

Dietary Winter Lunch Menus, 2024



Menu A	Main	Ingredients	Side Dish	pudding
Monday	Plant 'Power' Sausage, Mash & Onion Gravy	Plant sausages, onions, vegan gravy, potatoes (VA)	Garden Peas & Green Beans (PU)	Melon Fingers (VA)
Tuesday	Jollof Rice	Tomatoes, wholegrain rice, garlic, olive oil, mild chilli powder, onions, peppers, ginger paste, cumin, paprika, thyme, turmeric, vegan stock, coriander, tinned mixed beans (T) (PU) (VA)	Grated Carrot (VA)	Fruit Compote (S) (VA)
Wednesday	White Bean & Leek Casserole	Onion, mild chilli powder, carrot, garlic, butter beans, cannelloni beans, peppers, leeks, vegan stock, potatoes, sweet potato, olive oil (PU) (VA)	Green Beans (VA)	Raspberry & Blueberry Cake (D) (S) (VA)
Thursday	Lentil Shepherd's Pie	Green lentils, olive oil, onion, carrot, garlic, spinach, courgette, sweetcorn, potatoes, vegan gravy, vegan cheese (PU) (VA)		Fruit Compote (S) (VA)
Friday	Aubergine & Lentil Curry	Aubergine, green lentils, olive oil, onion, garlic, turmeric, garam masala, carrots, coconut milk, dill, tomato, cumin (T) (PU) (VA)	Chapatis (VA)	Vegan Banana Bread (G) (S) (VA)
Menu B	Main	Ingredients	Side Dish	pudding
Monday	Vegetable Korma	Onion, garlic, turmeric, garam masala, cumin, mild curry powder, masala curry powder, vegan stock, broccoli, aubergine, courgette, green lentils (PU) (VA)	Wholemeal rice (VA)	Fruit Compote (S) (VA)
Tuesday	Pasta Primavera	GF pasta, passata, pinto beans, onion, carrot, garlic, carrot, mushrooms, spinach, olive oil (T) (PU) (VA)	Sprinkle of Vegan Cheese, optional (VA)	Cherry & Raisin Oat Cookies (VA)
Wednesday	Vegetable Chilli	Kidney beans, passata, mild chilli powder, carrot, onion, olive oil, broccoli, vegan cheese, garlic (PU) (T) (VA)	Side of Wholegrain Rice & Guacamole (VA)	Peaches & Apricots (VA)
Thursday	Tomato & Bean Pasta	GF spaghetti, passata, spinach, olive oil, garlic, onions, carrot, haricot beans (T) (PU) (VA)	Broccoli (VA)	Pear Pastries (VA) (G)
Friday	Vegan Mac n Cheese	Vegan cheese, macaroni pasta, cauliflower, broccoli, carrots, sweetcorn, chickpeas (PU) (G) (VA)		Banana & Custard (VA) (S)
Menu C	Main	Ingredients	Side Dish	pudding
Monday	Tomato Pasta	Red lentil pasta, onion, garlic, carrots, sweetcorn, red peppers, tomatoes, broccoli, olive oil, vegan cheese (T) (VA)	Grated Carrots (VA)	Pineapple Pieces (VA)
Tuesday	Thai Vegetable Curry	Coconut milk, onion, garlic, ginger, curry powder, passata, peas, spinach, red peppers, yellow peppers, vegan stock, aubergine, courgette (T) (VA)	Wholegrain Rice (VA)	Poppyseed & Mixed Berry Bake (G) (S)
Wednesday	Butternut Squash Bourguignon	Butternut squash, vegan stock, onion, carrot, garlic, vegan butter, thyme, tomato puree, sweetcorn, mushrooms (T) (VA)	Mashed Potato & Cabbage	Carrot Cake (VA) (G) (S)
Thursday	Vegan Lasagne	Vegan cheese, GF lasagne sheets, vegan stock, passata, sweetcorn, broccoli, aubergine, carrots, peppers, courgette, garlic, olive oil, lentils (T) (PU) (VA)	Cucumber slices (VA)	Cinnamon & Chia Dairy Free Plain Yoghurt (S)
Friday	Bean & Quinoa Veggie Mix	Onion, red pepper, tinned tomatoes, mixed beans, quinoa, peas, sweetcorn, tomato puree, flaxseed, paprika, olive oil (T) (PU) (VA)		Mandarin Quarters (VA)

Tuckbox and Tribe Listed Allergen/ Dietary Requirements: VA Vegan, V Vegetarian, T = Contains Tomato, SD = Contains Sulphites, S = Contains Soya, PU = Contains Beans/Pulses, G = Contains Gluten, F = Contains Fish, E = Contains Egg, D = Contains Dairy, C = Contains Celery, M = Contains Meat

All dishes are free from peanuts, tree nuts, sesame seeds, lupin, crustaceans and molluscs.