

Menu week 6

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

Dinner: Spicy sausage pasta (1,7,9) Mash and veg soup also for baby room (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 and butter (1,4,7)

Tuesday: Veg soup (1,7,9)

Dinner: Beef stew and mash (1,3,7) Dessert: Cookies (1,3,7)

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

Tea: Potato bread & beans (1,7)

Wednesday: Veg soup (1,7,9)

Dinner: Spaghetti Bolognese (1,7,9)

Dessert: Fresh Fruit (1,3,7)

Snack: Fruit

Tea: Crackers, cheese & ham (1,7)

Thursday: Veg soup (1,7,9)

Dinner: Chicken gougans, mash, sweet corn & gravy (1,6,7)

Dessert: Tray bake (1,3,7)

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

Tea: Sausages & beans & bread and butter (1,3,7,12)

Friday: Veg soup (1,7,9)

1st Dinner Chicken stew & mash (1,3,7)

Dinner: Chicken pasta bake (1,7,9) **Dessert:** Jelly & Ice-cream (3,7)

Snack: Smoothies

Tea: Chicken pasta bake (1,7,9)

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	