



Main Course

principal ingredients*

Dessert

principal ingredients*

MENU A	MON	chicken chasseur with mushrooms, carrots, potatoes & tomato	Red Tractor chicken thigh fillet, mushrooms, carrots, potato, tomato, onions, vegetable stock, flour, tomato, fresh herbs	hummingbird cake	flour, free-range eggs, pineapple, banana, sunflower oil, fair trade sugar, cinnamon
	TUE	chilli con carne with rice	Upton's counter minced beef, tomato, carrots, red kidney beans, onion, garlic, passata, chilli spices, Tilda basmati rice	bananas & chocolate custard	bananas, custard, cocoa powder
	WED	cauliflower, leek, potato & ham hock gratin	Hampshire outdoor-bred braised ham hock, cauliflower, potato, carrots, leeks, butter, flour, milk, fresh herbs, grated cheddar cheese	mango ripple cheesecake	cream cheese, fresh double cream, mango puree, fruit cocktail, biscuit crumb & butter base, vanilla
	THU	penne with tomato, béchamel, spinach, corn & mascarpone	penne, sweet potato, sweetcorn, spinach, basil, tomato, onion, garlic, crème fraiche, mascarpone	strawberry yoghurt	natural yoghurt, strawberry puree
	FRI	roast turkey breast with veg & gravy	Red Tractor premium fresh turkey breast, potatoes, carrots, peas, sweetcorn, low salt gluten free gravy	carrot cake with pineapple & coconut	flour, free-range eggs, grated carrot, sunflower oil, desiccated coconut, crushed pineapple, mixed spice, fair-trade sugar
MENU B	MON	Upton's beef stew with plums & root vegetables	Upton's diced feather steak, onion, garlic, celery, pearl barley, red lentils, carrots, swede, tomato, potato, plums, peas, vegetable stock	apricot yoghurt	natural yoghurt, apricot puree
	TUE	chicken goulash with steamed rice	Red Tractor chicken thigh fillet, tomato, onion, garlic, smoked paprika, sour cream, potatoes, carrots, red and green peppers, Tilda basmati rice	Dutch apple streusel slice	flour, free-range eggs, diced apples, pineapple, sunflower oil, cinnamon, streusel topping
	WED	cottage pie topped with 'monster mash' (mash with crushed peas)	Upton's counter minced beef, carrots, peas, onions, garlic, potatoes, milk, butter, low-salt ketchup, gluten-free low salt gravy, tomato puree	chocolate pudding with peaches	sweet custard, cocoa powder, peaches, gelatine
	THU	creamy potato & tuna bake with crushed peas & cheddar cheese	potatoes, dolphin-friendly tuna, petit pois, milk, flour, butter, vegetable stock, grated cheddar cheese	bananas with passionfruit sauce	fresh bananas, custard, passionfruit syrup
	FRI	curried vegetarian sausages with cauliflower and peas	Linda McCartney (or similar) sausages, sweet potato, potato, celery, onions, pineapple, raisins, mild curry powder, coconut milk, flour, vegetable stock	upside-down plum pudding with custard	flour, free-range eggs, plums, vegetable oil, fair-trade raw sugar, custard
MENU C	MON	home-made baked beans with braised Hampshire pork hock	Hampshire outdoor-reared braised ham hock, haricot beans, tomatoes, onion, garlic, oregano	fromage frais	fruit fromage frais pots
	TUE	roast butternut & red lentil bake	butternut, red lentils, onion, garlic, ginger, cauliflower, potato, tomato, vegetable stock, spices, grated cheddar cheese	fresh fruit	a piece of seasonal fresh fruit
	WED	turkey & vegetable pie with a crushed potato & pumpkin top	Red Tractor premium fresh turkey, onions, carrots, courgettes, peas, potatoes, squash, butter, flour, milk, vegetable stock	hidden vegetable cake	flour, sunflower oil, free-range eggs, carrots, courgettes, spices, fair-trade brown sugar
	THU	Thai chicken curry with steamed rice	Red Tractor chicken thigh fillet, onions, garlic, ginger, coconut cream, sweet chilli sauce, sweetcorn, broccoli, premium basmati rice	raspberry swirl Greek yoghurt	Greek yoghurt, raspberry puree
	FRI	macaroni with bolognese sauce	Upton's counter minced beef, tomato, onion, garlic, carrots, oregano, passata, macaroni	fresh banana cake	flour, free-range eggs, fresh bananas, vegetable oil, fair-trade raw sugar, spices

ALL MENUS SUBJECT TO AVAILABILITY ~ * INGREDIENTS MAY VARY ~ NOT TO BE USED AS A REFERRAL FOR ALLERGIES