

**CRANMORE SCHOOL SPRING MENU WEEK ONE - INGREDIENTS (MAIN ALLERGENS)**

**MONDAY**

**ORIENTAL GLAZED CHICKEN WITH SWEET CHILLI VEGETABLES** - CHICKEN BREAST, HOISIN SAUCE, HONEY, FIVE SPICE POWDER, PEPPERS, ONIONS, CELERY, COURGETTE, CARROT, MANGETOUT, SWEET CHILLI SAUCE

**POTATO AND SPINACH TORTILLA** - EGGS, ONION, POTATO, SPINACH, CHOPPED PARSLEY, SEASONING

**SWEETCORN/GREEN BEANS**

**SAVOURY RICE** - LONG GRAIN RICE, PEAS, ONIONS, VEGETABLE STOCK, CHOPPED PARSLEY

**BAKED POTATOES**

**BAKED BEANS**

**COLESLAW**- SHREDDED CABBAGE, CARROT, ONION, LIGHT MAYONNAISE

**PASTA**- PASTA, OLIVE OIL/ PARMESAN/NO CHEDDAR

**BACON AND ONION SAUCE** - BACON, ONION, BUTTER, FLOUR, MILK, SEASONING

**ROAST RED PEPPER SOUP/CROUTONS/CHOPPED PEPPERS** - RED PEPPERS, ONION, OLIVE OIL, BUTTER, FLOUR, VEGETABLE STOCK/DICED BREAD, OLIVE OIL/PEPPERS, OLIVE OIL

**FRESH BREAD**- BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD** - MIXED LEAVES/ CUCUMBER/TOMATOES

**ROAST FENNEL AND BLACK OLIVE SALAD** - FENNEL, ONION, OLIVE OIL, BALSAMIC VINEGAR, BLACK PITTED OLIVES, PARSLEY

**MUSHROOM AND ONION COUS COUS** - MUSHROOMS, ONION, OLIVE OIL, COUS COUS, VEG. STOCK, SEASONING

**SALMON AND CUCUMBER SALAD** - DICED GRILLED SALMON, DICED CUCUMBER, CHOPPED PARSLEY

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE**- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**PINEAPPLE SPONGE / CUSTARD SAUCE** - BUTTER, GRANULATED SUGAR, EGGS, SELF RAISING FLOUR, PINEAPPLE, SYRUP / CUSTARD POWDER, MILK, SUGAR, VANILLA POD

**FRESH CUT FRUIT**

**YOGURTS**

## CRANMORE SCHOOL MENU WEEK ONE - INGREDIENTS

### TUESDAY

**SHEPHERDS PIE**- MINCED LAMB, ONION, CARROT, CELERY, LEEK, GRAVY, MASHED POTATO

**VEGETABLE AND CHICK PEA PAELLA**- DICED PEPPERS, ONION, CARROT, CELERY, COURGETTES, CHICK PEAS, LONG GRAIN RICE, TURMERIC, VEGETABLE STOCK, SEASONING, CHOPPED PARSLEY

**CARROTS/ ROAST COURGETTES** - /COURGETTE, ONION, OLIVE OIL

**GARLIC BREAD** - BAGUETTE, BUTTER, GARLIC, PARSLEY

### BAKED POTATOES

BAKED BEANS

TUNA & SWEETCORN

**PASTA**- PASTA, OLIVE OIL/ PARMESAN/CHEDDAR

**LEEK AND CHEESE SAUCE**- BUTTER, FLOUR, MILK, CHEESE, LEEKS, ONIONS, VEG. STOCK, SEASONING

**SWEET POTATO AND ROSEMARY SOUP/CROUTONS/HERBED BACON BITES**- SWEET POTATO, ONIONS, VEG. STOCK, SEASONING, ROSEMARY/DICED BREAD, OLIVE OIL/BACON, PARSLEY, THYME

**FRESH BREAD**- BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD**- MIXED LEAVES/ TOMATOES/ CUCUMBER

**WATERCRESS AND PEA SALAD** - WATERCRESS, PEAS. MANGETOUT

**SPICY NOODLES** - EGG NOODLES, STRIPS OF MIXED PEPPERS, RED ONION, VINAIGRETTE, CAJUN SPICE

**CHICKEN AND APRICOT MAYONNAISE** - DICED CHICKEN, APRICOTS, LIGHT MAYONNAISE

SLICED MEAT

**LIGHT MAYONNAISE**

**VINAIGRETTE**- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**APPLE TART/CREAM** - APPLES, PLAIN FLOUR, BUTTER, CASTER SUGAR, CREAM

