INGREDIENT & ALLERGENS

PRIMARY SCHOOL MENU

SEPT 2026 – FEB 2027

Ingredients Check

To be signed daily to confirm that the person serving has read & understood the allergen content for the days dish

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LUNCH MENU

Cupcakes EARLY YEARS CATERING

WEEK ONE

Weeks Commencing:

1st Sep - 21st Sep - 12th Oct
2nd Nov - 23rd Nov - 14th Dec
4th Jan - 25th Jan - 15th Feb

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	VEGETABLE KORMA CURRY MIXED VEGETABLES NAAN BREAD	OVEN BAKED PORK SAUSAGE ROLLS BAKED BEANS	CHEESY TOPPED BEEF & VEGETABLE LASAGNE CRUSTY BREAD	CREAMY CHICKEN WITH LEEK & POTATO GARLIC BREAD	PIZZA BAR CHOOSE YOUR OWN TOPPINGS CHICKEN, CHORIZO, PEPPER, CHEESE, PINEAPPLE SIDE SALAD
VEGETARIAN OPTION	AS ABOVE	SAVOURY CHEESE ROLL (V) BAKED BEANS	CHEESY VEGETARIAN MINCE LASAGNE CRUSTY BREAD	CREAMY QUORN WITH LEEK & POTATO GARLIC BREAD	AS ABOVE
JACKET POTATO	COLESLAW GRATED CHEESE SIDE SALAD	TUNA MAYO GRATED CHEESE SIDE SALAD	BAKED BEANS GRATED CHEESE SIDE SALAD	COLESLAW GRATED CHEESE SIDE SALAD	BAKED BEANS GRATED CHEESE SIDE SALAD
COLD OPTION	CHEESE & BISCUITS CREAM CHEESE, CHEDDAR CHEESE & HUMMUS SIDE SALAD	TORTILLA WRAP WITH HAM OR CHEESE (V) SIDE SALAD	CHICKEN GOUJONS TOMATO DIP SIDE SALAD	PLOUGHMANS LUNCH CRUSTY BREAD HAM, CHEESE & SWEET PICKE SIDE SALAD	WHOLEMEAL SANDWICH WITH HAM OR CHEESE (V) SIDE SALAD
DESSERT	SWISS ROLL	FRUIT CRUMBLE	LOW SUGAR FRUIT JELLY & WHIPPED CREAM	BANANA & CUSTARD	FRESHLY BAKED FRUIT COOKIE

All dietary needs / allergens catered for

Fruit & yoghurts available every day

www.cupcakescatering.co.uk

01527 821977

FOOD HYGIENE RATING 0 1 2 3 4 5 VERY GOOD

WEEK ONE - MONDAY

VEGETABLE KORMA CURRY

Carrots / Peas / Beans / Sweetcorn / Sweet Potato
Chickpeas

SPICE MIX:
Coriander , Sunflower Oil, Turmeric, Cumin, Salt, Chili, Fenugreek, Anise, Ginger , Tomato Puree, Garlic, Sugar , Citric Acid, Lentil Flour ,
Coconut Powder , Lemon Juice, Acetic Acid.
Gluten Free Flour:
Rice Flour, Tapioca Starch, Potato Starch, Maize Flour, Raising Agents (Calcium Phosphates, Sodium Carbonates), Thickener (Xanthan Gum).
Coconut Milk
Dairy Free Cream:
Lentil protein preparation (water , 1.1% lentil flour), coconut fat, rapeseed oil, sugar , modified corn starch, emulsifiers (sunflower lecithin, sugar esters of fatty acids, mono-and diglycerides of fatty acids), stabilisers (guar gum, locust bean gum), natural flavouring, salt, colour (beta-carotene).
Naan Bread:
Fortified **WHEAT Flour** (Calcium Carbonate, Niacin, Iron, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphate, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds.

