

Winter Lunch Menus, 2024



Menu A	Main	Ingredients	Side Dish	Pudding
Monday	Haywood's 'Tribe' Sausage, Mash & Onion Gravy	Skinless GF sausages, onions, vegan gravy, potatoes (M)	Garden Peas and 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)	Grated Carrot	Natural Yoghurt with Fresh Fruit (D)
Wednesday	Chicken, Leek & White Bean Casserole	Chicken, onion, mild chilli powder, carrot, garlic, butter beans, cannelloni beans, peppers, leeks, vegan stock, Greek style yoghurt, potatoes, sweet potato, olive oil (M) (D) (PU)	Green Beans	Raspberry & Blueberry Cake (D) (VA) (S)
Thursday	Shepherd's Pie	Beef mince, olive oil, onion, carrot, garlic, spinach, courgette, sweetcorn, potatoes, vegan gravy, cheese (M) (D)		Natural Yoghurt & Fruit Compote (D)
Friday	Aubergine & Lentil Curry	Aubergine, green lentils, olive oil, onion, garlic, turmeric, garam masala, carrots, coconut milk, dill, tomato, cumin (T) (PU)	Chapatis (G)	Vegan Banana Bread (G) (S)
Menu B	Main	Ingredients	Side Dish	Pudding
Monday	Chicken Korma	Chicken, onion, garlic, turmeric, garam masala, cumin, mild curry powder, masala curry powder, natural Greek style yoghurt, vegan stock (M) (D)	Wholemeal rice	Natural Yoghurt with Fresh Fruit (D)
Tuesday	Pasta Primavera	Penne pasta, passata, pinto beans, onion, carrot, garlic, carrot, mushrooms, spinach, olive oil (T) (PU) (G)	Sprinkle of cheddar cheese, optional (D)	Cherry & Raisin Oat Cookies (VA)
Wednesday	Beef Chilli	Beef mince, kidney beans, passata, mild chilli powder, carrot, onion, olive oil, broccoli, cheese, garlic (M) (D) (PU) (T)	Side of wholegrain rice and Guacamole	Peaches & Apricots (VA)
Thursday	Creamy Fish Dish	Salmon, tuna, spaghetti, crème fraiche, pasta, peas, olive oil, garlic, onion, carrot (F) (G) (D) (PU)	Broccoli	Pear Pastries (VA) (G)
Friday	Mac n Cheese	Cheese, macaroni pasta, cauliflower, broccoli, carrots, sweetcorn (D) (G)		Banana & Custard (VA) (S)
Menu C	Main	Ingredients	Side Dish	Pudding
Monday	Chicken Fusilli	Chicken, wholewheat pasta, onion, garlic, carrots, sweetcorn, red peppers, tomatoes, broccoli, olive oil, creme fraiche, cheddar cheese (M) (D) (T) (G)	Grated Carrots	Pineapple Pieces (VA)
Tuesday	Thai Fish Curry	Salmon, tuna, coconut milk, onion, garlic, ginger, curry powder, passata, peas, spinach, red peppers, yellow peppers, vegan stock, aubergine, courgette (F) (T)	Wholegrain Rice	Poppyseed & Mixed Berry Bake (G) (S)
Wednesday	Beef Bourguignon	Beef mine, vegan stock, onion, carrot, garlic, vegan butter, thyme, tomato puree, sweetcorn, mushrooms (M) (T)	Mashed Potato & Cabbage	Carrot Cake (VA) (G) (S)
Thursday	Lasagne	Beef mince, cheese, lasagne sheets, vegan stock, passata, sweetcorn, broccoli, aubergine, carrots, peppers, courgette, garlic, olive oil (M) (D) (T) (G)	Cucumber slices	Natural Yoghurt & Fruit Compote (D)
Friday	Bean & Quiona Veggie Mix	Onion, red pepper, tinned tomatoes, mixed beans, quinoa, peas, sweetcorn, tomato puree, flaxseed, paprika, olive oil (T) (PU)		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.