FOI.12477 - Attachment 13

Egg free lunch (week 1)

Monday
Section: Starters
Orange juice
Butternut Squash Soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chicken, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Tuesday
Section: Starters
Orange juice
Tomato Soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chicken, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Wednesday
Section: Starters
Orange juice
Cauliflower & Apple Soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Selction: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Thursday
Section: Starters
Orange juice
Vegetable Soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Friday
Section: Starters
Orange juice
Mushroom soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Saturday
Section: Starters
Orange juice
Leek & Potato Soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Sunday
Section: Starters
Orange juice
Tomato Soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Egg free lunch (week 2)

Monday
Section: Starters
Orange juice
Carrot and coriander soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chicken, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Tuesday
Section: Starters
Orange juice
Leek and potato soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chicken, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Wednesday
Section: Starters
Orange juice
Mushroom soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Thursday
Section: Starters
Orange juice
Tomato soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Friday
Section: Starters
Orange juice
Vegetable soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Saturday
Section: Starters
Orange juice
Pea and mint soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)

Sunday
Section: Starters
Orange juice
Parsnip and rosmary soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
Section: Extras
Custard
Cream (for the tart or fruit pot)