SWISS ROLL

Vanilla Flavoured Filling (26%), **Wheat Flour**, Sugar, Strawberry Flavoured Filling (15%) or Cocoa Flavoured Filling **Pasteurised Whole Egg**, INGREDIENTS: Sugar, **Wheat Flour**, Strawberry Flavoured Filling (Glucose-Fructose Syrup, Water, Sugar, Strawberry Purée or Cocoa, Modified Maize Starch, Acidity Regulators (E330, E331), Gelling Agent (E440), Colours (E163, E100), Flavouring, Preservative (E202)), Palm Oil, Glucose Syrup, Whole Egg, Water, Humectants (E422, E420), **Soya Flour**, **Whey Powder (Milk),** Raising Agents (E450, E500), Salt, Preservatives (E262, E202), Emulsifiers (E471, E475), Acidity Regulators (E330, E260), Flavouring. Allergy advice: For allergens, including cereals containing gluten, see ingredients in bold. **May also contain nuts.**

COLD OPTION

CHEESE & BISCUITS

Cream Crackers
Flour (**WHEAT Flour**, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Salt, Raising Agent (Sodium Bicarbonate), Yeast.
Breadsticks
WHEAT Flour, Extra Virgin Olive Oil (4.5%), Yeast, Salt, Malt: BARLEY Malt Extract. May Contact **Sesame, Soya**, **Mustard & Milk**
Cheddar Cheese **(Milk / Potato Starch)**
Hummus **(Sesame)**
Cooked Chickpeas (46%) [Water, Chickpeas], Rapeseed Oil, Water, Tahini (14%) **Sesame Seed Paste],** Salt, Garlic Granules, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate.

WEEK ONE - TUESDAY

SAUSAGE ROLLS

Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Pork (23%), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Concentrated Lemon Juice), Seasoning Mix (Wheat Flour (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Ammonium Carbonate, Dried Onion, Spices
Sunflower Oil, Glaze (Water, **Milk Proteins**, Dextrose, Rapeseed Oil, Salt, Yeast Extract, Sage)

LOW SUGAR BAKED BEANS

Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

FRUIT CRUMBLE

Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).
Flour **(Wheat)**
Fruit
Sugar

COLD OPTION

TORTILLA WRAPS

WHEAT flour (66%) (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT fibre**, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT gluten,** preservative (E282).
Ham
Cheddar Cheese (Milk / Potato Starch)

Yoghurts	Jacket Potato Fillings:
Milk / Citric Acid	**Cheese:** (Milk / Potato Starch) **Low Sugar Baked Beans Beans** (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, **Tuna Mayonnaise Fish, Egg** **Coleslaw** Milk Mustard Egg

WEEK ONE - WEDNESDAY

BEEF & VEGETABLE LASAGNE
5% Fat Minced Beef
Lasagne Sheets
Durum Wheat Semolina
Tinned Tomatoes
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
Tomato Puree
Mixed Herbs
Garlic Puree (contains Citric Acid)
Bechamel Sauce
Wheat Flour (WHEAT Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour , Whey Powder **(MILK),** Palm Oil, **Whole MILK** Powder , Sugar , Salt, Rapeseed Oil, Yeast Extract, Onion Powder , Spices, Herb.
Carrots
Cheese (**Milk, Potato Starch)**

CRUSTY BREAD
Wheat Soya

LOW SUGAR JELLY
Jelly Crystals
Sugar, Dextrose, Beef Gelatine, Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.

WHIPPED CREAM
BUTTERMILK (40%), Water, Vegetable Oils in varying proportions (24%) (Palm, Coconut, Hydrogenated Palm, Rapeseed), Sugar, Skimmed **MILK Powder**, **MILK Proteins**, Emulsifiers (E435, E471), Stabiliser (E407), Natural Flavouring (contains MILK), Colour (E 160a), Propellant Gas (E 942).

COLD OPTION

CHICKEN GOUJONS
Chicken Breast Meat 46%, Maize, Breadcrumb (Wheat Flour, Yeast, Salt**), Wheat Flour,** Rapeseed Oil, Chicken Collagen, Water, Modified Wheat Starch, Rice Flour, **Wheat Gluten**, Salt, Sugar, **Barley** Maltextract, Stabilizers

TOMATO DIP

SIDE SALAD

Yoghurts	Jacket Potato Fillings:
YOGHURT SELECTION **Milk** / Citric Acid	**Cheese:** (Milk / Potato Starch) **Low Sugar Baked Beans Beans** (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, **Tuna Mayonnaise Fish, Egg** **Coleslaw** Milk Mustard Egg

