystals Water Fresh fruit
Friday	<b>Fish tikka masala with rice</b>	White fish Onion Mixed peppers Chopped tomato Tikka paste Stock Rice  <b>(Fish, Mustard)</b>	<b>Yogurt &amp; fruit</b>	Plain yougurt Seasonal fruit  <b>(Dairy)</b>

Week 4	Mains	Ingredients	Puddings	Ingredients
Monday	<b>Lentil soup with wholemeal bread</b>	Lentils Carrot Onion Leek Potato Vegetable stock Water Wholemeal bread  <b>(Soya, Gluten)</b>	<b>Rice Pudding</b>	Pudding rice Margarine Sugar Milk  <b>(Dairy)</b>
Tuesday	<b>Fish in garlic tomato sauce with pasta</b>	White fish Onion Basil Garlic Rice Stock Chopped tomato Mixed peppers Pasta  <b>(Fish, Gluten)</b>	<b>Fruit salad</b>	Mixed fruit
Wednesday	<b>Creamy chicken korma with boiled rice</b>	Chicken Milk Flour Onion Mixed peppers Margarine Mild curry paste Rice  <b>(Dairy, Gluten, Mustard)</b>	<b>Yogurt &amp; fruit</b>	Plain yougurt Seasonal fruit  <b>(Dairy)</b>
Thursday	<b>Vegetable soup with wholemeal bread</b>	Carrot Onion Leek Potato Vegetable stock Water Wholemeal bread  <b>(Soya, Gluten)</b>	<b>Jelly with fruit</b>	Beef jelly crystals Water Fresh fruit
Friday	<b>Pasta bolognese</b>	Beef Onions Mixed peppers Basil Oregano Chopped tomato Pasta  <b>(Gluten)</b>	<b>Banana cake</b>	Self raising flour Baking powder Sugar Butter Whole milk Banana  <b>(Dairy, Gluten)</b>