



## Winter Spring – Week 1 – Lunch Menu

W/C 30<sup>th</sup> Dec, 27<sup>th</sup> Jan, 24<sup>th</sup> Feb, 24<sup>th</sup> Mar

	First Course	Ingredients	Second Course	Ingredients
<b>Monday</b>	<b>Mushroom Carbonara Organic Pasta</b>	Mushrooms, Sweetcorn, Peas, Butter Beans, <b>Bechamel Sauce D</b> , <b>Organic Pasta G</b>	<b>Flapjack</b>	Oats, Dairy-Free Spread, Golden Syrup
<b>Tuesday</b>	<b>Chicken Casserole Wholemeal Bread Roll</b>	Chicken, Parsnips, Leeks, Potatoes, Onions, Carrots, Garlic, Gravy, Spinach, Parsley, Rosemary <b>Wholemeal Bread Roll G</b>	<b>Organic Yeo Valley Yoghurt</b>	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
<b>Wednesday</b>	<b>Roast Turkey New Potatoes Carrots Gravy</b>	Turkey, New Potatoes, Carrots, Gravy	<b>Eve's Pudding</b>	<b>Self-Raising Flour G</b> , <b>Free Range Egg E</b> , Apple, Caster Sugar, Dairy-Free Spread
<b>Thursday</b>	<b>Thai Green Curry Rice</b>	Sweet Potatoes, Mixed Peppers, <b>Quorn Pieces E</b> , Peas, Sweetcorn, Coconut Milk, Thai Green Curry Paste, Lime Juice, Onions, Spinach, Chickpeas, Gravy, <b>Tomato Puree T</b> , Garlic, Coriander, Rice	<b>Fruit Salad</b>	Melon, Peach, Pineapple
<b>Friday</b>	<b>Veggie Shepherd's Pie Sweetcorn</b>	<b>Soya Mince S</b> , Green Lentils, Gravy, Leeks, Onions, Carrots, Swede, Garlic, Spinach, Worcestershire Sauce, Oregano, Potatoes, Dairy Free Spread, Sweetcorn	<b>Organic Yeo Valley Yoghurt</b>	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice



### Allergen keys

**G** - Contains Gluten **D** - Contains Dairy Products **E** - Contains Egg **S** - Contains Soya  
**SD** - Contains Sulphur Dioxide **F** - Contains Fish **T** - Contains Tomato **C** - Contains Celery

ALL OF THESE DISHES ARE FREE FROM PEANUTS, TREE NUTS, SESAME SEEDS, MUSTARD, LUPIN, CRUSTACEA AND MOLLUSCS.



# Early Years Catering



## Winter Spring – Week 2 – Lunch Menu

W/C 6<sup>th</sup> Jan, 3<sup>rd</sup> Feb, 3<sup>rd</sup> Mar, 31<sup>st</sup> Mar

	First Course	Ingredients	Second Course	Ingredients
<b>Monday</b>	<b>Pasta Pomodoro Grated Cheddar Cheese</b>	<b>Tomatoes T</b> , Roasted Red Peppers, Red Lentils, Mixed Peppers, Onions, Leeks, Garlic, <b>Tomato Puree T</b> , Basil, Oregano, <b>Organic Pasta G</b> , <b>Cheddar Cheese D</b>	<b>Organic Yeo Valley Yoghurt</b>	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
<b>Tuesday</b>	<b>Chickpea Madras Wholemeal Rice Naan</b>	Chickpeas, Sweet Potatoes, Coconut Milk, Mixed Peppers, <b>Tomatoes T</b> , Carrots, Onions, Garlic, Spinach, <b>Tomato Puree T</b> , Cumin, Turmeric, Coriander, Mild Madras Curry Powder, Wholemeal Rice, <b>Naan G</b>	<b>Lemon &amp; Apple Sponge</b>	<b>Self-Raising Flour G</b> , <b>Free Range Egg E</b> , Lemon Juice, Apple, Caster Sugar, Dairy-Free Spread, Icing Sugar
<b>Wednesday</b>	<b>Roast Pork Gravy New Potatoes Mixed Vegetables</b>	Pork, Gravy, New Potato, Broad Beans, Peas, Carrots, Green Beans, Sweetcorn	<b>Fruit Salad</b>	Melon, Peach, Pineapple
<b>Thursday</b>	<b>Organic Beef and Mushroom Stroganoff Couscous</b>	Beef, Mushrooms, <b>Double Cream D</b> , Potatoes, Mixed Peppers, Onions, Carrots, Gravy, Garlic, Paprika, <b>Couscous G</b>	<b>Organic Yeo Valley Yoghurt</b>	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
<b>Friday</b>	<b>Vegetable Lasagne Sweetcorn</b>	<b>Lasagne Sheets G</b> , <b>Tomatoes T</b> , Roasted Red Peppers, Mixed Peppers, Onions, Carrots, Red Lentils, <b>Tomato Puree T</b> , Basil, Garlic, Oregano, <b>Bechamel Sauce D</b> , <b>Mozzarella Cheese D</b> , <b>Cheddar Cheese D</b> , Sweetcorn	<b>Flapjack</b>	Oats, Dairy Free Spread, Golden Syrup