**FRESH CUT FRUIT**

YOGURTS

## **CRANMORE SCHOOL MENU WEEK ONE - INGREDIENTS**

### **WEDNESDAY**

**ROAST PORK LOIN /GRAVY/APPLE SAUCE-** PORK LOIN , ONION, CARROT, CELERY, SAGE, APPLE, / GRAVY, MEAT JUICES / APPLE SAUCE

**QUORN, TOMATO AND AUBERGINE BAKE-** QUORN MINCE, CHOPPED TOMATOES, TOMATO PASTE, VEG. STOCK, ONION, SUGAR, BAY LEAF, AUBERGINE, OLIVE OIL, BUTTER, FLOUR, MILK, CHEESE, SEASONING, PARSLEY

**BROCCOLI / SWEDE AND CARROT**

**BABY ROAST POTATOES-** NEW POTATOES, RAPESEED OIL

**BAKED POTATOES**

**BAKED BEANS**

**GRATED CHEESE**

**PASTA-** PASTA, OLIVE OIL/ PARMESAN/CHEESE

**MUSHROOM SAUCE -** BUTTER, FLOUR, MILK, MUSHROOMS, ONION, SEASONING

**MINESTRONE SOUP/CROUTONS/PARMESAN CHEESE -** OLIVE OIL, CARROT, ONION, CELERY, LEEK, COURGETTE, CABBAGE, TOMATO PASTE, CHOPPED TOMATO, PASTA, VEG. STOCK, SUGAR, SEASONING/DICED BREAD, OLIVE OIL/PARMESAN CHEESE

**FRESH BREAD-** BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD-** MIXED LEAVES/ TOMATOES/ CUCUMBER

**CARROT, CORIANDER & CUMIN-** GRATED CARROT, CHOPPED CORIANDER, CUMIN SEEDS

**CURRIED RICE AND PEPPERS-** LONG GRAIN RICE, CURRY POWDER, VEG. STOCK, ONION, MIXED PEPPERS

**EGG AND CRISPY BACON WITH CROUTONS -** HARD BOILED EGGS, CHOPPED BACON, BREAD, OLIVE OIL, CHOPPED PARSLEY, VINAIGRETTE

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE-** OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**LEMON MOUSSE AND CHOCOLATE CHIP COOKIE**

**FRESH CUT FRUIT**

**YOGURTS**

## **CRANMORE SCHOOL MENU WEEK ONE - INGREDIENTS**

### **THURSDAY**

**BEEF MEATBALLS/TOMATO SAUCE** - MEATBALLS, / CHOPPED TOMATO, TOMATO PASTE, ONION, CARROT, CELERY, VEGETABLE STOCK, SUGAR, BAY

**MIXED BEAN FILLED PEPPERS** - PEPPERS, ONION, BORLOTTI AND CANNELLINI BEANS, VEG STOCK, OLIVE OIL, BREADCRUMBS, CHOPPED PARSLEY

**MIXED VEGETABLES/PEAS** - CARROTS, SWEDE, COURGETTES, BROCCOLI, SWEETCORN / PEAS

**BAKED POTATO WEDGES** - NEW POTATOES, OLIVE OIL

**BAKED POTATOES**

**BAKED BEANS**

**PRAWN MAYONNAISE**

**PASTA-** PASTA, OLIVE OIL/ PARMESAN/CHEDDAR

**ROAST VEGETABLE AND TOMATO SAUCE-** CARROT, ONION, COURGETTE, CELERY, PEPPERS, OLIVE OIL, CHOPPED TOMATOES, TOMATO PASTE, VEG.STOCK, SUGAR, BAY, SEASONING

**CHICKEN, LEEK AND BARLEY SOUP/CROUTONS/CRISPY LEEK-** CHICKEN, ONION, LEEK, PEARL BARLEY, CHICKEN STOCK, SEASONING/DICED BREAD, OLIVE OIL/LEEK, OLIVE OIL