WEEK ONE – THURSDAY

CREAMY CHICKEN WITH LEEK & POTATO
Chicken Breast
Dairy Free Cream:
Lentil protein preparation (water , 1.1% lentil flour), coconut fat, rapeseed oil, sugar , modified corn starch, emulsifiers (sunflower
lecithin, sugar esters of fatty acids, mono-and diglycerides of fatty acids), stabilisers (guar gum, locust bean gum), natural flavouring, salt, colour (beta-carotene).
Garlic, Oregano
Gluten Free Flour:
Rice Flour, Tapioca Starch, Potato Starch, Maize Flour, Raising Agents (Calcium Phosphates, Sodium Carbonates), Thickener (Xanthan Gum).
Leeks
Potato

GARLIC & PARSLEY SLICES
WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Garlic Purée (4%), Yeast, Parsley, Salt, Dextrose, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Natural Flavouring, Natural Colour (Beta Carotene).
May Contain Milk

BANANA & CUSTARD
Custard:
Reconstituted **Skimmed MILK powder** , Reconstituted **Buttermilk powder (MILK),** Water , Sugar , Modified Maize Starch, Palm Oil**, MILK protein**, Coconut Oil, Flavouring, Stabiliser (E451), Colours (Annatto norbixin (E160b(ii)), Curcumin)

COLD OPTION

PLOUGHMANS LUNCH
CRUSTY BREAD: (**WHEAT SOYA)**
HAM
Cheese (**Milk, Potato Starch)**
Sweet Pickle:
Vegetables in variable proportions (36%) (Swede, Rehydrated Onion, Rehydrated Carrot, Cauliflower), Water , Sugar , **BARLEY Malt Vinegar** , Thickener (Modified Maize Starch), Apple Pulp (Apple, Acetic acid), Acidity Regulator (Acetic acid), Date Paste, Tomato Paste, Brown Sugar , Spices, Colour (Ammonia caramel). **Contains Gluten**

SIDE SALAD

WEEK ONE - FRIDAY

CHEESE & TOMATO PIZZA

WHEAT Flour (29%) (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine**), Cheese (21%)[Mozzarella, Cheddar](MILK),** Tomato Sauce (16%) [Water, Tomato Powder, Stabilizer: Modified Potato Starch, Sugar, Salt, Dried Oregano, Garlic Powder, Onion Powder, Colour: Paprika Extract, Rapeseed Oil], Water, **Wholemeal Flour (10%) (WHEAT**), Pre-mix [**WHEAT Flour (WHEAT Flour,** Calcium Carbonate, Niacin, Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier: Diacetyltartaric Acid Esters of Mono- and Diglycerides (Rapeseed), Flour Treatment Agent: Ascorbic Acid], Rapeseed Oil, Yeast.

TOPPINGS

CHICKEN
Chorizo:
Pork, Salt, Smoked Paprika, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate), Nutmeg, Preservative (Sodium Nitrite), Oregano
Mixed Peppers
Cheese (**Milk**, Potato Starch)
Pineapple

SIDE SALAD

FRUIT COOKIE

Dried Fruit **(Sulphites)**
Flour **(Wheat)**
Sugar
Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).

WHOLEMEAL SANDWICH

Wholemeal **Wheat Flour**, Water, Wheat Protein, Yeast, Wheat Bran, Salt, Vegetable Oils and Fat [Rapeseed Oil, Palm Fat, Palm Oil], Malted BarleyFlour, Sugar, Spirit Vinegar, Soya Flour, Preservative (Calcium Propionate), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)
Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).
Cheddar Cheese (Milk / Potato Starch)
Ham
Cheese (**Milk**, Potato Starch)

Yoghurts	Jacket Potato Fillings:
YOGHURT SELECTION **Milk** / Citric Acid	**Cheese:** (Milk / Potato Starch) **Low Sugar Baked Beans Beans** (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, **Tuna Mayonnaise Fish, Egg** **Coleslaw** Milk Mustard Egg

LUNCH MENU

Cupcakes EARLY YEARS CATERING

WEEK TWO

Weeks Commencing:

7th Sept – 28th Sept – 19th Oct

9th Nov – 30th Nov – 21st Dec

11th Jan – 1st Feb – 22nd Feb

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	MAC & CHEESE PEAS	MILD CHICKEN BALTI MIXED VEGETABLEs STEAMED RICE	FISHCAKE BAP FISH & POTATO CAKE, SERVED IN A SOFT ROLL TOMATO SAUCE SIDE SALAD	CHEESY TOPPED TOMATO PASTA BAKE With SWEETCORN	PORK SAUSAGES & PEAS ONION GRAVY YORKSHIRE PUDDING
VEGETARIAN OPTION	AS ABOVE	MILD QUORN BALTI MIXED VEGETABLES STEAMED RICE	VEGETABLE CUTLET BAP SERVED IN A SOFT ROLL TOMATO SAUCE SIDE SALAD	AS ABOVE	VEGAN SAUSAGE & PEAS ONION GRAVY YORKSHIRE PUDDING
JACKET POTATO	COLESLAW GRATED CHEESE SIDE SALAD	TUNA MAYO GRATED CHEESE SIDE SALAD	BAKED BEANS GRATED CHEESE SIDE SALAD	COLESLAW GRATED CHEESE SIDE SALAD	BAKED BEANS GRATED CHEESE SIDE SALAD
COLD OPTION	FLATBREAD HAM or CHEESE SIDE SALAD	SWEETCORN & PEPPER PASTA SPIRALS, GRATED CHEESE SIDE SALAD	CHEESE PUFF PASTRIES SIDE SALAD	BAGELS HAM or CREAM CHEESE SIDE SALAD	WHOLEMEAL SANDWICH with CHEESE
DESSERT	SWISS ROLL	FRESHLY BAKED FRUIT COOKIE	SLICED MELON	FRESHLY BAKED FRUIT FLAPJACK	FRESHLY BAKED FRUIT SPONGE

All dietary needs / allergens catered for

Fruit & yoghurts available every day

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01527 821977

FOOD HYGIENE RATING 0 1 2 3 4 5 VERY GOOD

WEEK TWO - MONDAY

MAC & CHEESE

Macaroni Pasta **(Wheat, Semolina)**
Bechamel Sauce:
Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour, **Whey Powder (MILK**), Palm Oil, **Whole MILK Powder**, Sugar, Salt, Rapeseed Oil, Yeast Extract, Onion Powder, Spices, Herbs.
Cheddar Cheese (**Milk /** Potato Starch)
Peas

SWISS ROLL

Vanilla Flavoured Filling (26%), **Wheat Flour**, Sugar, Strawberry Flavoured Filling (15%) or Cocoa Flavoured Filling **Pasteurised Whole Egg,** INGREDIENTS: Sugar, **Wheat Flour**, Strawberry Flavoured Filling (Glucose-Fructose Syrup, Water, Sugar, Strawberry Purée or Cocoa, Modified Maize Starch, Acidity Regulators (E330, E331), Gelling Agent (E440), Colours (E163, E100), Flavouring, Preservative (E202)), Palm Oil, Glucose Syrup, Whole Egg, Water, Humectants (E422, E420), **Soya Flour, Whey Powder (Milk),** Raising Agents (E450, E500), Salt, Preservatives (E262, E202), Emulsifiers (E471, E475), Acidity Regulators (E330, E260), Flavouring. Allergy advice: For allergens, including cereals containing gluten, see ingredients in bold. **May also contain nuts**.

COLD OPTION

Flatbreads:
WHEAT Flour, Water, Yeast, Sugar, Salt.
Cheddar Cheese (**Milk / Potato Starch)**
Sliced Ham

Yoghurts	Jacket Potato Fillings:
Milk / Citric Acid	**Cheese:** (Milk / Potato Starch) **Low Sugar Baked Beans Beans** (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, **Tuna Mayonnaise Fish, Egg** **Coleslaw** Milk Mustard Egg

WEEK TWO - TUESDAY

CHICKEN BALTI

Diced Potato / Spinach / Muchrooms / Chickpeas
SPICE MIX:
Coriander , Sunflower Oil, Turmeric, Cumin, Salt, Chili, Fenugreek, Anise, Ginger , Tomato Puree, Garlic, Sugar , Citric Acid, Lentil Flour ,
Coconut Powder , Lemon Juice, Acetic Acid.
Coconut Milk
GF Flour:
Rice Flour, Tapioca Starch, Potato Starch, Maize Flour, Raising Agents (Calcium Phosphates, Sodium Carbonates), Thickener (Xanthan Gum).
Tinned Tomatoes:
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
Tomato Puree
Mixed Vegetable
Carrot Peas Beans Sweetcorn
STEAMED RICE

