

# LUNCH

		MAIN COURSE	CONTENTS (ALLERGENS IN RED)	SIDE DISH	DESSERT
W E E K 1	MON	Turkey Fricassee with Mushrooms	Turkey Breast, Sliced Mushrooms, Celery, Onion, Garlic, Mixed Herbs Vegetable Stock, Coconut Cream, Tarragon <b>Celery</b>	Couscous and Peas <b>Wheat</b>	Fruit Yogurt <b>Milk</b>
	TUE	Roast Gammon Ham	Sliced Baked Gammon Ham, Gravy	New Potatoes, Carrots	Rice Pudding <b>Milk</b>
	WED	Roast Vegetable, Lentil and Tomato Ragout	Cauliflower, Broccoli, Carrot, Celery, Onion Tomatoes, Onions, Garlic Puree, Mixed Herbs <b>Celery</b>	Whole meal Penne <b>Wheat</b> Grated Cheese <b>Milk</b>	Peaches in Juice
	THU	Fruity Chicken Curry with Rice	Chicken Breast, Onions, Tomatoes, Mango, Apples, Sultanas, Coconut Milk, Curry Spices	Basmati Rice with Turmeric	Tinned Pineapple Cubes
	FRI	Cod Fishcakes with Vegetable Bake	Cod, Potato, Breadcrumbs <b>Fish, Wheat</b>	Cauliflower Broccoli, Potato, Cheese Bake <b>Milk, Soya, Wheat, Celery</b>	Coconut and Strawberry Jelly
W E E K 2	MON	Vegetarian Meatballs	Vegetarian Meatballs, Pea Protein Hidden Vegetables, Tomatoes, Onions <b>Wheat, Celery</b>	Penne <b>Wheat</b>	Bananas & Custard <b>Milk</b>
	TUE	Roast Turkey Breast	Turkey, Meat, Gravy	Roast Potatoes, Sweetcorn	Fresh Fruit Salad
	WED	Cottage Pie with Squash Mash	Minced Beef, Onions, Gravy, Broccoli, Carrots, Cauliflower, Potato, Butternut Squash Butter <b>Milk</b>	Mixed vegetables	Apple, Cinnamon and Sultana Cake <b>Egg, Wheat</b>
	THU	Chicken and Sweetcorn Pasta Bake	Chicken Breast, Broccoli, Pasta, Bechamel Sauce, Herbs <b>Wheat, Milk, Soya, Celery</b>	Garlic Bread <b>Wheat</b>	Fruit Yogurt <b>Milk</b>
	FRI	Fishfingers and Chips	Fish (Pollock), Breadcrumbs, Potato, <b>Fish, Wheat,</b>	Peas	Orange Mandarin Jelly
W E E K 3	MON	Chicken Con Carne and Brown Rice	Diced chicken, Kidney Beans, Tomatoes, Onions, Mild Chilli, Garlic, Herb Seasoning	Mixed Vegetable Rice	Fromage Frais <b>Milk</b>
	TUE	Torn Aubergine, Red Onion and Tomato Lasagne	Tomatoes, Pasta Mozzarella, Mixed Vegetables, Onions, Mixed Herbs, Garlic <b>Milk, Wheat, Soya, Celery</b>	Garden Peas	Orchard Flapjack <b>Oats</b>
	WED	Traditional Roast Beef, Yorkshire Pudding	Topside of British Beef and Gravy, Yorkshire Pudding, <b>Milk, Wheat, Egg</b>	Cabbage, Roast Potatoes	Apple and Blackberry Crumble <b>Wheat</b>
	THU	Salmon, Pea and Cherry Tomato Tagliatelle with Mint	Pasta, Peas, Tomatoes, Mixed Herbs, Olive Oil <b>Fish, Wheat</b>	Garlic Bread <b>Wheat</b>	Strawberry Blancmange <b>Milk</b>
	FRI	Lamb and Root Vegetable Lancashire Hot Pot	Minced lamb, Parsnips, Carrots, Swede, Gravy and Herb Seasoning	New Potatoes	Fresh Fruit Salad

## TEA

	WEEK 1	WEEK 2	WEEK 3
MON	Baked Beans on Whole meal Toast, Sliced Cucumber Wheat, Milk  Tinned Pears	Macaroni Cheese, Cherry Tomatoes Wheat, Milk  Mandarins	Spaghetti Hoops on Toast, Carrot Sticks Wheat, Egg  Tinned Peaches
TUE	Smooth Winter Vegetable Soup with Crusty Bread Wheat, Milk, Celery  Banana	Tuna Pate with Pitta Bread and Cucumber Slices Wheat, Fish,  Muffins with Blackberry Jelly Wheat, Milk	Homemade Sausage Rolls, Sweetcorn Wheat, Milk, Egg, Sulphites  Mandarins
WED	Roast vegetable penne with Carrot Sticks Wheat  Pancakes with Blueberry Jam Milk, Egg, Wheat, Soya	Tomato Soup with Crusty Bread Wheat, Milk, Celery  Strawberry Jelly Milk	Cheese and Crackers with Cherry Tomatoes Milk, Wheat  Crumpet with Strawberry Conserve Wheat
THU	Cheese Pizza slice, Sweetcorn Wheat, Milk  Pineapple	Cheese and Onion Roll, Wheat, Milk, Egg, Mustard  Melon Wedges	Broccoli Soup with Crusty Bread Wheat, Milk, Celery  Banana Loaf Wheat, Egg, Milk
FRI	Choice of Cheese and Tuna Filled Rolls with Cherry Tomatoes Wheat, Milk, Fish  Coconut Jam Tart Milk, Egg, Wheat	Choice of Ham and cream cheese Sandwiches with Carrot Sticks Egg, Wheat, Milk  Fromage Frais Milk	Choice of Cheese and Ham Sandwiches with Cucumber Sticks wheat, milk, soya  Strawberry yoghurt Milk

Allergens may change due to suppliers' substitutes, always check on the allergen label on the food tray that is delivered to you every day.

Although we never add nuts to our nursery menus, we do on occasion buy products from suppliers who use nuts in their factories or production lines and we do use nuts in our kitchen for other catering work we do.