**FRESH BREAD-** BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD-** MIXED LEAVES/ TOMATOES/ CUCUMBER

**CHERRY TOMATOES, MANGETOUT, SWEETCORN-** CHERRY TOMATOES, MANGETOUT, SWEETCORN, VINAIGRETTE

**POTATO, YOGURT AND CHIVE SALAD** - DICED POTATO, NATURAL YOGURT, CHOPPED CHIVE AND PARSLEY

**SMOKED CHEESE AND PEAR SALAD-** SMOKED CHEESE, CHOPPED PEAR, LEMON JUICE, CHOPPED PARSLEY

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE-** OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**CREAMY RICE PUDDING / STRAWBERRY SAUCE-** SHORT GRAIN RICE, MILK, CREAM, SUGAR / STRAWBERRY JAM

**FRESH CUT FRUIT**

**YOGURTS**

## **CRANMORE SCHOOL MENU WEEK ONE - INGREDIENTS**

### **FRIDAY**

**BAKED BATTERED COD FILLET/KETCHUP-**

**LEEK, MUSHROOM AND STILTON TART-** PUFF PASTRY, BUTTER, FLOUR, ONION, LEEK, MUSHROOMS, CREAM, VEG. STOCK, STILTON, SEASONING, CHOPPED PARSLEY

**PEAS/SWEETCORN**

**FRENCH FRIES**

**BAKED POTATOES**

**BAKED BEANS**

**CHICKEN MAYONNAISE**

**PASTA-** PASTA, OLIVE OIL/ PARMESAN/CHEESE

**BARBECUE & ONION SAUCE-** BARBECUE SAUCE, ROASTED ONION, OLIVE OIL

**CARROT AND CORIANDER SOUP/CROUTONS/NATURAL YOGURT-** CARROTS, ONIONS, VEG. STOCK, SEASONING, CORIANDER/DICED BREAD, OLIVE OIL/NAT, YOGURT

**FRESH BREAD-** BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD-** MIXED LEAVES/ TOMATOES/ CUCUMBER

**APPLE COLESLAW-** SHREDDED CABBAGE, ONION, GRATED CARROT, APPLE, LEMON JUICE, LIGHT MAYONNAISE

**POLENTA AND ROAST VEGETABLES-** POLENTA, BUTTER, CHEESE, GARLIC, CHOPPED CHIVE AND PARSLEY, OLIVE OIL, CARROT, ONION, LEEK, COURGETTE, PEPPERS, CELERY, BALSAMIC VINEGAR, SEASONING

**SWEET CHILLI QUORN -** QUORN STRIPS, SWEET CHILLI SAUCE

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE-** OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**CHOCOLATE AND APRICOT FLAPJACK -** CHOCOLATE, APRICOTS, BUTTER, SYRUP, DEMERARA SUGAR, ROLLED OATS

**FRESH CUT FRUIT**

**YOGURTS**

**CRANMORE SCHOOL MENU WEEK TWO - INGREDIENTS (MAIN ALLERGENS)**

**MONDAY**

**SEARED SALMON STEAK-** SALMON STEAK, LEMON JUICE, CHOPPED PARSLEY

**CHEESE AND TOMATO PIZZA** - PIZZA BASE, CHOPPED TOMATOES, TOMATO PASTE, OLIVE OIL, MIXED HERBS, BALSAMIC VINEGAR, SUGAR, SEASONING, MOZZARELLA/CHEDDAR CHEESES

**SWEETCORN/GREEN VEGETABLE MEDLEY-** PEAS, GREEN BEANS, BROCCOLI, BROAD BEANS

**HERB & LEMON PASTA** - PASTA, OLIVE OIL, LEMON JUICE, PARSLEY, THYME

**BAKED POTATOES**

**BAKED BEANS**

**COLESLAW-** SHREDDED CABBAGE, ONION, GRATED CARROT, LIGHT MAYONNAISE

**PASTA-** PASTA, OLIVE OIL/ PARMESAN/CHEESE

**MEATBALLS IN TOMATO SAUCE-** PORK MEATBALLS, OLIVE OIL, TOMATO PASTE, CHOPPED TOMATOES, BAY, SUGAR, ONIONS, CARROT, CELERY, VEG. STOCK, SEASONING

