

Menu week 1

Monday: Homemade Veg soup: (1,7,9)

Dinner: Chicken curry & rice (1,3,7) Mash and soup for baby room also (1,7,9) **Dessert:** Tray bake (1,3,7)

Snack: Selection of Carrot, Cucumber, Tomato, Beetroot, Peppers, Celery for Pre School (9)

Tea: Sausages, beans & bread & butter (1,3,7,12)

Tuesday: Veg soup: (1,7,9)

Dinner: Roast Beef, mash, peas, Yorkshire puddings & gravy (1,3,7) **Dessert:** Strawberry cheesecake (1,3,7)

Snack: Healthy Muffins (1,3,7,12)

Tea: Potato waffles, spaghetti bread & butter (1,3,7)

Wednesday: Veg soup (1,7,9)

Dinner: BBQ chicken with rice & sweet corn (9,10) Mash and veg soup for baby room also (1,7,9)

Dessert: Selection of fresh fruit

Snack: Fruit

Tea: Fish fingers, beans, bread & butter (1,4,7)

Thursday: Veg soup (1,7,9)

Dinner: Roast stuffed turkey, mash, broccoli & gravy (1,3,7) **Dessert:** Tray Bake (1,3,7)

Snack: Custard & Stewed Apple or Rice & Peaches (7) Non dairy rice/custard also

Tea: Drop scone, selection of fruit (1,3,7)

Friday: Veg soup (1,7,9)

1st Dinner: Homemade burgers, carrot, mash & gravy (1,3,7)

Dinner: Meatballs, pasta & tomato sauce (1,3,9) **Dessert:** Chocolate rice krispie buns (1,7)

Snack: Smoothies

Tea: potato bread and beans (1,3,7)

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| 1.Cereals | 2.Crustaceans | 3.Eggs | 4.Fish | 5.Peanuts |
| 6.Soyabeans | 7.Milk | 8.Nuts | 9.Celery | 10.Mustard |
| 11.Sesame seeds | 12.Sulphur Dioxide & Sulphites | 13. Lupin | 14.Molluscs | |

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