

SPRING TERM 2020

WEEK 1 - INGREDIENTS LIST

MONDAY

Rustic Chicken and Vegetable Curry and Rice

Chicken, reduced salt gravy, curry powder, carrots, peas, green beans, peppers, sweetcorn, rice.

Rustic Vegetable Curry and Rice (V)

Peppers, courgette, aubergine, mushroom, reduced salt gravy, carrots, peas, green beans, sweetcorn, rice.

Bennetts Ice Cream Cones

Bennetts ice cream, ice cream cones

TUESDAY

Mildly spiced Chunky Vegetable Pasta Bows

Mild chilli powder, pasta, reduced salt gravy, tinned tomatoes, mixed herbs, courgette, aubergine, carrot, parsnip, swede, peppers, mushroom, onion.

Fresh Fruit & Natural Yoghurt

Strawberries, melon, raspberries, peaches, blackberries, blueberries, pineapple, grapes, banana, natural yoghurt.

WEDNESDAY

Minced Beef and vegetable stew

Minced beef, potatoes, swede, carrot, parsnip, reduced salt gravy.

Minced quorn and vegetable stew (V)

Minced quorn, potatoes, swede, carrot, parsnip, reduced salt gravy

Homemade Mint Choc Chip Cookies and milk

Mint essence, chocolate chips, margarine, flour, egg, sugar, milk

THURSDAY

Cod and Vegetable Penne Pasta

Cod, pasta, reduced salt gravy, tinned tomatoes, mixed herbs, peppers, swede, carrot, parsnip, mushroom

Broccoli & Pepper Penne Pasta(V)

Broccoli, peppers, pasta, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, mushroom, onion, aubergine, courgette

Farmhouse Orange and Blueberry Sponge and Vanilla Sauce

Orange essence, orange zest, blueberries, margarine, egg, sugar, flour, custard powder, sugar, milk

FRIDAY

Minced Lamb, mashed potatoes, vegetables and gravy

Minced lamb, potatoes, swede, carrot, parsnip, onion, mushroom, reduced salt gravy.

Minced quorn, vegetables, mashed potatoes and gravy

Minced quorn, potatoes, swede, carrot, parsnip, onion, mushroom, reduced salt gravy.

Oat & Raisin Muffins

Oats, raisins, sugar, flour, margarine, egg.

WEEK 2 - INGREDIENTS LIST

MONDAY

Mixed Bean, Lentil and Vegetable Pasta Shells

Mixed beans, lentils, peas, carrots, broccoli, peppers, sweetcorn, green beans, pasta, reduced salt gravy, tinned tomatoes, mixed herbs.

Homemade Banana & Cranberry Muffins

Banana, Cranberries flour, sugar, margarine, egg

TUESDAY

Fisherman's Pie

Cod, tuna, salmon, potatoes, tinned tomatoes, reduced salt gravy, mixed herbs, peppers, onion, aubergine, courgette, swede, carrot, parsnip, cheese.

Harvest Pie (V)

Potatoes, tinned tomatoes, reduced salt gravy, mixed herbs, peppers, onion, aubergine, courgette, swede, carrot, parsnip, cheese

St Clement's Cookies and Milk

Orange and lemon zest and essence, milk, margarine, flour, egg , sugar.

WEDNESDAY

Minced Lamb and Vegetable Savoury Rice

Minced lamb, onion, parsnip, swede, carrot, mushroom, reduced salt gravy, rice

Minced quorn and vegetable savoury rice. (V)

Minced quorn, onion, parsnip, swede, carrot, mushroom, reduced salt gravy, rice.

Fresh Fruit & Natural Yoghurt

Banana, strawberries, blueberries, blackberries, grapes, raspberries, melon, pineapple, peaches, natural yoghurt.

THURSDAY

Pork sausage, diced potatoes, mixed vegetables and gravy

Pork sausage, potatoes, swede, carrot, peas, sweetcorn, reduced salt gravy

Quorn sausage, diced potatoes, mixed vegetables and gravy

Quorn sausage, potatoes, swede, carrot, peas, sweetcorn, reduced salt gravy.

Hayswood Glory

Bennetts ice cream, banana, cream, sauce, sprinkles.

FRIDAY

Chicken, bacon and vegetable spaghetti bolognese

Chicken, bacon, spaghetti, tinned tomatoes, reduced salt gravy, mixed herbs, aubergine, courgette, swede, carrot, parsnip, peppers, onion, mushrooms.

Aubergine and Courgette Spaghetti Bolognese

Swede, parsnip, carrot, peppers, mushroom, onion, courgette, aubergine, tinned tomatoes, reduced salt gravy, mixed herbs

Farmhouse Chocolate Sponge and Chocolate Sauce

Cocoa, flour, sugar, egg, margarine, milk, custard powder

WEEK 3 - INGREDIENTS LIST

MONDAY

Salmon and Vegetable Rissotto

Salmon, rice, tinned tomatoes, reduced salt gravy, mixed herbs, peas, sweetcorn, green beans, broccoli, carrots

Mixed Vegetable Rissotto (V)

Rice, tinned tomatoes, reduced salt gravy, mixed herbs, peas, sweetcorn, green beans, broccoli, carrots.

Cherry Sponge and Custard

Glace Cherries, flour, sugar, egg, margarine, milk, custard powder

TUESDAY

Pork Sausage and Vegetable Pasta Twists

Pork sausage, pasta, reduced salt gravy, tinned tomatoes, mixed herbs, aubergine, courgette, onion, mushroom, peppers, swede, carrot, parsnip

Quorn Sausage and Vegetable Pasta Twists (V)

Quorn sausage, pasta, reduced salt gravy, tinned tomatoes, mixed herbs, aubergine, courgette, onion, mushroom, peppers, swede, carrot, parsnip

Madresfield Mess

Bennetts ice cream, meringue, banana, strawberries, cream, sauce, sprinkles.

WEDNESDAY

Rustic minced beef and vegetable gratin

Minced beef, potatoes, swede, carrot, parsnip, mushroom, reduced salt gravy

Broccoli, Cauliflower and Vegetable Gratin

Broccoli, cauliflower, potatoes, swede, carrot, parsnip, mushroom, reduced salt gravy

Homemade Lemon & White Chocolate Chip Muffins

White chocolate chips, flour, sugar, egg, margarine, lemon essence.

THURSDAY

Turkey and Vegetable Casserole

Turkey, reduced salt gravy, mushroom, onion, potatoes, swede, carrot, parsnip.

Quorn Chunks and Vegetable Casserole (V)

Quorn chunks, reduced salt gravy, mushroom, onion, potatoes, swede, carrot, parsnip.

Rainbow's End Cookies and Milk

Margarine, egg, sugar, margarine, dried fruit, milk

FRIDAY

Tomato, Vegetable and Mushroom Jambalaya

Tinned tomatoes, reduced salt gravy, mixed herbs, swede, carrot, parsnip, courgette, onion, aubergine, mushroom, peppers, rice

Mixed Bean & Vegetable Chilli & Rice (V)

Mixed beans, mild chilli powder, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, onion, mushroom, aubergine, courgette, rice.

Fresh Fruit and Natural Yoghurt

Pineapple, melon, strawberries, grapes, blueberries, banana, natural yoghurt