



INGREDIENTS AND ALLERGEN LISTS

Winter Term Menus



INGREDIENTS AND ALLERGEN LIST

CHICKPEA AND LENTIL CURRY

(WEEK 1 – MONDAY)

Ingredients

- Chickpeas
- Red and green Lentils
- Onions
- **Celery**
- Carrots
- Garlic
- Fresh ginger
- Madras powder
- Ground coriander
- Ground turmeric
- Ground cumin
- Cinnamon stick
- Coconut milk
- Chopped tomatoes
- Fresh coriander



Allergens: **Celery**

INGREDIENTS AND ALLERGEN LIST



GLUTEN

BREAD AND BUTTER PUDDING

(WEEK 1 – MONDAY)



SOYA

Ingredients

- Bread
- Eggs
- Milk
- Raisins
- Orange zest
- Sugar



EGGS



MILK

Allergens: Gluten, Soya, Eggs, Milk

INGREDIENTS AND ALLERGEN LIST

STIR FRY SALMON WITH RICE NOODLES

(WEEK 1 – MONDAY)

Ingredients



FISH



SOYA

- Onions
- Carrots
- Peppers
- Courgettes
- **Salmon**
- Rice noodles
- Chinese 5 spice
- **Soy sauce**
- Fresh coriander

Allergens: **Fish, Soya**

INGREDIENTS AND ALLERGEN LIST

FISH PIE

(WEEK 1 – TUESDAY)

Ingredients



CELERY



MILK



FISH



GLUTEN

- Onions
- Carrots
- Celery
- Garlic
- Butter
- Flour
- Milk
- Salmon
- Pollock
- Thyme
- Rosemary
- Parsley
- Nutmeg
- Potatoes

Allergens: Celery, Milk, Fish, Gluten

INGREDIENTS AND ALLERGEN LIST

SPINACH CAKE

(WEEK 1 – TUESDAY)

Ingredients



EGGS



GLUTEN

- Dairy-free butter
- Sugar
- Eggs
- Self-raising flour
- Baking powder
- Vanilla essence
- Fresh spinach

Allergens: Eggs, Gluten

INGREDIENTS AND ALLERGEN LIST

CHEESE AND TOMATO QUICHE

(WEEK 1 – TUESDAY)

Ingredients

For the pastry



MILK

- Butter
- Plain flour
- Rosemary
- Salt



EGGS

For the filling

- Eggs
- Milk
- Cheese
- Tomatoes
- Oregano



GLUTEN

Allergens: Milk, Eggs, Gluten

INGREDIENTS AND ALLERGEN LIST

CHILLI NON CARNE

(WEEK 1 – WEDNESDAY)

Ingredients



- Onions
- Carrots
- Celery
- Fresh ginger
- Cumin
- Ground coriander
- Paprika
- Tomato puree
- Chopped tomatoes
- Green lentils
- Red kidney beans
- Fresh coriander

Allergens: Celery

INGREDIENTS AND ALLERGEN LIST

SHORTBREAD BISCUITS

(WEEK 1 – WEDNESDAY)

Ingredients



- Dairy-free butter
- Sugar
- Plain flour
- Vanilla essence

Allergens: Gluten

INGREDIENTS AND ALLERGEN LIST

SPINACH AND RICOTTA CANNELLONI

(WEEK 1 – THURSDAY)

Ingredients

For the filling

- Canneloni tubes
- Ricotta
- Fresh spinach
- White pepper
- Parsley



For the white sauce

- Butter
- Onion
- Plain flour
- Milk
- Nutmeg
- White pepper



For the tomato sauce

- Olive oil
- Onions
- Celery
- Carrots
- Tomato puree
- Chopped tomato
- Basil

Allergens: Milk, Celery, Gluten

INGREDIENTS AND ALLERGEN LIST

MINESTRONE SOUP

(WEEK 1 – THURSDAY)

Ingredients



- Onions
- Carrots
- Celery
- Garlic
- Parsley
- Broccoli
- Courgettes
- Orzo pasta
- Vegetable stock

Allergens: Celery, Gluten

INGREDIENTS AND ALLERGEN LIST

MEXICAN FISH STEW

(WEEK 1 – FRIDAY)

Ingredients



- Onions
- Carrots
- Celery
- Mixed beans
- Pollock
- Fajita spice
- Smoked paprika
- Ground cumin
- Ground coriander
- Chopped tomatoes
- Fresh coriander

