



## Week 3 - Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Toast &amp; Cereal</b> <b>Allergens – Wheat, Dairy, Barley</b>	<b>Toast &amp; Cereal</b> <b>Allergens – Wheat, Dairy, Barley</b>	<b>Toast &amp; Cereal</b> <b>Allergens – Wheat, Dairy, Barley</b>	<b>Toast &amp; Cereal</b> <b>Allergens – Wheat, Dairy, Barley</b>	<b>Toast &amp; Cereal</b> <b>Allergens – Wheat, Dairy, Barley</b>
<b>Snack</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>Lunch</b>	<b>Mince Tart</b> Includes – Mince, onions, flour, butter  <b>Served with</b> -Cabbage, spinach & Sweetcorn  <b>Allergens – Wheat,</b>	<b>Tuna Fish Pie</b> – Includes - Tuna, White Sauce, Potatoes, Sweetcorn, Peas & Onions  <b>Served with</b> – Carrots & Green Beans  <b>Allergens – Dairy, Fish, Wheat</b>	<b>Beef Cobbler</b> , Minced Beef, Onions, Peppers, Mixed Herbs, Tinned Tomatoes, Gravy, Flour, Spread, Milk  <b>Served with</b> -Mashed Potatoes, Broccoli & Green Beans  <b>Allergens – Dairy, Wheat</b>	<b>Roast Gammon</b>  <b>Served with</b> – Roast Potatoes, Cauliflower Cheese & Carrots  <b>Allergens – Dairy, Wheat</b>	<b>Vegetable Stew</b> – Includes – Onions, Leeks, Swede, Parsnips, Pearl Barley, Gravy, Potatoes, Carrots, Beans, Dumplings  <b>Served with</b> – Cabbage  <b>Allergens – Dairy, Wheat, Barley</b>
<b>Dessert</b>	<b>Ginger Cake &amp; Plain Yogurt</b> <b>Allergens - Wheat, Eggs, Dairy</b>	<b>Rice Pudding</b> <b>Allergens – Dairy</b>	<b>Apple Pie &amp; Custard</b> <b>Allergens – Wheat, Dairy</b>	<b>Fruit Cobbler</b> <b>Allergens –Wheat</b>	<b>Pineapple Upside down Cake</b> <b>Allergens – Wheat, Dairy, Eggs</b>
<b>Snack</b>	Cucumber, Peppers, Carrots & Sultanas	Cucumber, Peppers, Carrots & Sultanas	Cucumber, Peppers, Carrots & Sultanas	Cucumber, Peppers, Carrots & Sultanas	Cucumber, Peppers, Carrots & Sultanas
<b>Tea</b>	<b>Pizza baguettes</b> Includes - cheese and tomato or ham, cheese and tomato.  <b>Allergens –Wheat, Dairy</b>	<b>Pasta Bake</b>  <b>Allergens – Wheat, Dairy</b>	<b>Cheese &amp; Ham Potato Pie</b> Includes – Ham, Cheese & Potato, Onions & Tomato  <b>Served with</b> – Beans  <b>Allergens – Dairy</b>	<b>Sandwiches</b> – Selection includes -Egg Mayo, Cheese, Ham, Jam, Tuna Mayo <b>Served with</b> - Crisps & Veg Sticks <b>Allergens – Tuna, Wheat, Egg, Dairy</b>	<b>Sausage &amp; Beans, Bread &amp; Butter</b>  <b>Served with</b> - Bread & Butter  <b>Allergens – Wheat, Dairy, Sulphites</b>
<b>Dessert</b>	<b>Chocolate Popcorn</b> <b>Allergens - Dairy</b>	<b>Cookies</b> <b>Allergens – Wheat, Eggs</b>	<b>Jelly &amp; Cream</b> <b>Allergens - Dairy</b>	<b>Iced Cakes</b> <b>Allergens – Wheat, Eggs</b>	<b>Selection Of Weeks Desserts</b> <b>Allergens – Wheat, Eggs, Dairy</b>
<b>For All Children with allergies their meals will be made accordingly</b>					
Fruit, Yogurt or Sugar Free Jelly can be substituted for puddings on the Menu, please speak to a Room Leader if you would prefer you child to have this					