



Ingredients List for Standard Menu

Week 1	Mains	Ingredients	Puddings	Ingredients
Monday	Chicken pesto pasta	Chicken Pasta Onion Flour Butter Milk Basil Sunflower oil	Yogurt & fruit	Plain yougurt Seasonal fruit
Tuesday	Leek & potato soup with wholemeal bread	Leeks Potato Vegetable stock Carrots Onions Wholemeal bread	Rice Pudding	Pudding rice Margarine Sugar Milk
Wednesday	Macaroni cheese with peas and sweetcorn	Macaroni Margarine Plain flour Cheddar cheese Whole milk Peas Sweetcorn Parsley Vegetable stock	Lemon cake	Self raising flour Baking powder Sugar Butter Milk Lemon
Thursday	Chilli con carne with rice	Rice Mince Onion Garlic Basil Oregano Tomato Kidney beans Chilli powder	Jelly with fruit	Beef jelly crystals Water Fresh fruit
Friday	Fish cakes and baked beans	Fish cakes Baked beans	Fruit salad	Mixed fruit

Week 2	Mains	Ingredients	Puddings	Ingredients
Monday	Vegetable soup with wholemeal bread	Water Onion Carrot Potato Vegetable stock Leek Wholemeal bread	Fruit salad	Mixed fruit
Tuesday	Tomato and tuna pasta	Onion Mixed herbs Parsley Tuna Pasta Vegetable oil Chopped tomato	Rice crispie cake	Rice crispies Chocolate Marshmallows
Wednesday	Mince and tatties	Mince Gravy Onions Potato	Yogurt & fruit	Plain yougurt Seasonal fruit
Thursday	Carrot & coriander soup with wholemeal bread	Carrot Onion Coriander Leek Potato Vegetable stock Water Wholemeal bread	Rice Pudding	Pudding rice Margarine Sugar Milk
Friday	Sweet and sour chicken with rice	Chicken Rice Pineapple Onions Tomato ketchup Peppers Vinegar	Jelly with fruit	Beef jelly crystals Water Fresh fruit

Week 3	Mains	Ingredients	Puddings	Ingredients
Monday	Tuna and white sauce pasta	Pasta Tuna Margarine Plain flour Whole milk Peas Parsley Vegetable stock	Yogurt & fruit	Plain yougurt Seasonal fruit
Tuesday	Cajun chicken with rice and vegetables	Cajun seasoning Chicken Rice Onion Carrot Green beans Sweetcorn Peas	Jelly with fruit	Beef jelly crystals Water Fresh fruit
Wednesday	Tomato soup with wholemeal bread	Chopped tomato Onion Vegetable stock Carrot Leek Garlic Parsley Wholemeal bread	Rice Pudding	Pudding rice Margarine Sugar Milk
Thursday	Tomato, basil and vegetable pasta	Onion Basil Pasta Vegetable oil Chopped tomato Mixed vegetables	Yogurt & fruit	Plain yougurt Seasonal fruit
Friday	Bangers and mash with mixed vegetables	Pork sausage Potato Dairy free butter Mixed vegetables	Banana & chocolate cake	Self raising flour Baking powder Sugar Butter Milk Cocoa powder Bananas

Week 4	Mains	Ingredients	Puddings	Ingredients
Monday	Beef ratatouille with rice	Rice Onion Beef mince Mixed peppers Oregano Basil Chopped tomato	Yogurt & fruit	Plain yougurt Seasonal fruit
Tuesday	Lentil soup with wholemeal bread	Red lentil Onions Potatoes Vegetable stock Leek Carrot Wholemeal bread	Jelly with fruit	Beef jelly crystals Water Fresh fruit
Wednesday	White fish with tomato pasta	Onion Mixed herbs Parsley White fish Pasta Vegetable oil Chopped tomato	Yogurt & fruit	Plain yougurt Seasonal fruit
Thursday	Creamy korma chicken curry with boiled rice	Chicken Rice Margarine Milk Flour Onion Peppers Vegetable stock Curry paste	Flapjacks	Dairy free butter Demerara Sugar Golden Syrup Porridge Oats
Friday	Sweet potato soup with wholemeal bread	Sweet potato Carrot Onion Leeks Vegetable stock Wholemeal bread	Rice Pudding	Pudding rice Margarine Sugar Milk