

Week 3

Autumn & Winter Menu

Main meals & Puddings

Monday - Ham macaroni & seasonal vegetables

Veg option- Vegetable macaroni

Allergens- Soya, egg & milk. **Puddings**

- Banana bread **Allergens**- Milk

Tuesday - Beef lasagna w/ new potatoes & sweetcorn **Allergens**- Milk

& gluten **Veg option** - Vegetable lasagna w/ new potatoes & mixed vegetables **Pudding**- Apricot squares **Allergens**- N/A

Wednesday - Four bean chili w/ rice & garlic bread **Veg option** - N/A

Allergens- Soya & milk **Pudding** -

Homemade raisin & oat cookies

Allergens - Milk & egg

Thursday- Homemade cod fishcakes w/ potatoes slices, parsley sauce & peas **Allergens** - Celeriac & milk **Veg**

option- Vegetable cakes w/ potatoes slices & vegetables **Allergens**- Milk & gluten **Pudding**- Fruity yoghurt pots

Allergens- Milk

Friday- Sweet & sour chicken w/ rice or noodle's **Allergens**- Gluten & soya

Veg option - Vegetable sweet & sour w/ rice or noodle's

Pudding - Jo's cranberry flapjacks

Allergens- N/A

Breakfast

A variety of cereals with fresh milk, continental options including muffins, pancakes, bagels, croissants, toast and fresh fruit

Snack

A variety of healthy snacks such as smoothies, crackers, fruit bowls, vegetable sticks etc.

High Tea

Monday - Variety of toasted muffins w/ cucumber, tomato & fresh fruit **Allergens**- Gluten & milk

Tuesday - Hummus & pitta bread with vegetable sticks **Allergens** - Gluten

Wednesday - Turkey & salad wraps **Veg option** - Cheese & spinach wraps **Allergens**- gluten & milk

Thursday - Toasted bagels w/ cream cheese & vegetable sticks Allergen - Gluten & milk

Friday - Broccoli & potatoes soup w/ crusty bread **Allergens**- Gluten & celeriac