**SPICY BUTTERNUT SQUASH SOUP/CROUTONS/PARMESAN BREADCRUMBS** - BUTTER FLOUR, BUTTERNUT SQUASH, ONIONS, VEG. STOCK, SEASONING, CHILLI POWDER, GINGER/DICED BREAD, OLIVE OIL/PARMESAN CHEESE, BREADCRUMBS

**FRESH BREAD-** BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD-** MIXED LEAVES/ TOMATOES/ CUCUMBER

**CARROT, CELERY AND RAISIN SALAD**

**WILD RICE AND BEAN SALAD-** WILD RICE, VEG. STOCK, TURMERIC, ONION, FLAGEOLET, BORLOTTI BEANS, CHOPPED PARSLEY, SEASONING

**BARBECUE CHICKEN-** CHICKEN, BARBECUE SAUCE

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE-** OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**CHOCOLATE AND MANDARIN CHEESECAKE** - DIGESTIVE BISCUIT, CHEESECAKE FILLING, COCOA POWDER, MANDARIN SEGMENTS, GRATED CHOCOLATE

**FRESH CUT FRUIT**

**YOGURTS**

## CRANMORE SCHOOL MENU WEEK TWO - INGREDIENTS

### TUESDAY

**CHICKEN AND HAM PIE-** DICED CHICKEN, HAM, ONION, BUTTER, PLAIN FLOUR, CHICKEN STOCK, MILK, PUFF PASTRY

**FETA, RED ONION AND OLIVE TART-** FILO PASTRY, RED ONION, CREAM, EGGS, VEG. STOCK, BLACK PITTED OLIVES, FETA CHEESE, CHOPPED PARSLEY, MINT, SEASONING

**BROCCOLI/ROAST COURGETTES-** /COURGETTE, ONION, OLIVE OIL

**NEW POTATOES**

**BAKED POTATOES**

**BAKED BEANS**

**SWEET CHILLI CHICKEN-** CHICKEN, SWEET CHILLI SAUCE

**PASTA-** PASTA, OLIVE OIL/ PARMESAN/CHEESE

**TOMATO SAUCE-** TOMATO PASTE, CHOPPED TOMATOES, CARROTS, CELERY, ONIONS, BAY, VEG. STOCK, OLIVE OIL, BALSAMIC VINEGAR, SUGAR, SEASONING

**ROAST ONION AND CHIVE SOUP/CROUTONS/CRISPY ONION -** ONIONS, OLIVE OIL, FLOUR, VEG. STOCK, SEASONING, CHIVES/DICED BREAD, OLIVE OIL/ONION, OLIVE OIL

**FRESH BREAD-** BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD-** MIXED LEAVES/ TOMATOES/ CUCUMBER

**SWEETCORN AND SUNDRIED TOMATOES**

**ORIENTAL VEGETABLES AND NOODLES-** CARROT, ONION, LEEK, COURGETTE, PEPPERS, MANGETOUT, EGG NOODLES, HOISIN AND SWEET CHILLI SAUCES

**PRAWN AND ASPARAGUS SALAD-** PRAWNS, ASPARAGUS TIPS, VINAIGRETTE, CHOPPED PARSLEY

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE-** OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**PLUM AND APPLE CRUMBLE /CUSTARD-** PLUMS, APPLES, BUTTER, FLOUR, GRANULATED AND DEMERARA SUGARS/ CUSTARD POWDER, MILK, GRANULATED SUGAR

**FRESH CUT FRUIT**

**YOGURTS**

## CRANMORE SCHOOL MENU WEEK TWO - INGREDIENTS

### WEDNESDAY

**BRAISED BEEF AND VEGETABLES** - BRAISING STEAK, RAPESEED OIL, ONION, CARROT, CELERY, SWEDE, LEEK, FLOUR, VEG. STOCK, SEASONING, CHOPPED PARSLEY, GRAVY

