



Week 3 Winter Menu

<i>Monday</i>	<p style="text-align: center;">AM Snack: Strawberries and Pancakes Ce PM Snack: Carrot Sticks and Crackers Ce</p> <p style="text-align: center;">Minced quorn, sage and onion slice with penne pasta in a tomato and secret vegetable garlic sauce Ce <i>Eg. So Cel</i> (Minced quorn, organic sweet potato and carrot are the secret vegetables!)</p> <p style="text-align: center;">Fresh mango mousse Da (Made with double cream & fresh pureed mango)</p>
<i>Tuesday</i>	<p style="text-align: center;">AM Snack: Grapes and Breadsticks Ce PM Snack: Bagels and Cucumber slices Ce</p> <p style="text-align: center;">Chicken and broccoli in a 3-cheese sauce with baked potato Da (Diced chicken breast, Lyburn gold, mild cheddar, red Leicester, fancy cut broccoli florets, marfona potato)</p> <p style="text-align: center;">Honeydew melon and peach cocktail (diced fresh melon & peach pieces)</p>
<i>Wednesday</i>	<p style="text-align: center;">AM Snack: Cheese and Crackers Ce PM Snack: Banana rolled in crushed cornflakes Ce Da</p> <p style="text-align: center;">Tuna Provençale with brown & white basmati rice Cel Fi (tuna loin, tomato, sweetcorn, sweet potato, carrots, peppers)</p> <p style="text-align: center;">Banana custard Da Ce (double cream & milk)</p>
<i>Thursday</i>	<p style="text-align: center;">AM Snack: Apple and Strawberry Kebabs PM Snack: Yellow peppers and breadsticks Ce</p> <p style="text-align: center;">Roast turkey breast, roast potatoes and baby carrots Cel (Stock made from chicken wings, vegetables, garlic and herbs)</p> <p style="text-align: center;">Plum, pineapple and cantaloupe melon cocktail in orange juice (Diced fresh melon, plum & pineapple pieces)</p>
<i>Friday</i>	<p style="text-align: center;">AM Snack: Pears and Carrot Slices PM Snack: Ritz Crackers and Raisins Ce</p> <p style="text-align: center;">Beef and vegetable bolognese with pasta twists Cel Ce (Locally reared minced beef, onion, celery, carrot, peppers, mushrooms, fusilli pasta)</p> <p style="text-align: center;">Vanilla sponge with rich chocolate sauce Da Eg. So Ce (Free range eggs and cream, Belgian chocolate)</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)