

Menu week 5

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

Dinner: Sweet & sour chicken & boiled rice (1,9) Mash and veg for baby room also (1,3,7)

Dessert: Tray bake (1,3,7)

Snack: Soup for Pre School (9)

Tea: Fish fingers & beans and bread & butter (1,4,7)

Tuesday: Veg soup (1,7,9)

Dinner: Shepherd's pie, mash, carrots & parsnips with gravy (1,3,7) Dessert: Cupcakes (1,3,7)

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

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

Wednesday: Veg soup (1,7,9)

Dinner: Spaghetti Bolognese (1,7,9) Mash and veg soup for baby room also (1,3,7)

Dessert: Fresh Fruit

Snack: Fruit

Tea: Waffles, spaghetti hoops bread & butter (1,3,7)

Thursday: Veg soup (1,7,9)

Dinner: Baked Gammon Cabbage mash 7 gravy (1, 6, 7) **Dessert:** Tray bake (1,3,7)

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

Tea: Lasagne (1, 7, 9)

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

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

Dinner: Carbonara (1,3,7,9) **Dessert:** Citrus shortbread (1,3,7)

Snack: Smoothies for preschool (7) Natural yogurt & strawberries for baby room (7)

Tea: Sausages & beans (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	