**CAULIFLOWER, BROCCOLI AND SWEETCORN BAKE**- CAULIFLOWER, BROCCOLI, SWEETCORN, BUTTER, FLOUR, MILK, CHEESE, SEASONING

**CARROTS / MIXED VEGETABLES** - / COURGETTE, BROAD BEANS, SWEDE, PEAS, GREEN BEANS

**CREAMED POTATOES**

**BAKED POTATOES**

**BAKED BEANS**

**GRATED CHEESE**

**PASTA**- PASTA, OLIVE OIL/ PARMESAN/CHEESE

**LEEK AND MUSHROOM SAUCE**- BUTTER, FLOUR, MILK, ONION, LEEK, MUSHROOM, VEG. STOCK

**PEA AND MINT SOUP/CROUTONS/ MINT YOGURT**- DRIED SPLIT PEAS, MINT, ONION, VEG. STOCK, SEASONING/DICED BREAD, OLIVE OIL/MINT, NATURAL YOGURT

**FRESH BREAD**- BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD**- MIXED LEAVES/ TOMATOES/ CUCUMBER

**MEDITERRANEAN ROAST VEGETABLES** - PEPPERS, COURGETTES, CELERY, AUBERGINE, ONION, OLIVE OIL, BALSAMIC VINEGAR, CHOPPED FRESH TOMATO, TOMATO PASTE, SUGAR, SEASONING, CHOPPED PARSLEY, VINAIGRETTE

**SWEET POTATO AND BEETROOT**- SWEET POTATOES, OLIVE OIL, BALSAMIC VINEGAR, CHOPPED BEETROOT, CHOPPED PARSLEY, SEASONING

**TUNA MAYONNAISE**

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE**

**APRICOT BROWNIE / CREAM**- BUTTER, CHOCOLATE, EGGS, CASTER AND GRANULATED SUGARS, FLOUR, APRICOTS / CREAM

**FRESH CUT FRUIT**

**YOGURTS**



## CRANMORE SCHOOL MENU WEEK TWO - INGREDIENTS

### THURSDAY

**ROAST LAMB/ MINT SAUCE/GRAVY-** LAMB LEG, VEG. STOCK/ MINT SAUCE/MEAT JUICES, GRAVY

**ROAST PEPPER QUICHE-** BUTTER, FLOUR, ROASTED MIXED PEPPERS, ONION, EGG, MILK, SEASONING, CHOPPED PARSLEY

**CABBAGE / GREEN BEANS**

**BABY ROAST POTATOES-** NEW POTATOES, RAPESEED OIL

**BAKED POTATOES**

**BAKED BEANS**

**TUNA AND SWEETCORN**

**PASTA-** PASTA, OLIVE OIL/ PARMESAN

**HAM AND CHEESE SAUCE-** BUTTER, FLOUR, MILK, HAM, CHEESE, SEASONING

**CREAMY CHICKEN SOUP/CROUTONS/CRISPY BACON-** BUTTER, FLOUR, CHICKEN STOCK, CREAM, CHICKEN, ONION/DICED BREAD, OLIVE OIL/BACON

**FRESH BREAD-** BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD-** MIXED LEAVES/ TOMATOES/ CUCUMBER

**MIXED CABBAGE COLESLAW-** SHREDDED WHITE AND RED CABBAGE, GRATED CARROT, ONION, LIGHT MAYONNAISE

**ROAST VEGETABLES AND PASTA SALAD-** PASTA, CARROT, COURGETTE, CELERY, PEPPERS, MUSHROOMS, ONION, OLIVE OIL, BALSAMIC VINEGAR, SEASONING, CHOPPED PARSLEY

**BLUE CHEESE AND GRAPES-** DICED STILTON, RED AND WHITE GRAPES

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE-** OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**BUTTERSCOTCH TART / CREAM-** BUTTER, FLOUR, CASTER SUGAR, MILK, DEMERARA SUGAR / CREAM

**FRESH CUT FRUIT**

**YOGURTS**

**CRANMORE SCHOOL MENU WEEK TWO - INGREDIENTS**

**FRIDAY**

**BREADED FISH FILLET/KETCHUP-**

**MUSHROOM AND LENTIL STROGANOFF-** GREEN LENTILS, MUSHROOMS, ONION, SEASONING, PARSLEY, VEG. STOCK, CREAM

**PEAS/SWEETCORN**

**FRENCH FRIES**

**BAKED POTATOES**

**BAKED BEANS**

**GRATED CHEESE**

**PASTA-** PASTA, OLIVE OIL/ PARMESAN/NO CHEDDAR

**CHUNKY ROAST VEGETABLE SAUCE-** CARROT, CELERY, ONION, COURGETTE, PEPPERS, OLIVE OIL, BALSAMIC VINEGAR, TOMATO PASTE, CHOPPED TOMATO, VEG. STOCK, SUGAR, BAY LEAF, SEASONING

