

### Menu week 4

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

**Dinner:** Chicken curry & boiled rice (1,7,9) Mash and veg 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:** Waffles, beans, bread & butter (1,3,7)

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

**Dinner:** Roast stuffed pork, mash, carrot sticks & gravy (1,3,7) Soup for baby room also (1,7,9)

**Dessert:** Chocolate biscuit cake (1,3,7)

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

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

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

**Dinner:** Spicy sausage pasta (1,7,9,12) Soup & mash for baby room also (1,3,7)

**Dessert:** Selection of Fresh Fruit

**Snack:** Fruit

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

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

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

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

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

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

**1st Dinner** mince stew & mash (1,9)

**Dinner:** Homemade pizza, cheesy pasta (1,3,7,9) **Dessert:** Ice -Cream & chocolate sauce (1,3,7)

**Snack:** Smoothies

**Tea:** Crackers, cheese, tomatoes, ham and 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	

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