

Menu week 3

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

Dinner: Chicken & pasta bake (1,3,7,9) Mash & veg 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: Fish fingers, spaghetti, bread & butter

Tuesday: Veg soup (1,7,9)

Dinner: Beef stew & mash (1,7,9) **Dessert:** Shortbread biscuit (1,3,7)

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

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

Wednesday: Veg soup (1,7,9)

Dinner: Baked Gammon, cabbage, mash & gravy (1,7) **Dessert:** Selection of fresh fruit

Snack: Fruit

Tea: Drop scones & selection of fresh fruit (1,3,7)

Thursday: Veg soup (1,7,9)

1st Dinner beef stew & mash (1,7,9)

Dinner: Garlic & honey chicken drumsticks, carrots & parsnips, mash with gravy (1,6,7)

Dessert: Tray bake (1,3,7)

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

Tea: Chicken drumsticks, beans, bread & butter (1,3,7)

Friday: Veg soup (1,7,9)

1st Dinner: Shepherd's pie, peas, mash & gravy (1,3,9)

Dinner: Homemade meat balls pasta and tomato sauce (1,7,9) **Dessert:** Hot chocolate & marshmallows (3,7)

Snack: Smoothies

Tea: Crackers, cheese, ham, tomatoes, beetroot (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	