Allergens: Celery, Fish

INGREDIENTS AND ALLERGEN LIST

LEMON DRIZZLE CAKE

(WEEK 1 – FRIDAY)

Ingredients



- Dairy-free butter
- Sugar
- Vanilla essence
- Eggs
- Self-raising flour
- Baking powder
- Lemon zest
- Lemon juice

Allergens: Eggs, Gluten

INGREDIENTS AND ALLERGEN LIST

HOMEMADE MARGHERITA PIZZA

(WEEK 1 – FRIDAY)

Ingredients

For the dough



MILK

- Strong flour
- Dried yeast
- Salt
- Olive oil
- Water



GLUTEN

For the topping

- Chopped tomatoes
- Olive oil
- Garlic
- Basil
- Cheese
- Oregano

Allergens: Milk, Gluten

INGREDIENTS AND ALLERGEN LIST

LENTIL BOLOGNESE

(WEEK 2 – MONDAY)

Ingredients

- Onions
- Celery
- Carrots
- Fresh parsley
- Fresh oregano
- Green lentils
- Garlic
- Tomato puree
- Chopped tomatoes
- Fresh basil

Allergens: Celery



INGREDIENTS AND ALLERGEN LIST

CAULIFLOWER BAKE

(WEEK 2 – MONDAY)

Ingredients



GLUTEN



MILK

- Onions
- Garlic
- Plain flour
- Milk
- Cauliflower
- Cheese

Allergens: Gluten, Milk

INGREDIENTS AND ALLERGEN LIST

FISH CURRY

(WEEK 2 – TUESDAY)

Ingredients



- Onions
- Celery
- Carrots
- Garlic
- Fresh ginger
- Madras powder
- Ground coriander
- Ground turmeric
- Ground cumin
- Cinnamon stick
- Coconut milk
- Chopped tomatoes
- Fresh coriander
- Pollock

Allergens: Celery, Fish

INGREDIENTS AND ALLERGEN LIST

PARSNIP AND APPLE SOUP

(WEEK 2 – TUESDAY)

Ingredients



- Onions
- Celery
- Garlic
- Apples
- Parsnips
- Vegetable Stock

Allergens: Celery

INGREDIENTS AND ALLERGEN LIST

CHICKPEA AND MUSHROOM RAGU

(WEEK 2 – WEDNESDAY)

Ingredients



- Onions
- Celery
- Carrots
- Fresh parsley
- Fresh oregano
- Mushrooms
- Chickpeas
- Garlic
- Tomato puree
- Chopped tomatoes
- Fresh basil

Allergens: Celery

INGREDIENTS AND ALLERGEN LIST

CARROT CAKE

(WEEK 2 – WEDNESDAY)

Ingredients



GLUTEN



EGGS

- Vegetable oil
- Soft light brown sugar
- Self-raising flour
- Eggs
- Carrots
- Sultanas
- Mixed spice
- Cinnamon
- Nutmeg

Allergens: Gluten, Eggs

INGREDIENTS AND ALLERGEN LIST

SALMON WITH SPINACH AND CREAM SAUCE

(WEEK 2 – WEDNESDAY)



GLUTEN



MILK



FISH

Ingredients

- Onions
- Garlic
- Plain flour
- Milk
- Nutmeg
- White pepper
- Fresh spinach
- Salmon

Allergens: Gluten, Milk, Fish

INGREDIENTS AND ALLERGEN LIST

ITALIAN FISH CASSEROLE

(WEEK 2 – THURSDAY)

Ingredients



- Onions
- Celery
- Carrots
- Potatoes
- Broccoli
- Pollock
- Fresh parsley
- Fresh oregano
- Garlic
- Tomato puree
- Tomatoes
- Fresh basil



Allergens: Celery, Fish

INGREDIENTS AND ALLERGEN LIST

VEGETABLE LASAGNE CASSEROLE

(WEEK 2 – FRIDAY)

Ingredients

For the tomato sauce

- Olive oil
- Onions
- Celery
- Carrots
- Green lentils
- Mixed peppers
- Courgettes
- Aubergines
- Tomato puree
- Chopped tomatoes
- Fresh basil



For the white sauce

- Butter
- Onions
- Plain flour
- Milk
- Nutmeg
- White pepper

Allergens: Milk, Gluten, Celery

INGREDIENTS AND ALLERGEN LIST

BUTTERNUT SQUASH SOUP

(WEEK 2 – FRIDAY)

