

Each of these meat dishes have a Halal and Non-Halal Ingredients List. Week 2, Monday has two different entries, one Halal and the other Non Halal

Mains Week One

Cheese & Tomato Pizza with Sweetcorn and Salad

Week One: Monday

Ingredients	D	E	F	G	O	Diabetic Count: 27
Freshly Made Pizza Base:						
Strong Flour						
Oil						
Yeast						
Salt						
Sugar						
Freshly Made Pizza Sauce:						
Tinned Chopped Tomato						
Tinned Tomato Puree						
Olive Oil						
Freshly Chopped Basil						
Sugar						
Oregano						
Pizza Cheese						
Sweet Corn						

Gluten & Dairy Free alternative if pre ordered

Lasagne

Week One: Tuesday

Ingredients	D	E	F	G	O	Diabetic Count: 25
Mince Steak						
Onions						
Carrot						
Chopped Tomatoes						
Tomato Puree						
Garlic						
Basil						
Milk						
Flour						
Margarine						
Cheese Grated						
Lasagne Sheets:						
Durum Wheat						

Gluten Free and Dairy Free alternative if pre ordered

KEY:

D =	Diary
E =	Egg
F =	Fish
G =	Gluten
O =	Other (eg soya or celery) always indicated

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Diabetic Count is a based on a Key Stage 2 Portion. We would recommend parents and careers talk to us about the specifics on a child's diabetes so that we understand their particular needs.

0.000300	g
0.000100	
0.017500	
0.000500	
8.000000	
0.000300	
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Chicken Curry with Basmati Rice and Optional Naan Bread

Week One: Wednesday

Ingredients	D	E	F	G	O	Diabetic Count: 30
Chicken						
Carrot & Swede						
Onions						
Curry Powder						
Turmeric						
Ginger						
Peppers: Mixed						
Coriander: Fresh						
Chicken Stock						
Garlic						
Chopped Tomatoes						
Tomato Puree						
Rice: Whole Grain						
Pepper						
Bought 1/2 Naan Bread Mini:						plus: 13.5
Wheat Flour						

Gluten Free Alternative: without the Naan Bread

Tuna and Salmon Pasta Bake

Week One: Thursday

Ingredients	D	E	F	G	O	Diabetic Count: 25
Tinned Tuna						
Salmon Fillets						
Pasta: Penne						
Tomatoes: Tinned						
Tomato Pure						
Courgettes						
Aubergine						
Peppers: Red						
Garlic						
Basil: Fresh						
Mascapone						

Gluten Free and Dairy Free alternative available to order

Chicken Burger, Sweet Potato & Paprika Wedges with Mini Sweetcorn

Week One: Friday

Ingredients	D	E	F	G	O	Diabetic Count: 37
Chicken Burgers:						
Wheat Flour						
Paprika Wedges						
Sweet Corn						
Burger Bun:						
Wheat Flour						
Sesame seeds						

Gluten Free alternative available to order: Chicken Nuggets & Gluten Free Wedges

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Main Option Week Two

Sausage & Mash with Peas

Week Two: Monday

Ingredients	D	E	F	G	O	Diabetic Count: 45
Potatoes						
Vegan Margarine						
Milk (optional)						
Salt						
Pepper						
Peas						
Carrots						
*Gravy						
Sausages: Pork						
Weat Flour						
Soya						
Sulphite						

*See Stocks & Gravys for Full Ingredients

Gluten Free and Dairy Free alternative available to order

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Halal Sausage & Mash with Peas

Week Two: Monday

Ingredients	D	E	F	G	O	Diabetic Count: 45
Potatoes						
Margarine						
Milk						
Salt Pepper						
Peas						
*Gravy						
Sausages - Halal Chicken:						
Beef						
Rusk WHEAT Flour						
SOYA Protein						

*See Stocks & Gravys for Full Ingredients

Gluten Free and Dairy Free alternative available to order

Sweet Chilli Stri Fry with Egg Noodles

Week Two: Tuesday

Ingredients	D	E	F	G	O	Diabetic Count: 46
Mixed Peppers						
Large Onion						
Large Carrot						
Leeks						
Mangetout						
Chinese 5 Spice						
Ginger						
Sweet Chilli Sauce						
*Vegetable Stock						
Soya Sauce						
Baby Corn						
Egg Noodle Nest:						
Wheat Flour						
Egg						

*See Stocks & Gravys for Full Ingredients

Gluten Free and Egg Free alternative available to order

Tandoori Chicken with Basmati Rice & Vegetable Sauce

Week Two: Wednesday

Ingredients	D	E	F	G	O	Diabetic Count: 30
Chicken: Tandoori Marinade						
Ginger						
Chillis						
Onions						
Garlic Paste						
Mild Madress Powder						
Cumin						
Tumeric						
Tomato Puree						
Corriander: Fresh						
Rice Basmati						
Chopped Tomatoes						

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Meat & Potato Pie with Broccoli Florets

Week Two: Thursday

Ingredients	D	E	F	G	O	Diabetic Count: 23
Minced Steak						
Onions						
Potatoes						
*Beef Stock:						
Celery						
*Vegetable Gravy						
Celery						
Soya						
Diced Carrot & Swede						
Salt						
Pepper						
Plain Flour						
Vegan Baking Margarine						
Broccoli						

*See Stocks & Gravys for Full Ingredients

Fish Fingers, Chips & Garden Peas

Week Two: Friday

Ingredients	D	E	F	G	O	Diabetic Count: 51
Fish Fingers:						
Wheat						21
Chips						30
Peas						

Gluten Free alternative available to order

Main Option Week Three

Macaroni Cheese with Broccoli & Spinach

Week Three: Monday

Ingredients	D	E	F	G	O	Diabetic Count: 23
Macaroni:						
Durum Wheat						
Cheese						
Milk						
Flour						
Margarine						
Spinach						
Broccoli						

Gluten Free alternative available to order

Breaded Fish Fillet with New Potatoes with Peas and Carrots

Week Three: Tuesday

Ingredients	D	E	F	G	O	Diabetic Count: 28
Peas						
Carrots						
Potatoes						
Harry Ramsdens Fish:						
Alaska Pollock						
Flour						
Maize Flour						
Maize Starch						
Wheat Starch						
Wheat Gluten						

Gluten Free alternative available to order

Lamb Dhansak with Basmati Rice

Week Three: Wednesday

Ingredients	D	E	F	G	O	Diabetic Count: 30
Lamb Pieces						
Onions						
Carrot & Swede						
Chop Tomatoes						
Tomato Puree						
Garlic						
Coriander						
Ginger						
Chilli						
Cumin						
Turmeric						
Basmati Rice						
Corriander Seeds						
*Beef Stock:						
Celery						

*See Stocks & Gravys for Full Ingredients

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Roast Chicken Dinner, with Roast Potatoes & Carrots

Week Three: Thursday

Ingredients	D	E	F	G	O	Diabetic Count: 30
Chicken Thighs						
Potatoes						
Carrots						
Roast Parsnips						
Garlic						
Herbs						
*Veggie Gluten Free Gravy						
Soya						

*See Stocks & Gravys for Full Ingredients

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Spaghetti Bolognese

Week Three: Friday

Ingredients	D	E	F	G	O	Diabetic Count: 47
Mince Steak						
Onions						
Carrot & Swede						
Chop Tomatoes						
Tomato Puree						
Garlic						
Basil						
Spaghetti:						
Duram Wheat						

Gluten Free alternative available to order