

Menu week 4

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

Dinner: 1st dinner chicken stew & mash (1, 7, 9, 12) 2nd 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: Crackers & cheese for Pre School (1, 7)

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: Drop scones & fruit (1, 3, 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 for preschool (7) Natural yogurt 7 strawberries for baby room (7)

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	