

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: Sandwiches for baby room (1, 3, 7, 10) Potato bread & beans bread & butter for Preschool (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 for preschool (7) Natural yogurt & strawberries for baby room (7)

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	