**SCOTCH BROTH/CROUTONS/BAKED VEGETABLES-** DICED LAMB, CARROTS, ONION, SWEDE, LEEK, CELERY, PEARL BARLEY, PEAS, VEG. STOCK, SEASONING/DICED BREAD, OLIVE OIL/CARROT, ONION, COURGETTE, PEPPERS, OLIVE OIL

**FRESH BREAD-** BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD-** MIXED LEAVES/ TOMATO / CUCUMBER

**BABY SPINACH AND ORANGE SALAD**

**TOMATO AND HERB COUS COUS-** COUS COUS, VEG. STOCK, CHOPPED FRESH TOMATOES, CHOPPED PARSLEY, THYME, CHIVES, VINAIGRETTE, SEASONING

**CHINESE PORK AND VEGETABLES-** OLIVE OIL, STRIPS OF PORK, CARROT, ONION, LEEK,, MANGETOUT, HOISIN AND SWEET CHILLI SAUCES

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE-** OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**HONEY AND BANANA CAKE -** BUTTER, GRANULATED SUGAR, EGGS, SELF RAISING FLOUR, BANANAS, HONEY, ICING SUGAR

**FRESH CUT FRUIT**

**YOGURTS**

**CRANMORE SCHOOL MENU WEEK THREE - INGREDIENTS (MAIN ALLERGENS)**

**MONDAY**

**LAMB AND VEGETABLE COBBLER-** MINCED LAMB, ONION, CARROT, SWEDE, CELERY, LEEK, GRAVY, SEASONING, SELF RAISING FLOUR, BAKING POWDER,, VEGETABLE SUET

**QUORN TIKKA MASALA/NAAN BREAD/MANGO CHUTNEY-** DICED QUORN, TIKKA MASALA SAUCE/ NAAN BREAD/MANGO CHUTNEY

**CARROTS/ ROAST COURGETTES-** /COURGETTE, ONION, OLIVE OIL

**PARSLEY POTATOES**

**BAKED POTATOES**

**BAKED BEANS**

**GRATED CHEESE**

**PASTA-** PASTA, OLIVE OIL/ PARMESAN

**BOLOGNAISE SAUCE-** MINCED BEEF, CHOPPED TOMATOES, TOMATO PASTE, BAY, ONION, VEG. STOCK, SUGAR, SEASONING

**LEEK AND POTATO SOUP/CROUTONS/CHIVES-** POTATOES, LEEKS, ONIONS, VEG. STOCK/DICED BREAD, OLIVE OIL/CHIVES

**FRESH BREAD-** BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD-** MIXED LEAVES/ TOMATOES/ CUCUMBER

**MUSHROOM AND HERB SALAD-** MUSHROOMS, ONION, OLIVE OIL, BALSAMIC VINEGAR, CHOPPED PARSLEY, THYME, CHIVES, SEASONING

**SPICED FRUITY RICE SALAD-** LONG GRAIN RICE, VEGETABLE STOCK, TURMERIC, CLOVES, CINNAMON STICK, CAJUN SPICE, DICED APPLE, RAISIN, MANGO

**LEMON CHICKEN AND OLIVES-** DICED CHICKEN, LEMON JUICE AND ZEST, DEMERARA SUGAR, GREEN OLIVES, CHOPPED PARSLEY

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE-** OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**BANOFFEE DESSERT-** BANANAS, CREAM, CONDENSED MILK, DIGESTIVE BISCUITS, CHOCOLATE

