



Main Course

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

Side Dish

Dessert

MENU A	MON	Italian Pork & Fennel Ragu	British pork mince, carrots, courgettes, Napoli sauce, fennel, oregano, wholemeal fusilli pasta (gluten)	Wholemeal Fusilli Pasta Twists	Banana Fromage Frais
	TUE	Home-made Beef Meatballs in Gravy	Aberdeen Angus steak mince, wholemeal breadcrumbs (gluten), tomato, onion, celery , basil, parsley, oregano, sweet potato, carrot, potato	Sweet Potato & Carrot Mash	Peaches & Cream
	WED	V Butternut Squash, Potato & Spinach Dahl	red lentils, butternut squash, potato, spinach, tomato, onion, cream (milk), coconut, mild curry spices, basmati rice	Basmati Rice	Cheese & Crackers
	THU	Creamy Tomato, Chicken & Vegetable Pasta Sauce	chicken breast, courgettes, bechamel sauce (milk, gluten), passata, pasta (gluten)	Steamed Fusilli Pasta Twists	Upside-down Plum Sponge
	FRI	Roast Turkey Breast & Gravy	turkey breast, home-made gravy, potatoes, carrots, swede, peas	Potatoes & Seasonal Vegetables	Smooth Peach & Passionfruit Yoghurt
MENU B	MON	Mild Chicken & Sweet Potato Korma	chicken breast, potato, carrots, swede, sweet potato, tomato, onion, cream (milk), coconut, mild curry spices, basmati rice	Basmati Rice	Peaches & Cream
	TUE	V Vegetarian Butternut Lasagne	soya bolognese (soya , tomato, onions, carrots, herbs), butternut bechamel sauce (milk, flour, gluten, celery), lasagne pasta (gluten), cheese (milk), garlic bread (gluten, sesame)	Garlic Bread	Cheese & Crackers
	WED	Pork & Beef Meatballs with Veggie Tomato Sauce	Red Tractor British pork mince, Aberdeen Angus steak mince, wholemeal breadcrumbs (gluten), tomato, carrots, kale, onion, celery , basil, parsley, oregano, pasta (gluten)	Steamed Fusilli Pasta Twists	Smooth Mango Yoghurt
	THU	Hearty Chicken & Veg Potato-topped Pie	roast chicken breast, carrots, courgettes & swede in a sweet onion & tomato gravy with a mashed potato top, peas	Green Peas	Diced Peaches, Pears & Apricots
	FRI	Chilli Con Carne	premium minced beef, tomato puree, haricot beans, carrots, sweet onions, celery , fajita spices, rice	Steamed Brown Rice	Hummingbird Cake
MENU C	MON	Classic Cottage Pie	Aberdeen Angus steak mince, onions, carrots, tomato, basil, parsley, oregano, celery , peas, potato	Green Peas	Smooth Pineapple Yoghurt
	TUE	Neptune Pasta Sauce with Broccoli	tomatoes, broccoli, onions, garlic, sardines (fish), passata, basil, oregano, parsley, pasta (gluten)	Wholemeal Fusilli Pasta Twists	Blueberry & Apple Sponge
	WED	V Courgette & Lentil Lasagne	tomato sauce (tomato, onion, herbs), red lentils, mixed vegetables, bechamel sauce (milk, flour, gluten), lasagne pasta (gluten), cheese (milk), sweetcorn, cucumber	Sweetcorn & Cucumber Salsa	Peaches & Cream
	THU	Mild Thai Chicken Curry	chicken breast, broccoli, courgettes, sweetcorn, onions, ginger, coconut milk, sweet chilli sauce, rice	Fragrant Jasmine Rice	Cheese & Crackers
	FRI	Pork & Apple Meatballs	Red Tractor British pork mince, wholemeal breadcrumbs (gluten), apple, oregano, parsley, basil, potato, butternut, celery ,	Butternut Mash	Diced Pears with Vegan Raspberry Jelly
	Ingredients may vary. Not to be used for dietary reference. Hungry Monsters must be informed of all dietary requirements.				