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[www.earlyyearscatering.co.uk](http://www.earlyyearscatering.co.uk)





## Winter Spring – Week 3 – Lunch Menu

W/C 13<sup>th</sup> Jan, 10<sup>th</sup> Feb, 10<sup>th</sup> Mar, 7<sup>th</sup> Apr

	First Course	Ingredients	Second Course	Ingredients
<b>Monday</b>	<b>Apricot and Rosemary Chicken Rice</b>	Chicken, Apricots, Sweet Potatoes, Aubergine, Courgettes, Mixed Peppers, Onions, <b>Tomatoes T</b> , Gravy, Garlic, Rosemary Rice	<b>Flapjack</b>	Oats, Dairy-Free Margarine, Golden Syrup
<b>Tuesday</b>	<b>Winter Bean Stew Wholemeal Roll</b>	Kidney Beans, Cannellini Beans, Sweet Potatoes, Peas, Carrots, Onions, <b>Tomatoes T</b> , Spinach, Garlic, Smoked Paprika, Parsley, Worcestershire Sauce, Gravy <b>Wholemeal Roll G</b>	<b>Organic Yeo Valley Yoghurt</b>	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
<b>Wednesday</b>	<b>Salmon and Roasted Red Pepper Sauce Wholemeal Pasta Grated Cheddar Cheese</b>	Roasted Red Peppers, <b>Salmon F</b> , <b>Tuna F</b> , <b>Tomatoes T</b> , Onions, Mixed Peppers, Garlic, Basil, Oregano, <b>Wholemeal Fusilli Pasta G</b> <b>Cheddar Cheese D</b>	<b>Apple and Blackberry Sponge</b>	<b>Self-Raising Flour G</b> , <b>Free Range Egg E</b> , Caster Sugar, Dairy-Free Spread, Apple, Blackberries
<b>Thursday</b>	<b>Veggie Meatballs in Gravy Mashed Potato Sliced Carrots</b>	<b>Veggie Meatballs S, T</b> , Gravy, Potatoes, Dairy Free Spread, Carrots	<b>Fruit Salad</b>	Melon, Peach, Pineapple
<b>Friday</b>	<b>Organic Beef Ragu Couscous</b>	Beef, <b>Tomatoes T</b> , Mixed Peppers, Red Lentils, Roasted Red Peppers, Onions, Carrots, Spinach, Gravy, Garlic, Basil, Oregano, <b>Couscous G</b>	<b>Organic Yeo Valley Yoghurt</b>	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice

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## Winter Spring – Week 4 – Lunch Menu

W/C 20<sup>th</sup> Jan, 17<sup>th</sup> Feb, 17<sup>th</sup> Mar, 14<sup>th</sup> April

	First Course	Ingredients	Second Course	Ingredients
<b>Monday</b>	<b>Chicken Tikka Masala Rice</b>	Chicken, Mango, Sweet Potatoes, Coconut Milk, Mixed Peppers, Onions, <b>Tomatoes T</b> , Peas, Garlic, Coriander, Cumin, Garam Masala, Ginger, Turmeric, Rice	<b>Organic Yeo Valley Yoghurt</b>	<b>Organic Milk D</b> , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
<b>Tuesday</b>	<b>Mediterranean Tomato Sauce Organic Pasta Grated Cheddar</b>	<b>Tomatoes T</b> , Onions, Courgettes, Aubergine, Mixed Peppers, Red Lentils, Roasted Red Peppers, Black Olives, Sweetcorn, Garlic, Basil, Oregano, Smoked Paprika, <b>Pasta G</b> , <b>Cheddar Cheese D</b>	<b>Flapjack</b>	Oats, Dairy Free Spread, Golden Syrup
<b>Wednesday</b>	<b>Veggie Sausages Gravy Mashed Potatoes Peas</b>	<b>Veggie Sausage G</b> , Gravy, Peas, Potatoes, Dairy Free Spread	<b>Organic Yeo Valley Yoghurt</b>	<b>Organic Milk D</b> , <b>Organic Fruit Puree</b> , <b>Organic Sugar</b> , <b>Organic Maize Starch</b> , <b>Organic Lemon Juice</b>
<b>Thursday</b>	<b>Vegan Tacos Wholemeal Rice</b>	<b>Soya Mince S</b> , Kidney Beans, Mixed Peppers, Onions, <b>Tomatoes T</b> , Gravy, Garlic, Coriander, Cumin, Oregano, <b>Tacos G</b> , Wholemeal Rice	<b>Carrot Cake</b>	<b>Self-raising Flour G</b> , Caster Sugar, <b>Free Range Egg E</b> , Rapeseed Oil, Carrot, Mixed Spice, <b>Cream Cheese D</b> Lemon Juice, Vanilla Essence
<b>Friday</b>	<b>Lamb Hotpot New Potatoes</b>	Lamb, Borlotti Beans, Flageolet Beans, Parsnips, Leeks, Swede, Peas, Onions, Carrots, Gravy, Garlic, Parsley, Mint Sauce, New Potatoes	<b>Fruit Salad</b>	Melon, Peach, Pineapple



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