FRUIT COOKIE
FLOUR **(WHEAT)**
Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).
Dried Fruit **(Sulphites)**
Sugar

COLD OPTION

SWEETCORN & PEPPER PASTA SPIRALS
Pasta Twists:
Durum Wheat & Semolina
Tinned Tomatoes
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
Tomato Puree
Mixed Herbs
Cheddar Cheese **(Milk / Potato Starch)**

SIDE SALAD

WEEK TWO - WEDNESDAY

FISH & POTATO CAKE
Minced Whitefish **(FISH)** (36%), Water , Potato Flake, **WHEAT Flour (WHEAT Flour** , Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Rapeseed Oil, Salt, Raising agent (Sodium Phosphates), Onion, Sage, Parsley, Yeast, Mono- and diglycerides of Fatty
Acids, Pepper Extract.

SOFT ROLL
WHEAT Flour (WHEAT Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Water , Sugar , Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers: E471, E472(e). Flour Treatment Agents: E300, E920. **May Contain Sesame**

TOMATO SAUCE

SIDE SALAD

CHEESE & ONION PUFF PASTRIES
Fortified Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Onions (14%), Palm Oil, Coloured Mature Cheddar Cheese (11%) [Cheddar Cheese (**Milk**), Colour (Carotenes)], Potatoes (11%), Medium Fat Soft Cheese (11%) [Medium Fat Soft Cheese (**Milk**), Sea Salt], Extra Mature Cheddar Cheese (**Milk**) (5%), Cornflour, Whole **Milk**, Rapeseed Oil, Salt, Garlic Purée, Water, Stabiliser (Hydroxypropyl Methyl Cellulose), Dextrose, White Pepper, White Wine Vinegar

SLICED MELON

WEEK TWO - THURSDAY

VEGETABLE PASTA BAKE with CHEESE
Pasta Twists:
Durum Wheat & Semolina
Tinned Tomatoes
Mixed Peppers / Spinach
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
Tomato Puree
Mixed Herbs
Garlic Puree (Contain Citric Acid)
Low Salt Gravy (Bisto Low Salt)
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier **(Soya Lecithin),** Black Pepper Extract, Rosemary Extract, Onion Oil.
Thickening Granules
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier **(Soya Lecithin)**
Cheddar Cheese **(Milk / Potato Starch) * May Contain Gluten**
Sweetcorn

BAGELS
WHEAT Flour (WHEAT Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water , Sugar , Maize, Yeast, Rapeseed Oil, Salt, WHEAT **Gluten, Malted BARLEY Flour** , Flour Treatment Agent (Ascorbic Acid). **May Contain Sesame**
Cream Cheese (Milk)
Cream (MILK), Skimmed MILK, MILK Solids, Modified Starch E1442, Salt, Potassium Sorbate E202, Culture
Sliced Ham

FRUIT FLAPJACK
Dried Fruit **(Sulphites)**
Rolled Oats (Wheat Gluten)
Golden Syrup
Brown Sugar
Vanilla Essence
Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).

Yoghurts	Jacket Potato Fillings:
YOGHURT GREEK **Milk** / Citric Acid	**Cheese:** (Milk / Potato Starch) **Low Sugar Baked Beans Beans** (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, **Tuna Mayonnaise Fish, Egg** **Coleslaw** Milk Mustard Egg

WEEK TWO - FRIDAY

SAUSAGES

2 sausages per child Pork Sausages
Pork (56%), Water, Rusk (**Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Salt), Seasoning (Salt, Rusk (**Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Salt, Raising Agents (Ammonium Hydrogen Carbonate), Emulsifiers: Diphosphates, Triphosphates, Dextrose, Flavour Enhancer: Monosodium Glutamate, Preservative: **Sodium Metabisulphite**, Spice (Pepper), Herb (Marjoram), Antioxidant: Sodium Ascorbate, Sugar, Spice Extracts (Cayenne, Mace, Ginger, Nutmeg, Pimento, Pepper), Herb Extract (Sage)), Potato Starch, Rice Flour, **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Dextrose, Salt.
New Potatoes
Peas

ONION GRAVY

Low Salt Gravy (Bisto Low Salt)
Onion (Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier **(Soya Lecithin),** Black Pepper Extract, Rosemary Extract, Onion Oil.

