

Week 2

Autumn & Winter Menu

Main meals & Puddings

Breakfast

Monday - Tuna & vegetable pasta bake

Allergens- Fish, milk & eggs

Veg option- Vegetable pasta bake

Allergens- Gluten

Puddings - Peaches & cream

Allergens- Milk

Tuesday - Beef chili w/ rice & crusty bread

Allergens- Gluten & Soya

Veg option - Four bean chili

Allergens-

Soya & gluten

Pudding- Fromage Frais cakes

Allergens- Milk & egg

Wednesday - Roast turkey w/ potatoes & vegetables

Veg option - Quorn

chicken w/ new potatoes & vegetables

Allergens- Gluten, soya & celeriac

Pudding - Greek yoghurt & orange

slices **Allergens** - Gluten & milk

Thursday- Hidden vegetable pasta bake w/ ciabatta bread

Allergens - Celeriac & milk

Veg option- N/A

Allergens- Gluten, soya & milk

Pudding- Homemade carrot cake

Allergens- Egg & milk

Friday- Beef & onion pie w/ mixed vegetables

Veg option- Lentil

vegetable pie w/ vegetables **Allergens-** Celeriac

Pudding - Homemade lemon

shortbread **Allergens-** Egg, gluten & milk

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 - Wholemeal pitta w/ sliced vegetable sticks & hummus **Allergens-** Gluten

Tuesday - Minestrone soup w/ crusty bread **Allergens** - Celeriac & soya

Wednesday - Salmon, cheese & cucumber brown bread sandwiches w/ carrot sticks **Allergen** - Gluten & fish

Thursday - Toasted bagels w/ cream cheese & cucumber **Allergens** - Milk & gluten

Friday - Wholemeal toast & baked beans **Allergens-** Gluten & soya