



Week 1 Winter Menu

Monday	<p>AM Snack: Strawberries and Pancakes PM Snack: Carrot Sticks and Crackers</p> <p>Lamb and bean chilli with basmati rice <i>Cel</i> (minced leg of lamb, onion, celery, peppers, haricot beans, in a rich tomato & herb sauce)</p> <p>Fresh fruit fromage frais: Mango <i>Da</i> (Fresh pureed mango, natural yoghurt & organic double cream)</p>
Tuesday	<p>AM Snack: Grapes and Breadsticks PM Snack: Bagels and Cucumber slices</p> <p>Turkey a la king with baked potato <i>Cel Da</i> (Diced turkey breast, chicken stock, organic double cream & milk)</p> <p>Honeydew melon, apricot and plum cocktail (Cut into bite size pieces)</p>
Wednesday	<p>AM Snack: Cheese and Crackers PM Snack: Banana rolled in crushed cornflakes</p> <p>Beef & vegetables with country style potatoes <i>cel</i> (Minced beef, onions, celery, mushrooms, swede, sweetcorn, peas, carrots, Melody potatoes)</p> <p>Rice pudding <i>Da</i> with fresh strawberry puree (double cream, fresh pureed strawberries)</p>
Thursday	<p>AM Snack: Apple and Strawberry Kebabs PM Snack: Yellow peppers and breadsticks</p> <p>Spanish chicken with pasta twists <i>Cel Ce</i> (Diced chicken breast with Mediterranean vegetables in a rich tomato & herb sauce)</p> <p>Watermelon & Mandarin cocktail in orange juice (Cut into bite size pieces)</p>
Friday	<p>AM Snack: Pears and Carrot Slices PM Snack: Ritz Crackers and Raisins</p> <p>Fish Fingers, Chips and Beans <i>Fi</i> Apple Pie and Custard <i>Eg Da</i></p>

We only list the 14 food allergens: **Cereals** (gluten, wheat, rye, barley, oats) **Crustaceans** (prawns, crab, lobster) **Eggs**, **Fish**, **Peanuts**, **Soybeans**, **Dairy**, **Nuts**, **Celery**, **Mustard**, **Sesame**, **Sulphur dioxide**, **Lupin**, **Mollusc** (clams, mussels, whelks, oysters, snails)