YORKSHIRE PUDDING

WHEAT Flour (**WHEAT** Flour , Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), **EGG** White, Whole **EGG**, Water , Rapeseed Oil, Skimmed **MILK** Powder , Salt.

WHOLEMEAL SANDWICH

Wholemeal **Wheat Flour**, Water, Wheat Protein, Yeast, Wheat Bran, Salt, Vegetable Oils and Fat [Rapeseed Oil, Palm Fat, Palm Oil], Malted BarleyFlour, Sugar, Spirit Vinegar, Soya Flour, Preservative (Calcium Propionate), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)
Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).
Cheddar Cheese (Milk / Potato Starch)
Ham
Cheese (**Milk**, Potato Starch)

FRESHLY BAKED FRUIT SPONGE

Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).
Eggs
Sugar
Flour **(Wheat/Gluten)**
Vanilla Essence

Yoghurts	Jacket Potato Fillings:
Milk / Citric Acid	**Cheese:** (Milk / Potato Starch) **Low Sugar Baked Beans Beans** (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, **Tuna Mayonnaise Fish, Egg** **Coleslaw** Milk Mustard Egg

LUNCH MENU

Cupcakes EARLY YEARS CATERING

WEEK THREE

Weeks Commencing:

14th Sept – 5th Oct – 26th Oct

16th Nov – 7th Dec – 28th Dec

18th Jan – 8th Feb

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	CHEESY TOPPED TOMATO PASTA BAKE With VEGETABLE AND SPRINKLING CHEESE	BBQ VEGETABLE STEW Steamed Rice	SAUSAGE, TOMATO & MIXED BEANS PITTA BREAD	ROAST CHICKEN in GRAVY ROAST POTATOES YORKSHIRE PUDDING MIXED VEGETABLES	FAJITA CHICKEN TORTILLA WRAP
VEGETARIAN OPTION	AS ABOVE	AS ABOVE	VEGAN SAUSAGE & MIXED BEANS PITTA BREAD	ROAST QUORN in GRAVY ROAST POTATOES YORKSHIRE PUDDING MIXED VEGETABLES	VEGETABLE FAJITA TORTIALL WRAP
JACKET POTATO	COLESLAW GRATED CHEESE SIDE SALAD	BAKED BEANS GRATED CHEESE	TUNA MAYO GRATED CHEESE	COLESLAW GRATED CHEESE SIDE SALAD	BAKED BEANS GRATED CHEESE
COLD OPTION	FLATBREAD with HAM or CHEESE SIDE SALAD	SOFT ROLL With CHICKEN or CHEESE SIDE SALAD	TORTILLA WRAPS with HAM or CHEESE SIDE SALAD	CHEESE & TOMATO PIZZA SIDE SALAD	SAUSAGE ROLL SIDE SALAD
DESSERT	SWISS ROLL	FRESHLY BAKED FRUIT SPONGE	BANANA & CUSTARD	ICE CREAM & PUREE FRUIT	FRESHLY BAKED FRUIT FLAPJACK

All dietary needs / allergens catered for

Fruit & yoghurts available every day

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FOOD HYGIENE RATING 0 1 2 3 4 5 VERY GOOD

WEEK THREE - MONDAY

VEGETABLE PASTA BAKE with CHEESE

Pasta Twists
Durum Wheat & Semolina
Courgette
Spinach
Tinned Tomatoes
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
Tomato Puree
Mixed Herbs
Garlic Puree (Contain Citric Acid)
Low Salt Gravy (Bisto Low Salt)
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier **(Soya Lecithin),** Black Pepper Extract, Rosemary Extract, Onion Oil.
Thickening Granules
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier **(Soya Lecithin) * May Contain Gluten**
Cheddar Cheese **(Milk / Potato Starch)**
Peas.

