



Ingredients List for Alternative Menu

Week 1	Mains	Ingredients	Puddings	Ingredients
Monday	Fish and vegetable curry with boiled rice	White fish Onion Mixed vegetables Chopped tomato Mild curry paste Parsley Stock Rice (Fish, Mustard)	Fruit Salad	Mixed fruit
Tuesday	Macaroni herb white sauce with broccoli and cauliflower	Macaroni Dairy free spread Gluten free flour Dairy free milk Broccoli Cauliflower Parsley Garlic Vegetable stock (Gluten if real pasta)	Yogurt & fruit	Dairy free yougurt Seasonal fruit (Soya if Alpro)
Wednesday	Quorn mince and tatties	Quorn mince Onions Carrots Mixed herbs Potato Gravy (Egg, Sulphites)	Jelly with fruit	Vegetarian jelly Fresh fruit
Thursday	Cajun tomato Quorn with rice and vegetables	Quorn pieces Cajun seasoning Chopped tomato Stock Onion Peppers Rice (Egg)	Banana oat slice	Banana Oats (Gluten)
Friday	Roast pepper soup with wholemeal bread	Mixed peppers Onions Potatoes Vegetable stock Leek Carrot Wholemeal bread (Soya, Gluten)	Rice pudding	Pudding rice Dairy free margarine Sugar Dairy free milk

Week 2	Mains	Ingredients	Puddings	Ingredients
Monday	Quorn casserole with mash potatoes	Quorn pieces Garlic Vegetable stock Gravy Potato Carrot Onion (Egg, Sulphites)	Yogurt & fruit	Dairy free yougurt Seasonal fruit (Soya if Alpro)
Tuesday	Tomato soup with wholemeal bread	Chopped tomato Onion Vegetable stock Carrot Leek Wholemeal bread (Soya, Gluten)	Rice pudding	Pudding rice Dairy free margarine Sugar Dairy free milk
Wednesday	Tuna macaroni with sweetcorn	Tuna Macaroni Dairy free spread Gluten free flour Dairy free milk Sweetcorn Vegetable stock (Fish, Gluten if real pasta)	Fruit Salad	Mixed fruit
Thursday	Carrot and coriander soup with wholemeal bread	Carrot Onion Coriander Leek Potato Vegetable stock Water Wholemeal bread (Soya, Gluten)	Ginger cake	Dairy free milk Sugar Baking powder Dairy free butter Self raising flour Ginger (Gluten)
Friday	Keema Quorn curry with boiled rice	Quorn mince Rice Onion Peppers Stock Chopped tomato Garam masala Chilli powder Coriander peas (Egg)	Jelly with fruit	Vegetarian jelly Fresh fruit

Week 3	Mains	Ingredients	Puddings	Ingredients
Monday	Quorn fajita pasta	Quorn Onion Fajita powder Oregano Garlic Pasta Chopped tomato Mixed peppers (Egg, Gluten if real pasta)	Flapjacks	Dairy free butter Demerara Sugar Golden Syrup Porridge Oats (Gluten)
Tuesday	Quorn pesto with rice	Quorn pieces Rice Onion Gluten free flour Dairy free butter Dairy free milk Basil (Egg)	Jelly with fruit	Vegetarian jelly Fresh fruit
Wednesday	Mushroom soup with wholemeal bread	Mushroom Carrot Potato Vegetable stock Wholemeal bread (Soya, Gluten)	Rice pudding	Pudding rice Dairy free margarine Sugar Dairy free milk
Thursday	BBQ mixed bean with mashed potato	Potato Onion Chopped tomato Baked beans Kidney beans Bbq seasoning (Sulphites)	Fruit Salad	Mixed fruit
Friday	Fish tikka masala with rice	White fish Onion Mixed peppers Chopped tomato Tikka paste Stock Rice (Fish, Mustard)	Yogurt & fruit	Dairy free yougurt Seasonal fruit (Soya if Alpro)

Week 4	Mains	Ingredients	Puddings	Ingredients
Monday	Lentil soup with wholemeal bread	Lentils Carrot Onion Leek Potato Vegetable stock Water Wholemeal bread (Soya, Gluten)	Rice Pudding	Pudding rice Dairy free spread Sugar Dairy free milk
Tuesday	Fish in garlic tomato sauce with pasta	White fish Onion Basil Garlic Rice Stock Chopped tomato Mixed peppers Pasta (Fish, Gluten if real pasta)	Fruit salad	Mixed fruit
Wednesday	Creamy Quorn korma with boiled rice	Quorn pieces Dairy free milk Gluten free flour Onion Mixed peppers Dairy free spread Mild curry paste Rice (Egg, Mustard)	Yogurt & fruit	Dairy free yougurt Seasonal fruit (Soya if Alpro)
Thursday	Vegetable soup with wholemeal bread	Carrot Onion Leek Potato Vegetable stock Water Wholemeal bread (Soya, Gluten)	Jelly with fruit	Vegetarian jelly Fresh fruit
Friday	Pasta bolognese	Quorn mince Onions Mixed peppers Basil Oregano Chopped tomato Pasta (Egg, Gluten if real pasta)	Banana cake	Dairy free milk Sugar Baking powder Dairy free spread Self raising flour Banana (Gluten)