

Vegetarian Option: Week One						
Vegetable Lasagne with Peas & Salad						
Week One: Tuesday						
Ingredients	D	E	F	G	O	Diabetic Count: 25
Ratatouille Mix						
Onions						
Carrot Swede						
Chop Tomatoes						
Tomato Puree						
Garlic						
Basil						
Milk						
Margarine						
Cheese Grated						
Lasagne Sheets:						
Flour						
Pepper						
Salt						

Gluten Free alternative available to order

Lentil Dahl & Vegetable Curry with Basmati Rice & Optional Naan Bread						
Week One: Wednesday						
Ingredients	D	E	F	G	O	Diabetic Count: 15*
Salt						
Pepper						
Onions						
Carrot and Swede						
Chop tomatoes						
Tomato Puree						
Garlic						
Coriander						
Ginger						
Chilli						
Cumin						
Turmeric						
Red Lentil						
Honey						
Rice Basmati						
*Naan Bread Mini cut half:						13.5
Wheat						
Cardamom Pods						

Gluten Free alternative available: without Naan

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

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.

Leak & Potato Quiche						
Week One: Thursday						
<i>Ingredients</i>	<i>D</i>	<i>E</i>	<i>F</i>	<i>G</i>	<i>O</i>	<i>Diabetic Count: 5</i>
Leeks						
Potatoes						
Onions						
Veg Stock						
Plain flour						
Baking Margarine						
Milk						
Salt Pepper						
Eggs						
Cheese Grated						

Veggie Burger, Sweet Potato & Paprika Wedges with Mini Sweetcorn						
Week One: Friday						
<i>Ingredients</i>	<i>D</i>	<i>E</i>	<i>F</i>	<i>G</i>	<i>O</i>	<i>Diabetic Count: 32</i>
Sweet potatoes wedges:						
Wheat						
Veggie Burger:						
Wheat Flour						
Mustard						
Mini Sweet Corn						
Burger Bun:						
Wheat Flour						
<i>May contain sesame seeds</i>						

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Vegetarian Option: Week Two

Quorn Sausage & Mash with Peas, Carrots & Gravy

Week Two: Monday

Ingredients	D	E	F	G	O	Diabetic Count: 26.5
Quorn Sausages:						
Eggs						
Wheat						
Barley						
Potatoes						
Margarine						
Milk						
Salt Pepper						
Large Carrot						
Peas						
Vegetarian Gravy (see stocks & Gravy):						
Celery						
Soya						

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Vegetable Moussaka

Week Two: Tuesday

Ingredients	D	E	F	G	O	Diabetic Count: 31
Quorn Pieces:						
Eggs						
Wheat						
Tomatoes: Fresh						
Tomatoes: Tinned						
Tomatoes Puree						
Courgettes						
Red Peppers						
Red Onion						
Aubergine						
Garlic						
Oregano						
Salt						
Pepper						

Chickpea & Spinach Curry with Basmati Rice

Week Two: Wednesday

Ingredients	D	E	F	G	O	Diabetic Count: 30
Chickpeas						
Spinach						
Sweet Potatoes						
Red Lentil						
Onion						
Garlic						
Curry Powder						
Madras Paste						
Salt/pepper						
Basmati rice						

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Cheese & Onion Pie with New Potatoes & Broccoli

Week Two: Thursday

Ingredients	D	E	F	G	O	Diabetic Count: 34
Maris Piper Potatoes						
Mature Cheddar						
Onions						
Milk						
Flour Plain						
Egg (basting)						
Salt						
Broccoli						
Margarine						

Vegetable Goujons, Chips & Garden Peas

Week Two: Friday

Ingredients	D	E	F	G	O	Diabetic Count: 46
Vegetable Goujons:						
Wheat						
Chips						
Peas						

Vegetarian Option: Week Three						
Winter Veg Bake						
Week Three: Monday						
Ingredients	D	E	F	G	O	Diabetic Count: 14
Sweet Potato						
Swede						
Tomatoes						
Peppers						
Courgette						
Aubergine						
Chickpeas						
Garlic						
Onions						
Potatoes						
*Vegetable Stock						
Mixed Herbs						
Salt						

*See Stocks & Gravies for Full Ingredients

Tomato & Vegetable Pasta Bake						
Week Three: Tuesday						
Ingredients	D	E	F	G	O	Diabetic Count: 24
Courgette						
Aubergine						
Red Onion						
Carrots						
Chopped Tomatoes						
Garlic						
Parsley						
Basil						
Penne Pasta:						
Durum Wheat						
*Vegetable Stock						

*See Stocks & Gravies for Full Ingredients

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Lentil Dhansak						
Week Three: Wednesday						
Ingredients	D	E	F	G	O	Diabetic Count: 25
Onions						
Carrot & Swede						
Chop Tomatoes						
Tomato Puree						
Garlic						
Coriander						
Ginger						
Chilli						
Cumin						
Turmeric						
Red Lentil						
Honey						
Basmati Rice						
Coriander Seeds						
*Vegetable Stock						

*See Stocks & Gravies for Full Ingredients

Quorn Fillet Dinner with Roast Potatoes & Carrots						
Week Three: Thursday						
Ingredients	D	E	F	G	O	Diabetic Count: 19
Quorn Fillet						
Potatoes						
Roast Parsnips						
Carrots						
*Veggie, Gluten Free Gravy:						
Soya						

*See Stocks & Gravies for Full Ingredients
Gluten Free alternative available to order

Veggie Bolognese						
Week Three: Friday						
Ingredients	D	E	F	G	O	Diabetic Count: 47
Veggie Mince						
Vegetable Stock						
Onions						
Carrot & Swede						
Chop Tomatoes						
Tomato Puree						
Garlic						
Basil						
Spaghetti:						
Durum Wheat						

Gluten Free alternative available to order

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