COLD OPTION

FLATBREADS:

WHEAT Flour, Water, Yeast, Sugar, Salt.
Cheddar Cheese (**Milk / Potato Starch)**
Sliced Ham
Cheddar Cheese **(Milk / Potato Starch)**

SWISS ROLL

Vanilla Flavoured Filling (26%), **Wheat Flour**, Sugar, Strawberry Flavoured Filling (15%) or Cocoa Flavoured Filling Pasteurised **Whole Egg**, INGREDIENTS: Sugar, **Wheat Flour,** Strawberry Flavoured Filling (Glucose-Fructose Syrup, Water, Sugar, Strawberry Purée or Cocoa, Modified Maize Starch, Acidity Regulators (E330, E331), Gelling Agent (E440), Colours (E163, E100), Flavouring, Preservative (E202)), Palm Oil, Glucose Syrup, **Whole Egg,** Water, Humectants (E422, E420), **Soya Flour, Whey Powder (Milk**), Raising Agents (E450, E500), Salt, Preservatives (E262, E202), Emulsifiers (E471, E475), Acidity Regulators (E330, E260), Flavouring. Allergy advice: For allergens, **including cereals containing gluten**, see ingredients in bold. **May also contain nuts.**

WEEK THREE - TUESDAY

BBQ VEGETABLE STEW
Cauliflower / Peppers / Sweetcorn / Butternut Squash
BBQ Sauce
Water, Sugar, Tomatoes (15%), Acidity Regulator: Acetic Acid, Modified Starch, Salt, Colour: Caramel, Spices, Smoke Flavouring, Preservative: Potassium Sorbate, Tamarind Extract, Molasses, Stabilisers: Xanthan Gum & Guar Gum
Low Salt Gravy (Bisto Low Salt)
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier **(Soya Lecithin),** Black Pepper Extract, Rosemary Extract, Onion Oil.
Thickening Granules
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier **(Soya Lecithin) * May Contain Gluten**
Tinned Tomatoes
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
Tomato Puree
Steamed Rice

SOFT ROLL

Wheat Flour (WHEAT Flour , Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water , Sugar , Salt, Yeast, Rapeseed Oil, Emulsifiers(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Flour Treatment Agents (Ascorbic Acid, L-Cysteine).
May Contain Barley Rye & Sesame
CHICKEN
Cheddar Cheese **(Milk / Potato Starch)**

SIDE SALAD

FRESHLY BAKED FRUIT SPONGE

Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).
Eggs
Sugar
Flour **(Wheat/Gluten)**
Vanilla Essence

Yoghurts	Jacket Potato Fillings:
Milk / Citric Acid	**Cheese:** (Milk / Potato Starch) **Low Sugar Baked Beans Beans** (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, **Tuna Mayonnaise Fish, Egg** **Coleslaw** Milk Mustard Egg

WEEK THREE - WEDNESDAY

PORK SAUSAGE & BEAN RAGU

2 sausages per child Pork Sausages:
Pork (56%), Water, Rusk **(Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Salt), Seasoning (Salt, Rusk (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Salt, Raising Agents (Ammonium Hydrogen Carbonate), Emulsifiers: Diphosphates, Triphosphates, Dextrose, Flavour Enhancer: Monosodium Glutamate, Preservative: Sodium Metabisulphite, Spice (Pepper), Herb (Marjoram), Antioxidant: Sodium Ascorbate, Sugar, Spice Extracts (Cayenne, Mace, Ginger, Nutmeg, Pimento, Pepper), Herb Extract (Sage)), Potato Starch, Rice Flour, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Dextrose, Salt. Butter Beans, Water, Firming Agent (Calcium Chloride), Antioxidant (Sodium **Metabisulphite**).
Red Kidney Beans, Water, Ascorbic acid
Low Sugar Baked Beans:
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.
Tinned Tomato :
Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid
Tomato Puree:
Low Salt Gravy (Bisto Low Salt):
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier **(Soya Lecithin),** Black Pepper Extract, Rosemary Extract, Onion Oil.
Thickening Granules
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
Pitta Bead Fingers **(Wheat) May Contain Nuts**

COLD OPTION

TORTILLA WRAPS

WHEAT flour (66%) (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, WHEAT fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, WHEAT gluten, preservative (E282).
Ham
Cheddar Cheese (Milk / Potato Starch)

BANANA & CUSTARD

Custard:
Reconstituted **Skimmed MILK powder** , Reconstituted **Buttermilk powder (MILK),** Water , Sugar , Modified Maize Starch, Palm Oil**, MILK protein**, Coconut Oil, Flavouring, Stabiliser (E451), Colours (Annatto norbixin (E160b(ii)), Curcumin)

WEEK THREE - THURSDAY

ROAST CHICKEN

GRAVY

Low Salt Gravy (Bisto Low Salt)
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier **(Soya Lecithin),** Black Pepper Extract, Rosemary Extract, Onion Oil.
Mixed Vegetables (Sweetcorn / Peas / Carrots / Green Beans)

ROAST POTATOES

Potatoes (95%), Palm Oil, Sunflower Oil, Rice Flour , Potato Starch, Dextrin, Salt, Caramel, Turmeric.

