

Week 1

Tiny Tasters



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	Lunch	Lunch ingredients	Dessert	Dessert ingredients
Monday	Paprika chicken and steamed rice (veg alt chickpeas) (dairy)	British chicken thigh pieces, onions, smoked paprika, low salt gluten free chicken stock, aubergine, mushrooms, peppers, cream cheese, tomato puree, mixed herbs, potatoes, basmati rice, olive oil	Pineapple yoghurt (dairy)	natural yoghurt, pineapple puree
Tuesday	Mexican beanie pasta bake with a side of carrot sticks (v) (dairy, gluten)	mixed beans, cumin, cinnamon, mix peppers, gluten free vegetable stock, tomatoes, garlic, sweetcorn, onions, pasta, cheese, vegetable oil, carrots	Selection of melon slices (vg)	watermelon, honeydew melon, cantaloupe melon
Wednesday	Creamy chickpea and spinach curry and steamed rice (dairy) (v)	chickpeas, onions, garlic, spinach, tomatoes, natural yoghurt, cauliflower, basmati rice, cumin, garam masala, turmeric, vegetable oil	Beetroot flapjacks (vg) (gluten)	oats, golden syrup, beetroot, vegetable spread
Thursday	Breaded fishcake bake with lemon zested peas (fish, gluten, dairy) (veg alt quorn)	cod, breadcrumbs, peas, lemon, potatoes, vegetable spread, oat milk, garlic, pepper, cheese	Fruit salad (vg)	mixed seasonal fruit
Friday	Garlic and herb roast chicken with herb chateau potatoes, spring vegetables and gravy (veg alt quorn)	British roast chicken, pepper, mixed herbs, garlic, potatoes, vegetable spread, green beans, peas, vegetable oil, gluten free vegetable gravy	Vegan courgette cakes (vg) (gluten)	courgettes, self-raising flour, vegetable spread, baking powder, caster sugar, oat milk

Week 2

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	Lunch	Lunch ingredients	Dessert	Dessert ingredients
Monday	Caribbean rasta pasta with a side of sliced peppers (vg) (gluten)	pasta, coconut milk, caribbean seasoning, vegetable stock, thyme, peppers, kidney beans, pepper, tomatoes, garlic	Bananas and greek yoghurt (dairy)	bananas, greek yoghurt
Tuesday	Soya mince spaghetti bolognese with hidden vegetables (vg) (soy, gluten)	soya mince, onions, garlic, tomatoes, pepper, tomato puree, carrots, mixed herbs, gluten free vegetable stock, mushrooms, spinach, olive oil, spaghetti pasta	Mango yoghurt (dairy)	plain yoghurt, mango puree
Wednesday	Mini baked potatoes, Tiny Tasters special 'homemade' baked beans with grated cheese (v) (dairy, celery)	haricot beans, tomatoes, onions, garlic, olive oil, tomato puree, gluten free vegetable stock, paprika, celery, potatoes, cheese	Mixed melons (vg)	watermelon, honeydew melon, cantaloupe melon
Thursday	Richmond pork sausages, mash potatoes, peas, braised red cabbage, and vegetable gravy (gluten) (veg alt soya/ quorn sausage)	British pork sausages, potatoes, oat milk, vegetable spread, peas, red cabbage, gluten free vegetable gravy	Coconut and carrot flapjacks (vg) (gluten)	oats, golden syrup, grated carrot, vegetable spread, coconut
Friday	Shepherds pie (gluten) (veg alt lentils)	British lamb mince, onions, potatoes, oat milk, tomato puree, carrots, peas, celery, beef stock, garlic, pepper, vegetable spread	Summer berry frozen yoghurt (dairy)	natural yoghurt, mix of berries pureed

Week 3

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	Lunch	Lunch ingredients	Dessert	Dessert ingredients
Monday	Spinach and veggie mince lasagna with cucumber slices <i>(dairy, gluten, soya) (v)</i>	lasagna sheets, soya mince, peppers, mushrooms, spinach, onions, tomatoes, tomato puree, garlic, pepper, olive oil, cheese, milk, plain flour, cucumbers	Bananas and greek yoghurt <i>(dairy)</i>	bananas, greek yoghurt
Tuesday	Beef mince chilli with steamed rice <i>(veg alt soya mince)</i>	British lean beef mince, kidney beans, onions, sweetcorn, garlic, tomatoes, cumin, peppers, tomato puree, cinnamon, vegetable oil, pepper, beef stock, basmati rice	Strawberry mousse with fresh strawberries <i>(gluten, dairy)</i>	fresh strawberries, Sugar, Skimmed Milk Powder, Modified Maize Starch, Palm Oil, Emulsifiers, Flavouring, Stabilisers, Firming Agent (Calcium Carbonates), Colours (Beetroot Red, Beta-Carotene), Anticaking Agent
Wednesday	Roast pork, buttery new potatoes, peas, sweetcorn and gravy <i>(veg alt quorn)</i>	British pork joint, new potatoes, vegetable spread, peas, sweetcorn, gluten free vegetable gravy	Fresh fruit salad <i>(vg)</i>	seasonal mixed fruit
Thursday	Caribbean chicken and sweet potato curry with 'rice n peas' <i>(veg alt chickpeas)</i>	British chicken breast pieces, onions, curry powder, lime juice, sweet potato, vegetable oil, tomatoes, coconut milk, garlic, gluten free low salt chicken stock, thyme, rice, kidney beans, cornflour, green beans	Mixed melons <i>(vg)</i>	watermelon, honeydew melon, cantaloupe melon
Friday	Five veg pasta bake <i>(gluten, dairy) (v)</i>	pasta, cheese, mixed herbs, tomato puree, pepper, tomatoes, red onions, mushrooms, broccoli, peppers, cannelloni beans, courgettes, aubergine, garlic, olive oil	Apple and peach crumble and cream <i>(gluten, dairy)</i>	plain flour, caster sugar, vegetable spread, apples, peaches, single cream