**FRESH CUT FRUIT**

**YOGURTS**

## CRANMORE SCHOOL MENU WEEK THREE - INGREDIENTS

### TUESDAY

**PASTA CARBONARA BAKE-** BACON, ONION, BUTTER, FLOUR, MILK, CREAM, CHEESE, VEG. STOCK, PASTA, CHOPPED PARSLEY

**CHEESE, ONION AND POTATO PIE-** CREAMED POTATO, ONION, GRATED CHEESE, SLICED TOMATO, BUTTER, SEASONING, FLOUR

### BROCCOLI/GREEN BEANS

**GARLIC BREAD -** BAGUETTE, BUTTER, GARLIC, CHOPPED PARSLEY

### BAKED POTATOES

### BAKED BEANS

**COLESLAW-** SHREDDED WHITE CABBAGE, CARROT, ONION, LIGHT MAYONNAISE

**PASTA-** PASTA, OLIVE OIL/ PARMESAN/CHEESE

**CREAMY PRAWN AND PARSLEY SAUCE-** BUTTER, FLOUR, MILK, CREAM, ONION, PARSLEY, PRAWNS, SEASONING, FISH STOCK

**BEEF AND TOMATO SOUP/CROUTONS/HERB YOGURT-** TOMATO SOUP MIX, MINCED BEEF, ONION, CHOPPED TOMATO, TOMATO PASTE, BAY, SUGAR, VEG. STOCK, SEASONING/DICED BREAD/NATURAL YOGURT, PARSLEY, CHIVES

**FRESH BREAD-** BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD-** MIXED LEAVES/ TOMATOES/ CUCUMBER

### CARROT AND CELERIAC SALAD

**MINTED POTATO SALAD-** DICED POTATO, ONION, CHOPPED MINT, LIGHT MAYONNAISE

**CORONATION CHICKEN -** CHICKEN, SULTANAS, LIGHT MAYONNAISE, CURRY POWDER

### SLICED MEAT

#### LIGHT MAYONNAISE

**VINAIGRETTE-** OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**APPLE AND RAISIN CRUMBLE CAKE/CREAM-** BUTTER, FLOUR, GRANULATED AND ICING SUGARS, CHOPPED APPLE, RAISINS / CREAM

### FRESH CUT FRUIT

### YOGURTS

## CRANMORE SCHOOL MENU WEEK THREE - INGREDIENTS

### WEDNESDAY

**ROAST BEEF/ YORKSHIRE PUDDINGS/GRAVY/HORSERADISH** - TOPSIDE OF BEEF, VEG. STOCK / FLOUR, MILK, EGGS /GRAVY, MEAT JUICES/HORSERADISH SAUCE

**VEGETABLE PANCAKE ROLLS/SWEET & SOUR NOODLES & VEGETABLES-** / EGG NOODLES, CARROT, ONION, LEEK, COURGETTE, PEPPERS, SWEET AND SOUR SAUCE

**CARROTS/CAULIFLOWER**

**ROAST POTATOES-** POTATOES, RAPESEED OIL

**BAKED POTATOES**

**BAKED BEANS**

**CHICKEN MAYONNAISE**

**PASTA-** PASTA, OLIVE OIL/ PARMESAN/NO CHEESE

**TOMATO & BASIL SAUCE-** CARROT, ONION, CELERY, TOMATO PASTE, CHOPPED TOMATOES, VEG, STOCK, SUGAR, BAY, SEASONING, BASIL

**CREAM OF MUSHROOM SOUP/CROUTONS/MIXED VEGETABLES-** BUTTER, FLOUR, MUSHROOMS, ONION, MILK, CREAM, VEG. STOCK, SEASONING/DICED BREAD, OLIVE OIL/CARROT, ONION, COURGETTE, PEPPERS

**FRESH BREAD-** BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD-** MIXED LEAVES/ TOMATOES/ CUCUMBER

**MIXED VEGETABLE MAYONNAISE-** DICED CARROT, ONION, CELERY, COURGETTE, PEPPERS, PEAS, SWEECORN, LIGHT MAYONNAISE

**LEMON AND HERB TORTELLINI-**TORTELLINI WITH CHEESE FILLING, LEMON JUICE, VINAIGRETTE, THYME, CHIVES, PARSLEY

**PEPPERED MACKEREL, FENNEL AND RED ONION -** PEPPERED MACKEREL, RED ONION, FENNEL, OLIVE OIL, BALSAMIC VINEGAR, CHOPPED PARSLEY

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE-** OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**MARBLED CAKE WITH CHOCOLATE FROSTING-** BUTTER, GRANULATED SUGAR, EGGS, SELF RAISING FLOUR, COCOA POWDER, ICING SUGAR, CREAM CHEESE, CHOCOLATE