YORKSHIRE PUDDING

WHEAT Flour (**WHEAT** Flour , Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), **EGG** White, Whole **EGG**, Water , Rapeseed Oil,
Skimmed **MILK** Powder , Salt.

CHEESE & TOMATO PIZZA

WHEAT Flour (29%) (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), **Cheese (21%)[Mozzarella, Cheddar](MILK),** Tomato Sauce (16%) [Water, Tomato Powder, Stabilizer: Modified Potato Starch, Sugar, Salt, Dried Oregano, Garlic Powder, Onion Powder, Colour: Paprika Extract, Rapeseed Oil], Water, Wholemeal Flour (10%) **(WHEAT),** Pre-mix [**WHEAT Flour** (**WHEAT Flour**, Calcium Carbonate, Niacin,
Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier: Diacetyltartaric Acid Esters of Mono- and Diglycerides (Rapeseed), Flour Treatment Agent: Ascorbic Acid], Rapeseed Oil, Yeast.

SOFT SCOOP ICE CREAM

Water, Sugar, Palm Oil, Buttermilk Powder **(MILK),** Whey Powder **(MILK),** Dextrose, Skimmed Milk Powder **(MILK),** Emulsifier (Mono & Di Glycerides of Fatty Acids) , Stabilisers (Carboxymethyl Cellulose, Guar Gum, Locust Bean Gum) , Flavourings, Colours (Annatto Norbixin , Curcumin)

& PUREE FRUIT

Grape Juice from concentrate, Acidity Regulator (Citric acid).

Yoghurts	Jacket Potato Fillings:
Milk / Citric Acid	**Cheese:** (Milk / Potato Starch) **Low Sugar Baked Beans Beans** (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, **Tuna Mayonnaise Fish, Egg** **Coleslaw** Milk Mustard Egg

WEEK THREE - FRIDAY

FAJITA CHICKEN

MIXED PEPPERS / ONIONS /
CHICKEN Breast
FAJITA MIX
Onion (14%), Potato Starch, Paprika (12%), Garlic (10%), Sugar , Salt, Tomato, Cumin, Jalapeno Pepper , Chilli (4%), MUSTARD, Colour (Paprika Extract), Oregano, Anti-caking Agent (Silicon Dioxide), White Pepper (1%).

TORTILLA WRAP

WHEAT flour (with calcium carbonate, iron, niacin, thiamin) (67%), water , rapeseed oil, WHEAT fibre, raising agents (E500, E450),
acidity regulator (E296), dextrose, WHEAT GLUTEN, preservative (E282), salt.

COLD OPTION

SAUSAGE ROLL

Wheat Flour (WHEAT Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Water , Pork (23%), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water , Salt, Concentrated Lemon Juice), Seasoning Mix (Wheat Flour (**WHEAT Flour** , Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Ammonium carbonates, Dried Onion, Spices <2%, Sunflower Oil, **WHEAT Starch**, Herbs <2%, Dextrose, Sugar , Yeast Extract, Ascorbic acid), Pork Fat, Vegetable Shortening (Palm Oil, Rapeseed Oil, Water , Salt, Concentrated Lemon Juice), Glaze (Water , **MILK Proteins**, Dextrose, Rapeseed Oil), Salt, Yeast Extract, Sage.

FRUIT FLAPJACK

Dried Fruit **(Sulphites)**
Rolled Oats (Wheat Gluten)
Golden Syrup
Brown Sugar
Vanilla Essence
Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).

Yoghurts	Jacket Potato Fillings:
YOGHURT SELECTION: **Milk** / Citric Acid	**Cheese:** (Milk / Potato Starch) **Low Sugar Baked Beans Beans** (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, **Tuna Mayonnaise Fish, Egg** **Coleslaw** Milk Mustard Egg