

Menu week 1

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

Dinner: 1st dinner chicken stew & mash (1, 7, 9, 12) 2nd dinner Chicken curry & rice (1,3,7) Mash and soup for baby room also (1,7,9) **Dessert:** Tray bake (1, 3, 7)

Snack: Cracker ham & cheese (1, 7, 12)

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

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

Dinner: Roast Beef, mash, Yorkshire puddings & gravy (1, 3, 12) **Dessert:** Strawberry cheesecake (1,7)

Snack: Healthy Muffins (1, 3, 7)

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: Selection of fruit

Tea: Drop scones & blueberries (1, 3, 7)

Thursday: Veg soup (1, 7, 9)

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

Snack: Soup (9)

Tea: Fish fingers beans & bread & butter (1, 3, 4, 7)

Friday: Veg soup (1, 7, 9)

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

Dinner: Meatballs, pasta & tomato sauce (1, 3, and 9) **Dessert:** Fruit

Snack: Smoothies for preschool (7) Natural yoghurt & strawberries for baby room (7)

Tea: Selection of finger food (1, 3, 7, 12)

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	