

## Menu week 2

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

**Dinner:** Chilli con carne with boiled rice & tortillas (1,7,9) Mash & veg for baby room also (1,7,9)

**Dessert:** Tray bake (1,3,7)

**Snack:** Carrots, Cucumber, Tomato, Beetroot, Peppers, Celery For Preschool (9)

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

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

**Dinner:** Chicken casserole & mash (1,9) **Dessert:** Shortbread biscuit (1,3,7)

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

**Tea:** Waffles, beans, bread & butter (1,3,7)

**Wednesday:** Veg soup (1,7,9)

**Dinner:** Roast pork, broccoli mash & gravy (1,7,9) **Dessert:** Fresh fruit

**Snack:** Fruit

**Tea:** Potato bread & beans (1,7)

**Thursday:** Veg soup (1,7,9)

**Dinner:** Spaghetti Bolognese & garlic bread (1,3,7,9) Soup & mash for baby room also (1,7,9)

**Dessert:** Tray bake (1,3,7)

**Snack:** Custard & Stewed Apple or Rice & Peaches Non Dairy Rice/Custard Also (7)

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

**Friday:** Veg soup (1,7,9)

**1st Dinner:** Goujons sweet corn mash & gravy (1,7,9,)

**Dinner:** Cheesy pasta goujons & sweet corn (1,3,7,) **Dessert:** Jelly & Ice cream (3,7)

**Snack:** Smoothies

**Tea:** Pasta with ham & cheese (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	