Ingredients



- Onions
- Celery
- Carrots
- Garlic
- Butternut squash
- Vegetable stock

Allergens: Celery

INGREDIENTS AND ALLERGEN LIST

WHITE BEAN AND FISH STEW

(WEEK 3 – MONDAY)

Ingredients



- Onions
- Carrots
- Celery
- Cannellini beans
- Pollock
- Smoked paprika
- Ground cumin
- Ground coriander
- Tomato puree
- Chopped tomatoes
- Fresh parsley

Allergens: Celery, Fish

INGREDIENTS AND ALLERGEN LIST

LEEK AND MUSHROOM SOUP

(WEEK 3 – MONDAY)

Ingredients

- Onions
- Celery
- Carrots
- Leeks
- Mushrooms
- Potatoes
- Vegetable stock



Allergens: Celery

INGREDIENTS AND ALLERGEN LIST

COCONUT SQUASH CURRY

(WEEK 3 – TUESDAY)

Ingredients



- Onions
- **Celery**
- Carrots
- Garlic
- Butternut squash
- Fresh ginger
- Madras powder
- Ground coriander
- Ground turmeric
- Ground cumin
- Cinnamon stick
- Coconut milk
- Chopped tomatoes
- Fresh coriander

Allergens: **Celery**

INGREDIENTS AND ALLERGEN LIST

BEETROOT BROWNIE

(WEEK 3 – TUESDAY)



GLUTEN



EGGS

Ingredients

- Dairy-free butter
- Sugar
- Plain flour
- Baking powder
- Cocoa powder
- Beetroot
- Eggs

Allergens: Gluten, Eggs

INGREDIENTS AND ALLERGEN LIST

MACARONI CHEESE

(WEEK 3 – TUESDAY)

Ingredients



GLUTEN



MILK

- Onions
- Garlic
- Plain flour
- Milk
- Nutmeg
- White pepper
- Pasta
- Eggs

Allergens: Gluten, Milk

INGREDIENTS AND ALLERGEN LIST



FISH

POLLOCK PASTA BAKE

(WEEK 3 – WEDNESDAY)



GLUTEN

Ingredients

- Onions
- Celery
- Carrots
- Garlic
- Tomato puree
- Chopped tomatoes
- Pollock
- Cheese
- Pasta



MILK



CELERY

Allergens: Fish, Milk, Gluten, Celery

INGREDIENTS AND ALLERGEN LIST

PUMPKIN AND CARROT SOUP

(WEEK 3 – WEDNESDAY)

Ingredients

- Onions
- Celery
- Carrots
- Potatoes
- Pumpkin
- Garlic
- Vegetable stock
- Cumin



Allergens: Celery

INGREDIENTS AND ALLERGEN LIST

MOUSSAKA

(WEEK 3 – THURSDAY)

Ingredients

- Onions
- Garlic
- Celery
- Carrots
- Cumin
- Oregano
- Cinnamon stick
- Courgettes
- Aubergines
- Lentils
- Tomato puree
- Chopped tomatoes



For the white sauce

- Butter
- Plain flour
- Milk
- Nutmeg
- White pepper
- Cheese

Allergens: Milk, Gluten, Celery

INGREDIENTS AND ALLERGEN LIST

APPLE CAKE

(WEEK 3 – THURSDAY)

Ingredients



GLUTEN



EGGS

- Dairy-free butter
- Sugar
- Self-raising flour
- Eggs
- Apples
- Vanilla essence
- Baking powder

Allergens: Gluten, eggs

INGREDIENTS AND ALLERGEN LIST

VEGETABLE FARINATA

(WEEK 3 – THURSDAY)

Ingredients



- Chickpea flour
- Water
- Olive oil
- Salt
- Mixed peppers
- Courgettes
- Cheese

Allergens: Milk

INGREDIENTS AND ALLERGEN LIST

VEGETABLE TAGINE

(WEEK 3 – FRIDAY)

Ingredients

- Onions
- Celery
- Carrots
- Paprika
- Garlic
- Cumin
- Cinnamon
- Sultanas
- Ginger
- Coriander
- Tomato puree
- Chopped tomatoes



Allergens: Celery

INGREDIENTS AND ALLERGEN LIST

TUNA PASTA BAKE



FISH



GLUTEN



MILK

(WEEK 3 – FRIDAY)

Ingredients

- Onions
- Garlic
- Mixed herbs
- Chopped tomatoes
- Basil
- Tuna
- Pasta
- Cheese

Allergens: Fish, Gluten, Milk