**FRESH CUT FRUIT**

**YOGURTS**

## CRANMORE SCHOOL MENU WEEK THREE - INGREDIENTS

### THURSDAY

**BARBECUE CHICKEN-** CHICKEN BREAST, BARBECUE SAUCE

**VEGETABLE AND CHEESE LATTICE-** PUFF PASTRY, CARROT, ONION, CELERY, COURGETTE, PEPPERS, GRATED CHEESE, EGG, SEASONING

**SWEETCORN/GRILLED VEGETABLES-** / CARROT, COURGETTE, ONION, PEPPERS, AUBERGINE, MUSHROOMS, OLIVE OIL

**SAVOURY RICE-** LONG GRAIN RICE, PEAS, ONION, VEG. STOCK

**BAKED POTATOES**

**BAKED BEANS**

**TUNA AND SWEETCORN**

**PASTA-** PASTA, OLIVE OIL/ PARMESAN

**CREAMY VEGETABLE SAUCE-** CARROT, ONION, LEEK, COURGETTE, PEPPERS, BUTTER, FLOUR, CREAM, VEG. STOCK, SEASONING

**LENTIL AND CARROT SOUP/CROUTONS/VEGETABLE CRISPS-** RED LENTILS, CARROTS, ONION, VEG. STOCK, SEASONING/DICED BREAD, OLIVE OIL/VEGETABLE CRISPS

**FRESH BREAD-** BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD-** MIXED LEAVES/ TOMATOES/ CUCUMBER

**BEETROOT, ORANGE AND CUMIN SALAD-** BEETROOT, ORANGE SEGMENTS, CUMIN SEEDS

**ROAST PEPPERS WITH COUS COUS-** MIXED PEPPERS, ONION, OLIVE OIL, COUS COUS, VEG. STOCK, CHOPPED PARSLEY

**MOZZARELLA, TOMATO AND BASIL -** MOZZARELLA BOCCONCINI, CHERRY TOMATOES, TORN BASIL, OLIVE OIL

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE-** OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**CHERRY BAKEWELL TART / CREAM-** BUTTER, PLAIN AND SELF RAISING FLOURS, CASTER AND GRANULATED SUGARS, EGGS, GLACE CHERRIES, ICING SUGAR, CHOCOLATE / CREAM

**FRESH CUT FRUIT**

**YOGURTS**

**CRANMORE SCHOOL MENU WEEK THREE - INGREDIENTS**

**FRIDAY**

**TEMPURA BATTERED COD FILLET/KETCHUP**

**VEGETARIAN CANNELLONI/TOMATO SAUCE** - CANNELLONI, CHEESE FILLING, ONION, CARROT, CELERY, BAY, CHOPPED TOMATOES, TOMATO PASTE, VEG. STOCK, SUGAR, SEASONING, CHEESE, CHOPPED PARSLEY

**PEAS/SWEETCORN**

**FRENCH FRIES**

**BAKED POTATOES**

**BAKED BEANS**

**BARBECUE QUORN**- QUORN PIECES, BARBECUE SAUCE

**PASTA**- PASTA, OLIVE OIL/ PARMESAN/NO CHEESE

**CHEESE & ONION SAUCE**- BUTTER, FLOUR, MILK, CHEESE, ONION, SEASONING, CHOPPED PARSLEY

**CURRIED PARSNIP SOUP/CROUTONS/NATURAL YOGURT**- BUTTER, FLOUR, ONION, PARSNIPS VEG. STOCK, CURRY POWDER/DICED BREAD, OLIVE OIL/NATURAL YOGURT

**FRESH BREAD**- BREAD, BUTTER & SPREAD PORTIONS

**MIXED SALAD**- MIXED LEAVES/ TOMATOES/ CUCUMBER

**CUCUMBER, CELERY AND LIME**

**SWEET AND SOUR CHINESE NOODLES**- EGG NOODLES, RED AND GREEN PEPPERS, SWEET AND SOUR SAUCE

**BACON, TOMATO AND PASTA**

**SLICED MEAT**

**LIGHT MAYONNAISE**

**VINAIGRETTE**- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

**ICED CARROT CAKE**- CARROT CAKE MIX, CREAM CHEESE TOPPING

**FRESH CUT FRUIT**

**YOGURTS**

