



### Ingredients List for Alternative Menu

<b>Week 1</b>	<b>Mains</b>	<b>Ingredients</b>	<b>Puddings</b>	<b>Ingredients</b>
<b>Monday</b>	<b>Quorn pesto pasta</b>	Quorn pieces Pasta Onion Flour Dairy free butter Dairy free milk Basil Sunflower oil	<b>Yogurt &amp; fruit</b>	Dairy free yougurt Seasonal fruit
<b>Tuesday</b>	<b>Leek &amp; potato soup with wholemeal bread</b>	Leeks Potato Vegetable stock Carrots Onions Wholemeal bread	<b>Rice Pudding</b>	Pudding rice Dairy free margarine Sugar Dairy free milk
<b>Wednesday</b>	<b>Macaroni with herb white sauce and peas and sweetcorn</b>	Macaroni Dairy free butter Plain flour Dairy free milk Peas Sweetcorn Mixed herbs Vegetable stock	<b>Lemon cake</b>	Self raising flour Baking powder Sugar Dairy free butter Dairy free milk Lemon
<b>Thursday</b>	<b>Chilli con carne with rice</b>	Rice Quorn mince Onion Garlic Basil Oregano Tomato Kidney beans Chilli powder	<b>Jelly with fruit</b>	Vegetarian jelly Fresh fruit
<b>Friday</b>	<b>Fishless fingers and baked beans</b>	Quorn Baked beans	<b>Fruit salad</b>	Mixed fruit

<b>Week 2</b>	<b>Mains</b>	<b>Ingredients</b>	<b>Puddings</b>	<b>Ingredients</b>
<b>Monday</b>	<b>Vegetable soup with wholemeal bread</b>	Water Onion Carrot Potato Vegetable stock Leek Wholemeal bread	<b>Fruit salad</b>	Mixed fruit
<b>Tuesday</b>	<b>Tomato and tuna pasta</b>	Onion Mixed herbs Parsley Tuna Pasta Vegetable oil Chopped tomato	<b>Rice crispie cake</b>	Rice crispies Marshmallow
<b>Wednesday</b>	<b>Quorn mince and tatties</b>	Quorn mince Gravy Onions Potato	<b>Yogurt &amp; fruit</b>	Dairy free yougurt Seasonal fruit
<b>Thursday</b>	<b>Carrot &amp; coriander soup with wholemeal bread</b>	Carrot Onion Coriander Leek Potato Vegetable stock Water Wholemeal bread	<b>Rice Pudding</b>	Pudding rice Dairy free margarine Sugar Dairy free milk
<b>Friday</b>	<b>Sweet and sour quorn with rice</b>	Quorn pieces Rice Pineapple Onions Tomato ketchup Peppers Vinegar	<b>Jelly with fruit</b>	Vegetarian jelly Fresh fruit

<b>Week 3</b>	<b>Mains</b>	<b>Ingredients</b>	<b>Puddings</b>	<b>Ingredients</b>
<b>Monday</b>	<b>Tuna and white sauce pasta</b>	Pasta Tuna Dairy free margarine Plain flour Dairy free milk Peas Parsley Vegetable stock	<b>Yogurt &amp; fruit</b>	Dairy free yougurt Seasonal fruit
<b>Tuesday</b>	<b>Cajun rice with mixed vegetables</b>	Cajun seasoning Rice Onion Carrot Green beans Sweetcorn Peas	<b>Jelly with fruit</b>	Vegetarian jelly Fresh fruit
<b>Wednesday</b>	<b>Tomato soup with wholemeal bread</b>	Chopped tomato Onion Vegetable stock Carrot Leek Garlic Parsley Wholemeal bread	<b>Rice Pudding</b>	Pudding rice Dairy free margarine Sugar Dairy free milk
<b>Thursday</b>	<b>Tomato, basil and vegetable pasta</b>	Onion Basil Pasta Vegetable oil Chopped tomato Mixed vegetables	<b>Yogurt &amp; fruit</b>	Dairy free yougurt Seasonal fruit
<b>Friday</b>	<b>Quorn bangers and mash with mixed vegetables</b>	Quorn sausage Potato Dairy free butter Mixed vegetables	<b>Banana &amp; chocolate cake</b>	Self raising flour Baking powder Sugar Dairy free butter Dairy free milk Cocoa powder Bananas

<b>Week 4</b>	<b>Mains</b>	<b>Ingredients</b>	<b>Puddings</b>	<b>Ingredients</b>
<b>Monday</b>	<b>Quorn ratatouille with rice</b>	Rice Onion Quorn mince Mixed peppers Oregano Basil Chopped tomato	<b>Yogurt &amp; fruit</b>	Dairy free yougurt Seasonal fruit
<b>Tuesday</b>	<b>Vegetable soup with wholemeal bread</b>	Water Onion Carrot Potato Vegetable stock Leek Wholemeal bread	<b>Jelly with fruit</b>	Vegetarian jelly Fresh fruit
<b>Wednesday</b>	<b>White fish with tomato pasta</b>	Onion Mixed herbs Parsley White fish Pasta Vegetable oil Chopped tomato	<b>Yogurt &amp; fruit</b>	Dairy free yougurt Seasonal fruit
<b>Thursday</b>	<b>Creamy quorn korma with rice</b>	Quorn pieces Rice Dairy free margarine Dairy free milk Flour Onion Peppers Vegetable stock Curry paste	<b>Flapjacks</b>	Dairy free butter Demerara Sugar Golden Syrup Porridge Oats
<b>Friday</b>	<b>Sweet potato soup with wholemeal bread</b>	Sweet potato Carrot Onion Leeks Vegetable stock Wholemeal bread	<b>Rice Pudding</b>	Pudding rice Dairy free margarine Sugar Dairy free milk